

Aquatic & Fitness Center - 876-7424
One Pool Plaza, Tonawanda, NY 14223
Land Aerobic Classes October 23 - December 24, 2017



CLASS CODE #	CLASS NAME	DATES	DAY	TIME	CLASS FEES MEM./NON-MEM	Important Dates
442053-05	STEP-AEROBICS (Anna)	10/23 - 12/20	M/W	6:00 - 7:00 am	\$54/\$90	
442011-05	BEGINNER YOGA (Renee)	10/23 - 12/18	M	7:50 - 8:50 am	\$27/\$45	
442092-05	MAT PILATES (Amy T.)	10/23 - 12/18	M	9:15 - 10:15 am	\$27/\$45	
442044-05	FIT FOR LIFE (Leona)	10/23 - 12/18	M	10:25 - 11:25 am	\$27/\$45	
442010-05	ALL LEVELS YOGA (Julie)	10/25 - 12/20	W	7:50 - 8:50 am	\$27/\$45	
442012-06	INTERMEDIATE YOGA (Julie)	10/25 - 12/20	W	9:00 - 10:00 am	\$27/\$45	
442093-05	POWER PILATES (Amy T.)	10/25 - 12/20	W	10:15 - 11:15 am	\$27/\$45	
442034-05	ZUMBA (Amy T. and Anna)	10/23 - 12/20	M/W	6:40 - 7:40 pm	\$54/\$90	
442046-05	TOTAL BODY CONDITIONING (Anna)	10/23 - 12/20	M/W	7:45 - 8:45 pm	\$54/\$90	
442062-05	WARP SPEED (Anna)	10/24 - 12/21	T/THU	6:00 - 7:00 am	\$51/\$85	No class on 11/23
442014-05	BEGINNER TAI CHI (Mary D.) (30 min)	10/24 - 12/21	T/THU	7:05 - 7:35 am	\$26/\$43	No class on 11/23
442015-05	MORNING TAI CHI & STRETCH (Mary D.) (90 min)	10/24 - 12/21	T/THU	7:35 - 9:05 am	\$77/\$128	No class on 11/23
442028-05	CORE & MORE (Leona) Upstairs Classroom	10/24 - 12/21	T/THU	8:05 - 9:05 am	\$51/\$85	No class on 11/23
442012-05	INTERMEDIATE YOGA (Renee) (90 min)	10/24 - 12/21	T/THU	9:10 - 10:40 am	\$77/\$128	No class on 11/23
442043-05	AGELESS & AWESOME (Amy T.)	10/24 - 12/21	T/THU	10:50 - 11:50 am	\$51/\$85	No class on 11/23
442042-05	SILVER&FIT EXPERIENCE	10/24 - 12/21	T/THU	12:00 - 1:00 pm	\$51/\$85	No class on 11/23
442023-05	POWER TRAINING (Tim) Weight Room	10/24 - 12/21	T/THU	6:05 - 7:05 pm	\$51/\$85	No class on 11/23
442016-05	FUNCTIONAL MOVEMENT STABILIZATION AND STRETCHING (David)	10/24 - 12/21	T/THU	6:40 - 7:40 pm	\$51/\$85	No class on 11/23
442063-05	CIRCUIT TRAINING (Anna)	10/27 - 12/22	FRI	6:00 - 7:00 am	\$27/\$45	
442013-05	YOGALATIES (Leona)	10/27 - 12/22	FRI	10:25 - 11:25 am	\$27/\$45	
442041-05	BODY BLAST (Anna)	10/28 - 12/23	SAT	8:10 - 9:10 am	\$27/\$45	
442021-05	CORE AND BUNS (Anna) (30 min)	10/28 - 12/23	SAT	9:15 - 9:45 am	\$14/\$25	
442046-06	TOTAL BODY CONDITIONING (Anna)	10/28 - 12/23	SAT	9:50 - 10:50 am	\$27/\$45	
442041-05	BODY BLAST (Anna) (90 min)	10/29 - 12/24	SUN	9:00 - 10:30 am	\$41/\$68	
442057-05	FUNCTIONAL FITNESS (Tim) Fitness Room	10/29 - 12/17	SUN	9:00 - 10:00 am	\$24/\$40	
442025-05	STRENGTH & CONDITIONING (Tim) Fitness Room	10/29 - 12/17	SUN	11:10 - 12:10 pm	\$24/\$40	No class 12/24

Member Registration - Monday, October 9, 2017 Non-Member & Online Registration - Monday, October 16, 2017
Note To All Non-Members: Registration entitles you to participate in the class ONLY!

Joseph H. Emminger, Supervisor
Town of Tonawanda

Dan Crangle, Councilman
Chairman, Youth, Parks & Recreation Committee

Jeffrey P. Ehlers, Director
Youth, Parks & Recreation Department

Here is a brief description of our aerobics classes!

ADVANCED CRASH COURSE: This is a class for 11-15 year olds who are interested in learning how to exercise for general good health and/or athletics. This class will focus on building solid weight room fundamentals, coupled with a fun and exciting atmosphere.

All participants must have the appropriate paperwork completed prior to the start date, including the PAR-O, Physician's Clearance, and a copy of the Birth Certificate.

