

■ Fitness For All

Classes will feature gentle aerobics and stretching exercises to a variety of music used to improve muscle tone, circulation, flexibility, and overall body fitness. Registration for this class will be conducted on a drop in basis and paid at the Leonhard Recreation Center. Come any or all three days a week!

Ages:	Adults
Day:	Monday & Friday
Dates:	January 10 – May 13
Time:	8:30 – 9:00 am
Location:	Leonhard Recreation Center
Resident Fee:	\$1 per class (drop in basis)
Instructor:	Rena Leake, AFAA
Questions:	398-2571

■ Springer Low Impact Aerobics

Start the new year off right! Burn fat and strengthen your heart and lungs without stress and strain on your joints! This class includes cardiovascular exercises as well as “floor exercises” to tighten and tone the hips, legs, abdomen, and buttocks. Exercise balls may be used.

Ages:	Adults
Day:	Monday, Wednesday, & Saturday
ID# 3633-1	January 10 – March 12 (Session I)
ID# 3633-2	March 14 – May 14 (Session II)
Time:	7:15 – 8:15 pm (Mon & Wed) 9:00 – 10:00 am (Sat)
Location:	Springer Cultural Center
Resident Fee:	\$40 per session
Instructor:	Rena Leake, AFAA
Questions:	398-2376



■ Hi/Lo Aerobics

Enjoy 30 minutes of aerobics followed by 30 minutes of muscle stretching and toning. Be prepared to exercise the entire body. Ideal for both beginners and seasoned fitness enthusiasts. This course will emphasize the fundamentals of aerobic exercising.

Ages:	Adult (max 20)
Day:	Tuesday & Thursday
ID# 3635-1	January 11 – March 10
ID# 3635-2	March 15 – May 12
Time:	5:30 – 6:30 pm
Instructor:	Christopher Kashnig, AFAA
Location:	Springer Cultural Center
Resident Fee:	\$30 per session
Questions:	398-2571

■ Core & More

This beginner/intermediate level class will use Pilates-based movements to stretch and strengthen core muscles (abs and back) as well as legs and glutes. Stability balls will occasionally be incorporated to add resistance and improve balance.

Ages:	Adults (max 15)
Day:	Mondays & Wednesdays
ID# 3640-1	January 10 – March 9 (Session I)
ID# 3640-2	March 14 – May 11 (Session II)
Time:	6:15 – 7:00 pm
Location:	Springer Cultural Center
Resident Fee:	\$35 per session
Instructor:	Rena Leake, AFAA
Questions:	398-2376

■ Cardio-Pump/Cardio Kickboxing

This is a strength training class that includes weights (1lb, 2lb, 5lb). We also include step aerobics for a great cardio workout, body sculpting, and fast paced muscle toning. This class is for all ages, all sizes, all skills. We'll show both low and high impact exercises so you can progress at your own rate. We're looking to make you a happier, healthier, more confident person by shedding off some unwanted inches.

Ages:	Adults	Time:	8:15 – 9:15 am
Day:	Tues & Thurs	Instructor:	Linda Nolan, AFAA
Dates:	Jan 11 – May 12	Questions:	398-2571
Location:	Leonhard Recreation Center		
Resident Fee:	\$2 per class (drop in basis)		

■ Kickboxing

NEW! Pow! Wham! Pop! Kickboxing is not for the faint of heart! This class will encourage participants to engage their entire body as they kick and punch their way towards stronger muscles and improved coordination. Great exercise for everyone from the beginner to the seasoned pro!

Ages:	13+ years (min 6)
Days:	Tuesday and Thursday
ID# 3637-1	January 11 – March 3 (Session I)
ID# 3637-2	March 8 – April 28 (Session II)
Time:	10:00 – 11:00 am
Location:	Springer Cultural Center, Rm. 201
Resident Fee:	\$35 per session

■ Beginning Yoga

Learn the fundamental yoga postures to develop stamina, balance, and concentration, while easing various ailments and stress. You do not need to be flexible or in shape to do yoga.

Ages:	18+ years
Day:	Thursday
ID# 3636-1	February 17 – April 28 (no class March 24)
Time:	5:30 pm – 7:00 pm
Location:	Springer Cultural Center
Resident Fee:	\$68 (or Drop in Fee: \$7 per class)
Instructors:	All instructors are trained in the Iyengar Method of Yoga.

■ Continuing Yoga

Develop a more detailed practice of standing poses, inversions, and restoratives. This class builds on the fundamental yoga posture learned in Beginning Yoga. No beginners please.

Ages:	18+ years
ID# 3628-1	
Day:	Monday
Dates:	February 14 – April 25 (no class March 21)
Time:	5:30 pm – 7:00 pm
Location:	Springer Cultural Center
Resident Fee:	\$68 per session (or Drop in Fee: \$7)
Instructors:	All instructors are trained in the Iyengar Method of Yoga.

■ Hatha Yoga 101

This physical and emotional approach to health improves and enhances the body's strength, flexibility, and balance. Attention is given to correct breathing with relaxation and meditation exercises to release tension and improve concentration. Please bring a small pillow to class.

Ages:	Adults
Day:	Tuesday
ID# 3631-1	April 5 – May 17
Time:	9:30 – 10:15 am
Location:	Leonhard Recreation Center
Resident Fee:	\$12
Instructor:	Pat Larson
Questions:	398-2571



■ Pilates for All Levels

Are you ready to get to your next fitness level? Whether you are looking to get fit or stay fit this class is for you! Pilates is a floor workout emphasizing abdominal and back strengthening, muscle toning, stretching, and relaxation. Join both classes in one session for a reduced price!

Ages:	Adults	
Time:	6:45 – 7:45 pm	
Location:	Leonhard Recreation Center	
Instructor:	Cindy Adkins	
Questions:	398-2571	
Session I:	Jan. 10 – Feb. 16	Resident Fee:
ID# 3264-1	Mondays	\$25
ID# 3264-2	Wednesdays	\$25
ID# 3264-3	Both Classes	\$45
Session II:	Feb. 21 – March 30	Resident Fee:
ID# 3264-4	Mondays	\$25
ID# 3264-5	Wednesdays	\$25
ID# 3264-6	Both Classes	\$45
Session III:	April 4 – May 11	Resident Fee:
ID# 3264-7	Mondays	\$25
ID# 3264-8	Wednesdays	\$25
ID# 3264-9	Both Classes	\$45

■ Early Bird Walks

FREE! Come in from out of the cold. Here is your opportunity to keep moving! Stop by the Leonhard Recreation Center for an early morning walk around the gymnasium.

Ages:	All
Days:	Monday, Wednesday, Friday
Dates:	January – March (except January 17)
Time:	7:30 am – 8:30 am
Location:	Leonhard Recreation Center
Questions:	398-2571