

SPIN/BODY PUMP

Senior Spin w/Russ (Ages 60+ or active adults) (20 classes)

Designed especially for seniors and/or active adult population using senior spin program.

Dates: Mon./Wed., 9-9:30 a.m., Jan. 11-Mar. 17

Location: Friendship Center, Room 115

Fee: \$63R/\$68NR/\$50M (#10972)

BODY PUMP

Body Pump™ (Ages 16+)

Exciting! The 50-60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for . . . and fast!

Dates: (1 day per week) (10 classes-50-60 min.)

Fri., 5:40-6:30 a.m., Jan. 15-Mar. 19 (#11007)

*Mon., 7:30-8:30 p.m., Jan. 11-Mar. 15 (#11012)

Wed., 7:15-8:15 p.m., Jan. 13-Mar. 17 (#11013)

Thurs., 4:30-5:30 p.m., Jan. 14-Mar. 18 (#11009)

Sun., 12-1 p.m., Jan. 12-Mar. 21 (#11014)

Sat., 9:15-10:15 a.m., Jan. 16-Mar. 20 (#11008)

Location: Friendship Center, Room 118 (*East Annex)

Fee: 1/week (45-60 mins.) — \$44R/\$49NR/\$35M

Dates: (2 days per week) (20 classes-60 min.)

Mon./Wed., 9:30-10:30 a.m., Jan. 11-Mar. 17 (#11011)

Mon./Wed., 5:40-6:30 a.m., Jan. 11-Mar. 17 (#11010)

Location: Friendship Center, Room 118

Fee: 2/week (60 mins.) — \$88R/\$93NR/\$70M

Trivia #4: Two aerobics classes were offered by the Parks and Recreation Department prior to the Grand Opening of the Friendship Center. Two of the instructors are still teaching with us today. Who are they?



The Parks and Recreation Department has held classes throughout the Township for many years.

AEROBICS/FITNESS/DANCE

Low Impact w/Lori (20 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., Jan. 11-Mar. 17

Location: Friendship Center, Room 118

Fee: \$68R/\$73NR/\$53M (#10956)

Combo w/Kelly and Sunny (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

Dates: Mon./Wed., 6-7 p.m., Jan. 11-Mar. 17

Location: Friendship Center, Room 118

Fee: \$68R/\$73NR/\$53M (#10965)

Abs, Back & Legs w/Keli (10 classes)

Focus on strengthening/toning the abs, back and legs.

Dates: Mon., 7-8 p.m., Jan. 11-Mar. 15

Location: Friendship Center, Room 118

Fee: \$38R/\$41NR/\$30M (#10966)

Core Training w/Karen (10 classes)

A highly effective approach to strengthening and toning abdominals and back using progressive movements and a variety of equipment.

Dates: Mon., 9-9:30 a.m., Jan. 11-Mar. 15

Location: Friendship Center, Room 112

Fee: \$46R/\$49NR/\$38M (#11130)

Ringtime Boxing w/Focus Mitts w/Karen (12 classes)

Interval class featuring the use of boxing gloves and focus mitts. Class will cover safety tips, proper use, drills and workout formats. If you love punching, then prepare to be hitting the mitts like a pro.

Session I: Tues./Thurs. 9:15-10 a.m., Jan. 12-Feb. 18 (#10989)

Session II: Tues./Thurs. 9:15-10 a.m., Feb. 23-Apr. 1 (#10990)

Location: Friendship Center, Room 112

Fee: \$68R/\$73NR/\$58M

A.M. Weight Loss Boot Camp w/Karen (21 hours)

Program includes a healthy eating plan, fit testing/ weekly weigh-ins, exercise program w/3.5 hours/week with a personal trainer in small group setting. For those with 15+ pounds to lose. Must attend all 3 sessions per week.

Session I: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Jan. 11-Feb. 19 (#11037)

Session II: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Feb. 22-Apr. 2 (#11038)

Location: Friendship Center, Gym #1

Fee: \$220R/\$225NR/\$185M

AEROBIC/FITNESS/DANCE

Hip Hop w/Gina (10 classes) (16+)

Incorporates elements of aerobics (no dance training necessary). A workout program geared to all levels but come prepared to get a workout and have fun!

