

SPORTS AND FITNESS



CO-ED VOLLEYBALL (Adults)

Open time for adults to play recreational volleyball. Pick-up games only--no teams or children. Special events take priority--please call ahead. Limit of 18 people. 1 court available.

10/6-12/15 Tue 7:15-8:45 pm Foster \$2/at the door

LOW IMPACT AEROBICS FOR ADULTS

This is a low impact dance aerobic class specially designed for adults ages 39 and up. The class includes stretches, warm-up, floor work, dance routines to increase cardiovascular fitness and a cool-down. Heart rates will be consistently monitored. Instructor: Kristi Vartanian. No class 11/11.

Activity #113230A (2 days/week) \$44/Res; \$66/Non-Res
9/14-11/25 Mon-Thu 9-10 am Gier

Activity #113230B (3 days/week) \$66/Res; \$99/Non-Res
9/15-11/25 Mon-Thu 9-10 am Gier

Activity #113230C (4 days/week) \$88/Res; \$132/Non-Res
9/15-11/25 Mon-Thu 9-10 am Gier

CHAIR AEROBICS

This low-impact aerobics class is designed for seniors but perfect for anyone wanting to prevent stress and strain on their joints. It combines a low-impact cardio workout along with resistance training, all performed while seated in a chair. Participants can bring light hand-held weights for added resistance, but they are not required. 1 hr. - \$3 drop in fee per session or you may pay all at once. Instructor: Shayla Crockett.

Activity #114200A \$30/Res; \$45/Non-Res
10/5-12/11 MWF 10:30 - 11:30 am Letts

LOW IMPACT DANCE AEROBICS (Adults)

This workout takes the jumping and bouncing out of aerobics with the same cardiovascular benefits. Simple routines done to popular music will tone the arms, legs, and stomach. Instructor: Margaret Sickles. No class 11/25.

Activity #150500B \$42/Res; \$63/Non-Res
9/28-12/9 Mon & Wed 6-7 pm Mt. Hope

NIA DANCE WORKOUT (Adults)

Join this popular non-impact, mind and body fitness class. NIA integrates movements from dance and healing arts that turns the conventional workout into a full mind and body experience. You can enjoy NIA regardless of your fitness level. Stimulating and exciting music along with creative movements and specific areas of focus will inspire you to thrive! Sign up for both days to receive a discount! Instructor: Trudie Wilson. No class 11/26.

Activity #150300A \$48/Res; \$72/Non-Res
10/6-11/24 Tue 6-7 pm Southside (Hill)

Activity #150300B \$48/Res; \$72/Non-Res
10/8-12/3 Thu 6-7 pm Southside (Hill)

Activity #150300C 10/6-12/3 Tue/Thu
6-7 pm Southside (Hill) \$60/Res; \$90/Non-Res

NIA DANCE (Adults)

A Neuromuscular Integrative Action! A dance program using physical activity to bring together the mind with the body. This cardio program uses whole body, expressive movement to achieve fitness and wellness. Expressive movements leading to a mind and body blending that can help in bringing about fitness and wellness. 8 sessions. Instructor: Corean Gray.

Activity #114090A \$48/Res; \$72/Non-Res
10/3-10/21 Sat 3-4 pm Letts

POWER SCULPTING (Adults)

Lose body fat, gain muscle, feel stronger, get motivated, have more energy, increase self-esteem, and improve performance. This class is for all fitness levels. For total body conditioning, dumbbells and resistance bands are utilized as well as hi-lo impact aerobics, athletic conditioning drills, and kick-boxing for cardiovascular conditioning. Bring light-weight dumbbells and exercise mat to class. Sign up for any combination of days to fit your schedule. Instructor: Brenda Rogers, Certified Fitness Trainer. No class 11/11 and 11/25. Drop-in Fee: \$8 at the door.

Activity #150520A \$50/Res; \$75/Non-Res
10/5-12/7 Mon 5:30-6:15 pm Southside (Hill)

Activity #150520B \$40/Res; \$60/Non-Res
10/7-12/9 Wed 5:30-6:15 pm Southside (Hill)

POWER SCULPTING & FITNESS

This class combines cardio kick-boxing, hi-lo impact aerobics, and weight resistance circuit-training, for the ultimate body sculpting experience. Each class will end with focus on the core muscle groups for added stability. Participants should bring hand-held weights and a mat. 1 hr. - \$5 drop in fee per session or you may pay all at once. Instructor: Crockett. No class 11/26.

Activity #114201A \$40/Res; \$50/Non-Res
10/5-12/11 MWF 9-10 am Letts

Activity #114201B \$40/Res; \$50/Non-Res
11/3-12/17 Tue & Thu 7:30-8:30 pm Letts

CARDIO CIRCUIT EXPLOSION (Adults)

This circuit training workout is high intensity and starts with a brief warm-up, continues with 35-40 minutes of cardio conditioning and strength training stations using stability balls, medicine balls, tubing, step benches, your own body weight and more. The class is designed to maximize the use of time and fit into a busy schedule. Certified Instructor: Ann Kostin-McGill. At the door prices are \$2 for City of Lansing residents and \$3 for non-residents (pictured ID will be required).

Activity #113240A \$16/Res; \$24/Non-Res
10/6-10/29 Tue & Thu 5:50-6:50 pm Gier

Activity #113240B \$14/Res; \$21/Non-Res
11/3-11/24 Tue & Thu 5:50-6:50 pm Gier

Activity #113240C \$12/Res; \$18/Non-Res
12/1-12/17 Tue & Thu 5:50-6:50 pm Gier

GLIDING DISC EXERCISE DEMO CLASS (Adults)

The secret to this workout is the revolutionary sliding motion using the Gliding discs that engages your muscles through a full range to strengthen and lengthen the major muscle groups of your entire body. You can sculpt shapely legs and tone your inner and outer thighs while getting a great cardiovascular workout. Instructor: Ann Kostin-McGill.

Activity #113241A Free
11/7 Sat 11 am -12:30 pm Gier



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