

YOUTH/TEEN (CONT.)

American Red Cross Babysitting Certification (Ages 11 and up)

Must attend all classes and pass test. Certified sitters' names may be kept on file for future sitter references. Good for kids home alone!

A. Mon., Tues., Thurs., Fri., 9 a.m.-12, July 16, 17, 19, 20 (test) w/ Linda B. (#14365)

B. Mon., Tues., Thurs., Fri., 6-9 p.m., July 23, 24, 26, 27 (test) w/ Sandi B. (#14366)

Location: Friendship Center

Fee: \$57R/\$63NR/\$50M

Around the World w/Lisa M. (4 classes) (Ages 8-11)

Get ready to tour the globe this summer. Each day, we will explore a different country's culture, language and customs. Participants will make a craft, learn a game and enjoy food associated with each country.

Dates: Mon.-Thurs., 1-3 p.m., June 11-14 (#14444)

Location: Friendship Center, Conference Room

Fee: \$150R/\$155NR/\$125M (register as of 5/15)

Beginning Soap Making for Parents & Kids w/Soap-O-Therapy (Ages 6+)

Learn how to make, melt-and-pour glycerin soap. Topics include safety, equipment, soap additives and colorants, and packaging. Access to materials and supplies, and take home one pound (approx. 4 bars) of soap.

Date: Saturday, June 9, 9-11 a.m.

Location: Friendship Center, Room 109

Fee: \$40R/\$43NR/\$32M per couple (#14343)

Orienteering For Kids w/Tina (Ages 8-11) (5 classes)

Participants will learn to use a compass to find their way around and hunt for hidden treasures! Classes will be held rain or shine, so have your child dress appropriately.

Dates: Sat., 10-12:30 p.m. July 14-Aug. 11

Location: Brightbill Park

Fee: \$75R/\$80NR (#14554)

All In One Basketball Training w/Findaballer (Ages 5-14) (8 classes)

Work on shooting, passing, dribbling and the complete game techniques.

Dates: Mon., 6-7 p.m., July 9-Sept. 10 (#14327)

Sun., 4:30-5:30 p.m., July 15-Sept. 9 (#14328)

Sat., 11:30-12:30 p.m., July 14-Sept. 8 (#14329)

Location: Friendship Center, Gym #3

Fee: \$67R/\$70NR/\$56M

Kids Zumba w/Lynn (Ages 8-12) Big Starz (6 classes)

Dates: Mon., 5:30-6:15 p.m., July 9-Aug. 13 (#14511)

Location: Friendship Center, East Annex

Fee: \$36R/\$39NR/\$26M

LES MILLS BODY PUMP/CXWORX™

Summer Kick Off! BP82 and CXWORX™:

Date: Sunday, June 24, 2012, 1-2:30 p.m.

Body Pump: 1-2 p.m./CRWORX: 2-2:30 p.m. (#14454)

Location: Friendship Center, Room 118

Free! Free! Free! Must Pre-Register-limited spots.

Body Pump™ (Ages 18+)

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, instructors and your choice of weight.

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

*Mon., 7:15-8:15 p.m., July 9-Sept. 24 (#14434) (MJ)

*Tues., 4:30-5:30 p.m., July 10-Sept. 18 (#14440) (J)

Thurs., 4:30-5:30 p.m., July 12-Sept. 20 (#14439) (J)

*Thurs., 7:30-8:30 p.m., July 12-Sept. 20 (#14436) (C)

Fri., 10-11 a.m., July 13-Sept. 21 (#14560) (J)

Fri., 5:40-6:30 a.m., July 13-Sept. 21 (#14435) (MJ)

Sat., 9:15-10:15 a.m., July 14-Sept. 22 (#14433) (MJ)

Dates: (2 days per week) (20 classes-50-60 min.)

Mon./Wed., 9:30-10:30 a.m., July 9-Sept. 24 (#14437) (MJ)

Mon./Wed., 5:40-6:30 a.m., July 9-Sept. 24 (#14438) (MJ) (J)

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

Fee: (1 day) \$47R/\$50NR/\$35M

(2 day) \$94R/\$97NR/\$70M

Instructor Code: (MJ) Mary Jo, (J) Jodie, (C) Carly

CXWORX™ w/Mary Jo (Ages 18+) (10 classes)

A 30-minute format combines personal training with energy of group fitness. Choreographed routines w/ great music! Works on the torso and sling muscles that connect your upper body to your lower body. Ideal for tightening your tummy and butt, and also improves functional strength and assisting in injury prevention.