Dates: Thurs., 6-7 p.m., Jan. 14-Mar. 18 (#10959)

Mon., 8:15-9:15 p.m., Jan. 11-Mar. 15 (#11142)

Location: Friendship Center, Room 112

Fee: \$38R/\$41NR/\$30M

Krunch Klub w/Lori L. & Mary (Ages 18+) (4 classes)

Shape, tone and flatten your mid-section while improving core strengthening — an express workout.

Session I: Mon., 7-7:30 p.m., Jan. 11-Feb. 1 (#10976)

Session II: Mon., 7-7:30 p.m., Feb. 8-Mar. 1 (#10977)

Location: Friendship Center, Room 112

Fee: \$42R/\$45NR/\$35M

Total-Core w/Bentz (Ages 16+) (8 classes)

Special exercises that not only strengthen, flatten and tone abs and core but improve total body, strength and fitness.

Dates: Mon., 6-7 p.m., Jan. 11-Mar. 1

Location: Max Fitness, 3401 N. 6th St. Harrisburg

Fee: \$65R/\$70NR (#11068)

Salsa Aerobics w/Gina (Ages 16+) (10 classes)

Dance and have fun to Latin rhythms and music. Basic merengue, salsa and bachata. Great workout.

Dates: Mon., 6-7 p.m., Jan. 11-Mar. 15

Location: Friendship Center, Room 112

Fee: \$38R/\$41NR/\$30M (#10958)

Strength Training + Abs w/Terri (10 classes)

Invigorating strength workout including abs. Great mixture.

Dates: Tues., 4-4:40 p.m., Jan. 12-Mar. 16 (#11054)

OR- Fri., 6-6:40 p.m., Jan. 15-Mar. 19 (#11053)

Location: Friendship Center, Room 118

Fee: \$38R/\$41NR/\$30M



The building of the recreation/therapy pool.

Core Cut Intervals w/Lori L. & Mary (12 classes)

Anything and everything goes in this class. Inside, outside, bosu, gliding, balance, strength and cardio. Fun with cutting edge techniques — never boring!

Session I: Mon./Wed., 6-7 p.m., Jan. 11-Feb. 17

(#11082)

Session II: Mon./Wed., 6-7 p.m., Feb. 22-Mar. 31

(#11083)

Location: Friendship Center, East Annex/Gym #1

Fee: \$84R/\$87NR/\$70M

Mat Pilates w/Terri (10 classes)

Concentrate on core stability. Gain flexibility of muscles and joints, improve posture, strength and balance.

Check with doctor if degenerative/orthopedic problems.

Doctor's note required for pregnant participants.

Dates: *Tues., 5:45-6:30 p.m., Jan. 12-Mar. 16

(#11026)

OR- Fri., 5-5:45 p.m., Jan. 15-Mar. 19 (#11027)

Location: Friendship Center, Room 118, *East Annex

Fee: \$50R/\$55NR/\$40M

Core Cut Interval w/Karen (6 classes)

Interval-based program to supercharge your metabolism. Each class is different w/focus on ability.

Session I: Wed., 9:30-10:30 a.m., Jan. 13-Feb. 17

(#11085)

Session II: Wed., 9:30-10:30 a.m., Feb. 24-Mar. 31

(#11086)

Location: Friendship Center, Gym #1

Fee: \$46R/\$49NR/\$38M

Fitness Boot Camp w/Karen (6 weeks)

A very effective multi-disciplined approach to fitness that will leave your body looking and feeling amazing.

Session I: Mon./Fri., 10:30-11:30 a.m., Jan. 11-Feb. 19

(#11120)

Session II: Mon./Fri., 10:30-11:30 a.m., Feb. 22-Apr. 2

(#11121)

Location: Friendship Center, Gym #1

Fee: \$84R/\$89NR/\$70M

Sun Salutations w/Meena (10 classes)

Intense class that revolves around Surya Namaskar A & B — the classic yoga sun salutations. Variations of the salutations to challenge both upper and lower body to gain flexibility & strength as the poses flow from one to the other. Simple yet powerful giving you a unique experience of yoga.

Dates: Thurs., 5:30-6:30 p.m., Jan. 14-Mar. 18

Location: Friendship Center, Room 109

Fee: \$44R/\$47NR/\$35M (#11132)

AEROBICS/FITNESS/DANCE

Yogalates w/Terri (10 classes)

Yoga mixed with pilates. Great mixture. Check with doctor if degenerative/orthopedic problems. Doctor's note required for pregnant participants.