AGELESS & AWESOME: This is a “no boundaries” class...push yourself to your **own** limits in a safe and controlled environment while exploring various exercise options and see improvements in your strength and endurance.

ALL LEVEL YOGA: This class will allow everyone to experience the practice of Yoga within their ability level. All participants will be using the floor.

BEG./INTER. YOGA: Energize yourself and relieve stress practicing Yoga postures that develop strength, flexibility and mental focus.

BEGINNER TAI CHI: Learn the “soft” martial art of Tai Chi. Great for relaxation, balance, and energy. A very disciplined form of exercise practiced in China by millions for hundreds of years. Experience the mental, physical and spiritual balance of this relaxing yet stimulating form of exercise. We offer instruction in the standard 24 form Tai Chi known around the World. Ageless, timeless, and beneficial to ALL who participate.

BODY BLAST: An aggressive aerobic and strength class that will increase endurance and burn fat.

CIRCUIT TRAINING: This class is an invigorating combination of strength training and cardio conditioning that will keep you motivated and keep your body guessing.

CORE & BUNS: A short 30 minute class that will strengthen your core muscles (abs, lower back, glutes and hips) and improve balance and posture.

CORE & MORE: A great way to strengthen your core, improve your posture, tone your muscles and improve your flexibility and balance. This class will incorporate concepts from Pilates, Yoga, and strength training principles. Equipment will include mats, light weights, resistance bands, and balance discs.

CRASH COURSE: A class for 10-12 year olds who are interested in learning how to exercise for general good health and/or athletics. This class will focus building solid weight room fundamentals, coupled with a fun and exciting atmosphere. **All participants must have the appropriate paperwork completed prior to the start date, including the PAR-O, Physician's Clearance, and a copy of the Birth Certificate.**

FIT FOR LIFE: A class for those who wish to be more active as current health professionals recommend. This class will involve strength, flexibility, core, balance training and aerobic movement. Each participant will be encouraged to work to their own ability, in a friendly and welcoming environment.

FUNCTIONAL FITNESS: A challenging class for both beginners and experienced exercisers, focused on improving overall health and fitness. Achieve weight loss, lean muscle gains, increased core strength, balance and stability in this engaging and exciting class.

FUNCTIONAL MOVEMENT STABILIZATION & STRETCHING: This class will utilize the breathing flow of Yoga to focus on stretching in a functional way while integrating core stability, balance and strength exercises

MORNING TAI CHI & STRETCH: Wake up with a workout that will get the body going. This class will work on Static and Dynamic Stretches and Core Strength using 24 form Tai Chi.

PILATES: A functional exercise system created by Joseph Pilates. This class will use floor mats and occasional props to enhance the learning process with proprioceptive feedback. Mat Pilates is designed to improve overall physical health via improved breathing and postural control with gains in strength, flexibility and mental acuity.

POWER PILATES: The progression of basic Mat Pilates into core propelled strength endurance training and high intensity (low impact) cardio intervals.

POWER TRAINING: Get stronger and build quality muscle through the power moves like the squat, press, deadlift, and bench press. Set and achieve regular goals with a weight room workout this is individually designed just for you. **This class is not for beginners and experience with weight training is a must!**

SILVER&FIT® EXPERIENCE: A class open to all but FREE for any Silver&Fit® members. Silver&Fit® Experience is for moderately active older adults who exercise in some way one or two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance.

STEP AEROBICS: A 60 minute intermediate level class that utilizes the Reebok step class format that generally finishes up with toning & stretching.

STRENGTH & CONDITIONING: This high intensity class focuses on building an athletic body that is ready for any challenge. Combining tried and true principles of strength training and metabolic conditioning, this energetic and exciting class will get you fit, fast. Experience with weight training is a must. Class participants should be prepared to run, jump, and move at a rapid pace.

TOTAL BODY CONDITIONING: This is the TOTAL PACKAGE! TBC will incorporate various cardio and strength training techniques to give you an incredible workout and leave your body wanting more!

WARP SPEED: Looking to improve balance, stability, strength, quickness, and agility? Join our most advanced class for a 60 minute heart pumping, total body workout that replicates real sport and daily movements.

YOGALATIES: A Yoga and Pilates fusion class that will help you to increase overall strength and flexibility with emphasis on your core and body awareness. This class will incorporate equipment used in Mat Pilates and Yoga classes.

ZUMBA: Latin dance inspired aerobics including Salsa, Merengue and Cumbia that will keep you energized while burning LOTS of calories! A comfortable and fun environment welcomes even the most novice exerciser, so don't be shy, jump right in!

Youth Fitness Classes

CLASS CODE	CLASS NAME	DATES	DAY	TIME	CLASS FEES MEMBER NON-MEM	
412072-05	CRASH COURSE (Tim) (Ages 10 -12) Fitness Room	10/29 - 12/17	SUN	10:00 - 11:00am	\$24/\$40	No class on 12/24
412073-05	ADVANCED CRASH COURSE (Tim) (Ages 12-15) Fitness Room	10/24 - 12/21	T/THU	5:00 - 6:00 pm	\$51/\$85	No class on 11/23