

FITNESS CLASSES

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
5 10:30-11:20am: Total Body Fitness 11:30- 12:20pm: Cardio Fit 6:30-7:30pm: Kids Karate 7:30- 8:30pm: Adult Karate	6 1:00-2:00pm: Chen Tai Chi 6:00-8:00pm: Women's Self-Defense	7 8:30-9:10: Yoga Express 10:30-11:20: Total Body Fitness 11:30- 12:20pm: Cardio Fit 12:30 – 1:30pm: Enhance Fitness 6:30-7:30pm: Kids Karate 7:30- 8:30pm: Adult Karate	8 10:30 – 11:30am: Tai Chi Rehab 12:30 – 1:30pm: Enhance Fitness 6:00-8:00pm: Women's Self-Defense 7:15-8:15pm: Yin Yoga	9	10 10:15-11:30am: Yin Yoga 12:00-12:45: Yoga for Kids
12 10:30-11:20am: Total Body Fitness 11:30- 12:20pm: Cardio Fit 6:30-7:30pm: Kids Karate 7:30- 8:30pm: Adult Karate	13 1:00-2:00pm: Chen Tai Chi 6:00-8:00pm: Women's Self-Defense	14 8:30-9:10: Yoga Express 10:30-11:20: Total Body Fitness 11:30- 12:20pm: Cardio Fit 12:30 – 1:30pm: Enhance Fitness 6:30-7:30pm: Kids Karate 7:30- 8:30pm: Adult Karate	15 10:30 – 11:30am: Tai Chi Rehab 12:30 – 1:30pm: Enhance Fitness 6:00-8:00pm: Women's Self-Defense 7:15-8:15pm: Yin Yoga	16	17 10:15-11:30pm: Yin Yoga 12:00-12:45: Yoga for Kids
19 9:30 -10:30 WERQ 10:30-11:20am: Total Body Fitness 11:30- 12:20pm: Cardio Fit 6:30-7:30pm: Kids Karate 7:30- 8:30pm: Adult Karate	20 1:00-2:00pm: Chen Tai Chi 6:00-8:00pm: Women's Self-Defense	21 8:30-9:10: Yoga Express 10:30-11:20: Total Body Fitness 11:30- 12:20pm: Cardio Fit 12:30 – 1:30pm: Enhance Fitness 6:30-7:30pm: Kids Karate 7:30- 8:30pm: Adult Karate	22 10:30 – 11:30am: Tai Chi Rehab 12:30 – 1:30pm: Enhance Fitness 4:30-5:15pm: Kids at WERQ 6:00 – 7:00pm WERQ 6:00-8:00pm: Women's Self-Defense 7:15-8:15pm: Yin Yoga	23	24 10:15-11:30pm: Yin Yoga 12:00-12:45: Yoga for Kids
26 9:30 – 10:30 WERQ 10:30-11:20am: Total Body Fitness 11:30- 12:20pm: Cardio Fit 6:30-7:30pm: Kids Karate 7:30- 8:30pm: Adult Karate	27 1:00-2:00pm: Chen Tai Chi 6:00-8:00pm: Women's Self-Defense	28 8:30-9:10: Yoga Express 10:30-11:20: Total Body Fitness 11:30- 12:20pm: Cardio Fit 12:30 – 1:30pm: Enhance Fitness 6:30-7:30pm: Kids Karate 7:30- 8:30pm: Adult Karate	29 10:30 – 11:30am: Tai Chi Rehab 12:30 – 1:30pm: Enhance Fitness 4:30-5:15pm: Kids at WERQ 6:00 – 7:00pm WERQ 6:00-8:00pm: Women's Self-Defense 7:15-8:15pm: Yin Yoga	30	31 10:15-11:30pm: Yin Yoga 12:00-12:45: Yoga for Kids

FITNESS CLASS DESCRIPTIONS:

Total Body Fitness - A total body workout designed to work all muscle groups with a variety of strength and conditioning exercises. This class includes circuit training, body weight exercises and finishes with core training and stretching for a complete total body work out. Dumb bells will be utilized to work specific muscle groups and increase range of motion. Instructor Cathy Lawter

Cardio Fit - Join instructor Cathy Lawter for this safe, fun, heart healthy overall total body conditioning. Class consists of cardio, core work and flexibility exercises.

WERQ - WERQ is a wildly active and fun cardio based dance fitness class taught using popular pop, rock, and hip hop music. In this fun class participants will be able to strengthen their hearts, condition muscles, build endurance, and boost their overall immune systems. There is no dance experience required to join in on the fun! Instructor Fallon Lawson

WERQ for Kids - Kids at WERQ is the perfect way for your kiddos to dance out some of their energy! This wildly active and fun cardio based dance fitness class taught using popular pop, rock, and hip hop music. In this fun class participants will be able to strengthen their hearts, condition muscles, build endurance, and boost their overall immune systems. Children must be fully potty trained in order to participate and parents must be present during the class. Instructor Fallon Lawson

Chen Tai Chi - The Chen style 18 form was created by Grand Master Chen Zhenglei, a 19th generation descendant of the Chen family, the 11th generation direct-line successor of Chen family Taijiquan. The Chen 18 Form is suited to beginner students as a simplified version of the 74 Form, Laojia Yi Lu. It has all of the elements of Chen style Tai Chi, yet takes less time to learn and the sequence is easier to follow. Instructor Jeff Johnson

Tai Chi for Rehabilitation - An ideal program to gradually get back into the swing of things. It is an easy form to learn and aids recovery from ill health. Physical and occupational therapists might find it a useful tool for their patients/clients. The program combines Yang, Sun and Chen moves and gently leads into other forms of Tai Chi. Instructor Jeff Johnson

Enhance Fitness - A free full hour of fun, Enhance Fitness focuses on dynamic cardiovascular exercise, strength training, balance and flexibility. This class is everything older adults need to maintain health and function as they age. The class will help older adults at all fitness levels become more active, energized, and empowered to sustain independent lives.

Adult & Kids Karate - Learn the set movements and forms of the art of karate. Participants will show proficiency to advance to each level. Instructor Mike Patterson

Yin Yoga - Yin is very relaxing and it can bring deep inner body comfort, helping to relieve stress and anxiety. Most poses in Yin Yoga are held on the floor in a seated position, on the abdomen or back and also on the wall. This class targets the connective tissue, increases circulation in the joints, and can increase range of motion and flexibility. Come join us and recharge your body, mind and spirit!

Instructor Lori Zamosciany

Yoga for Kids - This yoga class is geared toward children of varied abilities and needs. Children will learn different poses and breathing techniques in a fun and inviting atmosphere. Instructor Lori Zamosciany

Yoga Express - Don't have much time in the morning but Need to squeeze a yoga class in. Join Marlene Cuggy for a 40 min Yoga Express Class to get your Wednesday started off right. Class will consist of breath work, yoga postures "asana" that flow smoothly from one to another with some long holds in between for deeper stretching, a mix of flexibility, balance, movement, stillness and mindful breathing which all help to navigate life's journey with a little more ease. Everyone welcome. No experience necessary. Instructor Marlene Cuggy

R.A.D. Self Defense for Women - Rape Aggression Defense (RAD) System is a program of realistic, self-defense tactics and techniques. It is a comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance, while progressing to the basics of hands-on defense training.