Dates: Tues., 4:45-5:30 p.m., Jan. 12-Mar. 16

Location: Friendship Center, Room 118

Fee: \$50R/\$55NR/\$40M (#10964)

Basic Hatha Yoga w/Stacy CYT (8 classes)

De-stress and come enjoy a yoga practice that may help you slow/calm down. Explore new postures and techniques in a slow paced class. All levels are welcome.

Dates: Tues., 5:30-6:30 p.m., Jan. 12-Mar. 2 (#10961)

OR- *Tues., 10:15-11:15 a.m., Jan. 12-Mar. 2 (#10962)

Location: Friendship Center, Room 109, *Room 118

Fee: \$75R/\$80NR/\$60M

Vinyasa Yoga I w/Stacy CYT (8 classes) (All levels)

Enjoy the benefits of a dynamic yoga practice: increase strength, flexibility, endurance, stamina and relaxation.

Based on the Ashtanga Vinyasa Yoga sequence of postures. Can be physically/mentally challenging. Bring yoga mat. Moderately strong paced class and students should be in good physical health. All levels.

Dates: Tues., 6:30-7:30 p.m., Jan. 12-Mar. 2

Location: Friendship Center, Room 109/112

Fee: \$75R/\$80NR/\$60M (#10963)

Aerobic Focus w/Carol (20 classes)

Fun approach to cardio fitness/toning. Class includes aerobics/kickboxing for all levels, toning/weight training.

Dates: Tues./Thurs., 5:30-6:30 p.m., Jan. 12-Mar. 18

Location: Friendship Center, Room 118

Fee: \$68R/\$73NR/\$53M (#10957)

20/20/20 w/Janeal (20 classes)

20 minute segments of step, aerobics/weights and abs.

Dates: Tues./Thurs., 6:30-7:30 p.m., Jan. 12-Mar. 18

Location: Friendship Center, Room 118

Fee: \$68R/\$73NR/\$53M (#11050)

Fitness Fusion w/Janeal (20 classes)

Variety of cardio, step, interval, muscle and ab training.

Dates: Tues./Thur., 7:30-8:15 p.m., Jan. 12-Mar. 18

Location: Friendship Center, Room 118

Fee: \$58R/\$63NR/\$46M (#10960)

PILATESTRETCH w/Terri (10 classes)

Learn basic stretching and pilates techniques to increase your flexibility and reduce overall stress to muscles and joints. Great for reducing low back pain. All levels welcome.

Dates: Fri., 4:30-5 p.m., Jan. 15-Mar. 19

Location: Friendship Center, Room 118

Fee: \$50R/\$55NR/\$40M (#11024)

Pilates w/Meena (10 classes)

A 45 min. class for core strength building. Beginner to intermediate level pilates exercises on the mat. Core strength is essential in maintaining posture, balance, functional movement and a healthy body. Good for all levels and helps to increase flexibility, decrease tension and strengthen the body from the inside out.

Dates: Fri., 10-10:45 a.m., Jan. 15-Mar. 19

Location: Friendship Center, Room 118

Fee: \$44R/\$47NR/\$35M (#11025)

Yoga A-Z w/Meena (10 classes)

One of a kind yoga class that involves poses from the letters A-Z and much more. Simple yet powerful class that gives you a unique experience of yoga. All kinds of poses including basic back bends and simple inversions are done in this class. A class for all levels from beginner to intermediate to advanced yogis/yoginis.

Dates: Fri., 10:45-11:30 a.m., Jan. 15-Mar. 19

Location: Friendship Center, Room 118

Fee: \$44R/\$47NR/\$35M (#11006)

Ringtime Boxing w/Focus Mitts w/Karen (6 classes)

Interval class featuring the use of boxing gloves and focus mitts. Class will cover safety tips, proper use, drills and workout formats. If you love punching, then prepare to be hitting the mitts like a pro.

Session I: Tues., 5:45-6:30 p.m., Jan. 12-Feb. 16 (#11126)

Sat., 9-9:45 a.m., Jan. 16-Feb. 20 (#11127)

Session II: Tues., 5:45-6:30 p.m., Feb. 23-Mar. 30 (#11131)

Sat., 9-9:45 a.m., Feb. 27-Apr. 3 (#11128)

Location: Friendship Center, Room 112

Fee: \$52R/\$55NR/\$40M



The steel beams — beginning to take shape.