Dates: Mon., 5:30-6 p.m., July 9-Sept. 24 (#14332)

Tues., 9:30-10 a.m., July 10-Sept. 18 (#14333)

Wed., 5:30-6 p.m., July 11-Sept. 19 (#14334)

Fri., 6:35-7:05 a.m., July 13-Sept. 21 (#14335)

Sat., 10:30-11 a.m., July 14-Sept. 22 (#14336)

Fee: \$47R/\$50NR/\$35M

Location: Friendship Center, Room 118

Teen "Camp Max" Weight Loss Program w/Bentz

A one week intensive camp designed to teach youth and teens health, nutrition and fitness.

Session I: Mon-Fri., 9 a.m.-3 p.m. July 23-27 (#14546)

Session II: Mon.-Fri., 9 a.m.-3 p.m., Aug. 13-17

(#14547)

Location: Max Fitness, LLC, 3401 N. 6th St., Hbg.

Fee: \$95R/\$105NR

ZUMBA/SILVER AND FIT

Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

Dates: Mon., July 9-Sept. 24, 10:30-11:15 a.m. (#14502) (J)

Wed., July 11-Sept. 19, 10:30-11:30 a.m. (#14506) (A)

*Wed., July 11-Sept. 19, 4:30-5:30 p.m. (#14505) (B)

*Wed., July 11-Sept. 19, 7-8 p.m. (#14509) (Sa)

Thurs., July 12-Sept. 20, 9-10 a.m. (#14507) (J)

*Thurs., July 12-Sept. 20, 5:30-6:30 p.m. (#14501) (L)

*Thurs., July 12-Sept. 20, 6:30-7:30 p.m. (#14507) (Le)

Fri., July 13-Sept. 21, 9-10 a.m. (#14503) (J)

Sat., July 14-Sept. 22, 8:15-9:15 a.m. (#14508) (L)

Location: Friendship Center, Room 118/*East Annex

Fee: \$48R/\$51NR/\$34M

Instructor Code: (A) Alicia, (L) Lynn, (Sa) Sarah,

(Le) Leon, (B) Beth, (J) Julie

Zumba Gold w/Val (Ages 18+) (10 classes)

For active adults — A fusion of Latin and International music that creates a dynamic, exciting and effective fitness system!

Dates: Fri., 8-8:45 a.m., July 13-Sept. 21

Location: Friendship Center, Room 118

Fee: \$48R/\$51NR/\$34M (#14339)

Beginner Yoga w/Shani-new instructor (8 classes)

Designed for anyone who wants to begin yoga practice, specifically for those who have NEVER taken a yoga class. We move slowly. Start by exploring basic yoga postures such as sitting, standing and even lying down! We progressively cover fundamental poses essential to yoga. An emphasis is placed on relaxation, breathing and the keys of alignment. Shani is known for her mastery in sequencing expressive, creative and fun yoga classes and her skill in encouragement.

Dates: Tues., 10:15-11:15 a.m., July 10-Sept. 4 (#14498)

*Tues., 6:45-7:45 p.m., July 10-Sept. 4 (#14499)

Location: Friendship Center, Room 118 /*Room 106

Fee: \$50R/\$53NR/\$42M

Yoga I w/Shani-new instructor (8 classes)

Relax, unwind, relinquish...let go of tension with a Flow Yoga class. This energizing class will take you on a journey allowing you to warm-up, breathe deeply and then cultivating stillness of mind/peace.

Dates: Tues., 5:30-6:30 p.m., July 10-Sept. 4

Location: Friendship Center, Room 106

Fee: \$50R/\$53NR/\$42M (#14510)

AEROBICS/FITNESS/DANCE

Combo w/Keli & Sunny (20 classes)

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

Dates: Mon./Wed., 6:05-7:05 p.m., July 9-Sept. 24

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#14303)

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

An intense workout, focused on strengthening the abs, back, and legs.

Dates: Mon., 7:05-8:05 p.m., July 9-Sept. 24

Location: Friendship Center, Room 118

Fee: \$48R/\$51NR/\$34M (#14341)

Fitness Boot Camp w/Karen & Lori (12 classes)

All levels. See changes in strength, body fat/weight loss.

Dates: Mon./Wed., 7-7:45 p.m., July 16-Aug. 22 (#14319)

-OR- Mon./Wed., 7-7:45 p.m., Sept. 10-Oct. 17 (#14320)

Location: Friendship Center, Gym #1

Fee: \$87R/\$90NR/\$72M

Back to the Basics w/Lori (12 classes)

Simple and effective workout for those starting or returning to regular workout program. Weights, cardio and basic nutrition tips blended for individual results.

