



CLASS CODE #	CLASS NAME	DATES	DAY	TIME	CLASS FEES MEM./NON-MEM	Important Dates
142053-01	STEP-AEROBICS (Anna)	1/2 - 2/20	M/W	6:00 - 7:00 am	\$45/\$75	
142011-01	BEGINNER YOGA (Renee)	1/7 - 2/18	M	7:50 - 8:50 am	\$21/\$35	
142044-01	FIT FOR LIFE (Leona)	1/7 - 2/18	M	10:25 - 11:25 am	\$21/\$35	
142017-01	GROUP TAI CHI FOR INDIVIDUALS (Mary D.)	1/7 - 2/18	M	2:00pm - 3:00pm	\$21/\$35	
142025-01	STRENGTH TRAINING (Anna)	1/7 - 2/18	M	6:40 - 7:40 pm	\$21/\$35	
142010-01	RISE AND FLOW YOGA (Jaime)	1/2 - 2/20	W	7:15 - 8:15 am	\$24/\$40	
142023-01	POWER TRAINING (John & Alaina)	1/2 - 2/20	W	6:00 - 7:00 pm	\$24/\$40	
142031-01	AEROBICS (Carol Ann)	1/2 - 2/22	W/F	9:00 - 10:00 am	\$48/\$80	
142046-01	TOTAL BODY CONDITIONING (Anna)	1/2 - 2/20	M/W	7:45 - 8:45 pm	\$45/\$75	
142033-01	 (Christy)	1/8 - 2/19	TUES	10:50 - 11:50 am	\$24/\$40	
142062-01	WARP SPEED (Anna)	1/3 - 2/21	T/THU	6:00 - 7:00 am	\$48/\$80	
142014-01	BEGINNER TAI CHI (Mary D.) (30 min)	1/3 - 2/21	T/THU	7:05 - 7:35 am	\$24/\$40	
142015-01	MORNING TAI CHI & STRETCH (Mary D.) (90 min)	1/3 - 2/21	T/THU	7:35 - 9:05 am	\$72/\$120	
142028-01	CORE & MORE (Leona) (Studio)	1/3 - 2/21	T/THU	8:05 - 9:05 am	\$48/\$80	
142012-01	INTERMEDIATE YOGA (Renee) (90 min)	1/3 - 2/21	T/THU	9:10 - 10:40 am	\$72/\$120	
142042-01	 (Leona)	1/3 - 2/21	T/THU	12:00 - 1:00 pm	\$48/\$80	
142016-01	FUNCTIONAL MOVEMENT STABILIZATION AND STRETCHING (David & Anna)	1/3 - 2/21	T/THU	6:40 - 7:40 pm	\$48/\$80	
142043-01	AGELESS & AWESOME (Amy T.)	1/3 - 2/21	THU	10:50 - 11:50 am	\$24/\$40	
142063-01	CIRCUIT TRAINING (Anna)	1/4 - 2/22	FRI	6:00 - 7:00 am	\$24/\$40	
142013-01	YOGALATIES (Leona)	1/4 - 2/22	FRI	10:15 - 11:15 am	\$24/\$40	
142041-01	BODY BLAST (Anna)	1/5 - 2/23	SAT	8:10 - 9:10 am	\$24/\$40	
142021-01	CORE AND BUNS (Anna) (30 min)	1/5 - 2/23	SAT	9:15 - 9:45 am	\$12/\$20	
142046-02	TOTAL BODY CONDITIONING (Anna)	1/5 - 2/23	SAT	9:50 - 10:50 am	\$24/\$40	
142034-01	ZUMBA (Starr)	1/5 - 2/23	SAT	11:00 - 12:00 pm	\$24/\$40	
142041-02	BODY BLAST (Anna) (90 min)	1/6 - 2/24	SUN	9:00 - 10:30 am	\$72/\$120	
142057-01	FUNCTIONAL FITNESS (David) Fitness Room	1/6 - 2/24	SUN	11:00 - 12:00 pm	\$24/\$40	

## YOUTH FITNESS CLASSES

112072-01	CRASH COURSE (David) (Ages 10 -12) Fitness Room	1/6 - 2/24	SUN	10:00 - 11:00am	\$24/\$40	
112073-01	ADVANCED CRASH COURSE (Josh)	1/3 - 2/21	T/THU	5:00 - 6:00 pm	\$48/\$80	

*Member Registration - Monday, December 17, 2018 Non-Member & Online Registration - Monday, December 24, 2018*

*Note To All Non-Members: Registration entitles you to participate in the class ONLY!*

*Fees Payable to: Town of Tonawanda*

Joseph H. Emminger, Supervisor  
 Town of Tonawanda

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

Mark D. Campanella Sr., Superintendent  
 Youth, Parks & Recreation Department

### Here is a brief description of our aerobics classes!

**ADVANCED CRASH COURSE:** Building on the success of the original, the AFC is now offering Advanced Crash Course, 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 building solid weight room fundamentals, coupled with a fun and exciting atmosphere.

**AEROBICS CLASS:** This class consists of 30 minutes of aerobic training. There will be marches, squares, lunges and more choreographed to fun music! The class also has 30 minutes of strengthening and stretching exercises.

**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.

**BEG. / INTER. YOGA:** Energize yourself and relive 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, & strength training. Equipment will include mats, light weights, resistance bands, & 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.

**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 & 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 NEW class.

**FUNCTIONAL MOVEMENT STABILIZATION AND 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.

**GROUP TAI CHI FOR INDIVIDUALS:** Learn 24 Form Tai Chi your way! Take your time. There is no rush in Tai Chi. This slow, gentle yet effective workout, will improve your balance, strength and your patience, too! Relax. The process feels good, whether standing or sitting in a chair. When all 24 clusters of moves are learned gradually through repetition, doing a set (all 24 clusters) feels so smooth and freeing.

**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.

**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 that is individually designed just for you.

**RISE & FLOW YOGA:** Begin your day with a balanced flow of mindful movement, breath work and relaxation for all ability levels. Each vinyasa flow class is unique and may include variations of sun salutations, standing postures, backbends, inversions and gentle twists. Build strength and improve your flexibility while also bringing a greater sense of harmony to your body and mind.

**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 TRAINING** This *class* builds endurance and develops coordination and balance. You can expect to use a variety of different equipment such as *weights*, bands, balls and other tools to get stronger and leaner.

**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!

**ZUMBA GOLD:** Zumba Gold® is designed to meet the needs of the active older participant, as well as those just starting their journey to a fit and healthy life-style. It’s a dance-fitness class set to zesty Latin music, like Salsa, Merengue, Cumbia, and Reggaeton. The easy-to-follow moves and modified pacing create a fun, invigorating, party-like atmosphere. Invite your friends and make this class part of your weekly schedule!