AEROBICS/SPORTS/LEISURE

Cardio/Kickboxing w/Mary Jo (10 classes)

Combination of aerobics, plyometrics, step aerobics and high energy kickboxing. Fun filled, calorie burning hour.

Dates: Sat., 10:30-11:30 a.m., Jan. 16-Mar. 20

Location: Friendship Center, Room 118

Fee: \$36R/\$41NR/\$30M (#10975)

Saturday Morning Cardio Pump w/Kim (10 classes)

Use all forms of fitness in a cardio way. Stretch, tone and re-shape. All fitness levels.

Dates: Sat., 9:30-10:30 a.m., Jan. 16-Mar. 20

Location: Friendship Center, East Annex

Fee: \$38R/\$41NR/\$30M (#11016)

1-on-1 Mat Pilates w/Terri (6 sessions)

Personal, one-on-one training available. (1/2 hour sessions.)

Dates: By appointment

Location: Friendship Center, Room 112

Fee: \$220R/\$225NR/\$200M (#11069)

Mobile Mommy Wheelies w/Ursula (6 classes)

Workout with your little ones in strollers. Strength training, sculpting and cardio to help mom shape up.

Session I: Thurs., 9:30-10:15 a.m., Jan. 14-Feb. 18 (#11042)

Session II: Thurs., 9:30-10:15 a.m., Feb. 25-Apr. 1 (#11043)

Location: Friendship Center, Gym #2

Fee: \$54R/\$57NR/\$45M

Intro. to Ballroom Dance w/Lisa (4 classes)

Class will be introduced to waltz, fox trot, rumba and swing. Stop being a wallflower and join the fun. Easy to learn — hard shoes recommended, not required.

Dates: Mon., 7:30-9 p.m., Jan. 11-Feb. 1

Location: Friendship Center, Room 106/109

Fee: \$68R/\$73NR/\$55M per cpl. (#11103)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Jan. 12-Mar. 16

Location: Friendship Center, Room 118

Fee: \$42R/\$52NR/Free to Members! (#11032)

Fibromyalgia w/Dr. Homza (16+)

Different types, common causes, and proper management of this chronic problem.

Date: Thursday, January 7, 6-7 p.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (#11129)

Intro. to Polka w/Capital City Polka Dancers (6 classes)

Stop being a wallflower and join the fun. Easy to learn — hard shoes recommended, not required.

Dates: Sun., Jan. 10-Feb. 21, 3-5 p.m.

Location: Friendship Center, Room 118

Fee: \$26R/\$29NR/\$20M (#11075)

Stay Fit While You Sit w/Dr. Scott LeVan (Ages 18+)

Tight shoulders? Headaches? Eyestrain? Pain getting out of the chair? “Tame the Computer Monster.”

Date: Tuesday, January 5, 6-7 p.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (#11065)

Financial Planning w/Waddell & Reed

A workshop that will assist you with financial advice.

Financial Concepts 101: Thursday, January 7, 7-8:30 p.m.

Location: Friendship Center, Room 112

Fee: \$3R/\$5NR Free to members! (#11119)

Tai Chi Simplified w/J. Jackson (18+/no age limit!) (10 classes)

Learn the Tai Chi 27 short form movements based on the Yang Style Tai Chi. Soft high movements with emphasis on posture, balance, and breathing naturally in rhythmic harmony. Benefits of Tai Chi practice are stress control, tension release, stimulation of the mind, improved concentration focus/coordination, promotion of a general sense of well-being and keeping flexible. Wear loose clothing and flat-soled footwear.

Dates: Thurs., Jan. 14-Mar. 18, 10-11 a.m.

Location: Friendship Center, Room 118

Fee: \$100R/\$105NR/\$80M (#11116)

Tai Chi Style Essential w/J. Jackson (18+/no age limit!) (10 classes)

Learn the Tai Chi 18 low form movements based on the Chen Style. Low movements done w/balance of fast and slow, hard and soft with spiraling movements for the cultivation of tranquility w/explosive power w/natural breathing. Benefits include stress control, tension release, stimulation of the mind, improved concentration focus/coordination, promotion of a general sense of well-being and keeping flexible. Wear loose clothing and flat-soled footwear.

Dates: Thurs., Jan. 14-Mar. 18, 7:30-8:30 p.m.

Location: Friendship Center, Room 118

Fee: \$100R/\$105NR/\$80M (#11117)