Session I: Mon./Wed., 6:15-7 p.m., July 16-Aug. 22 (#14319)

Session II: Mon./Wed., 6:15-7 p.m., Sept. 10-Oct. 17 (#14314)

Location: Friendship Center, East Annex

Fee: \$65R/\$68NR/\$55M

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

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

Dates: Tues./Thurs., 6-7 p.m., July 10-Sept. 20

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#14349)

Fit Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

Dates: Tues./Thurs., 7-7:45 p.m., July 10-Sept. 20

Location: Friendship Center, Room 118

Fee: \$68R/\$71NR/\$50M (#14316)

Yogalates/Sculpt w/Terri (10 classes)

Fun class with 25 minutes of sculpting using resistance equipment and transitions into 35 minutes of yoga/pilates blend. Excellent toning and core strengthening blend. Bring sneakers.

Dates: Tues., 4:45-5:45 p.m., July 10-Sept. 18

Location: Friendship Center, Room 118

Fee: \$60R/\$65NR/\$45M (#14326)

**THE FRIENDSHIP CENTER
WILL BE CLOSED FOR MAINTENANCE
August 26-September 1**

AEROBICS/FITNESS/DANCE (CONT.)

Strength and Cardio w/Mary Jo (10 classes)

1/2 Body Pump and 1/2 Tabata and HIIT to improve cardio. Take your cardio to the next level with short intervals of high intensity.

Dates: Wed., 7:15-8:15 p.m., July 11-Sept. 19

Location: Friendship Center, Room 118

Fee: \$45R/\$48NR/\$34M (#14456)

Yogalates w/Terri (10 classes)

Yoga mixed with pilates. Great mixture. Check with doctor if degenerative/orthopedic problems.

Dates: Fri., 1-1:45 p.m., July 13-Sept. 21 (#14322)

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/\$45M

TRX/Cross Fitness w/Karen (6 classes)

Sports performance training meets boot camp meets crossfit meets professional training efficiency. A challenge and fun while getting stronger, leaner and more cardio fit. No machines just good old fashioned fitness. Taught by certified trainer in TRX, RKC, Kettlebells, Spin and Crossfit. Care will be taken with participants in fitness, nutrition and chronic/acute injuries.

Dates:

Session I: Tues., 6:45-7:30 p.m., July 10-Aug. 14 (#14475)

Session II: Tues., 6:45-7:30 p.m., Aug. 21-Oct. 2 (#14476)

Session I: Wed., 9:30-10:15 a.m., July 18-Aug. 22 (#14471)

Session II: Wed., 9:30-10:15 a.m., Sept. 5-Oct. 10 (#14472)

Session I: Thurs., 6:45-7:30 p.m., July 12-Aug. 16 (#14477)

Session II: Thurs., 6:45-7:30 p.m., Aug. 23-Oct. 4 (#14478)

Session I: Sat., 9:30-10:15 a.m., July 14-Aug. 18 (#14473)

Session II: Sat., 9:30-10:15 a.m., Aug. 25-Oct. 6 (#14474)

Location: Friendship Center, Gym #1

Fee: \$54R/\$57NR/\$40M

TRX Flexibility and Athletic Recovery w/Karen (10 classes)

Our bodies take a beating from us everyday. Stretch and recovery are important part of healing. Learn to use TRX to help lengthen/elongate muscles in the back, hips and hamstrings. Good for low back/knee problems.

Dates: Mon., 9-9:30 a.m., July 9-Sept. 24

Location: Friendship Center, Track

Fee: \$48R/\$51NR/\$40M (#14497)

TRX Team Training w/Karen (6 classes)

Enjoy a unique and challenging boot camp style training that includes the use of multiple training methods. Benefit from group workouts and motivation. Certified trainer and TRX coach. May be outside at times.

Session I: Tues., 5:45-6:30 p.m., July 10-Aug. 14 (#14479)

Session II: Tues., 5:45-6:30 p.m., Aug. 21-Oct. 2 (#14480)

Session I: Wed., 8:30-9:30 a.m., July 11-Aug. 15 (#14483)

Session II: Wed., 8:30-9:30 a.m., Aug. 22-Oct. 3 (#14484)

Session I: Thurs., 5:45-6:30 p.m., July 12-Aug. 16 (#14481)

Session II: Thurs., 5:45-6:30 p.m., Aug. 23-Oct. 4 (#14482)

Session I: Fri., 8:30-9:30 a.m., July 13-Aug. 17 (#14485)

Session II: Fri., 8:30-9:30 a.m., Aug. 24-Oct. 5 (#14486)

Location: Friendship Center, Gym #1

Fee: \$65R/\$68NR/\$55M

Kettlebells w/Karen (12 classes) (16+)

A dynamic full body conditioning workout that can burn calories like no other strength tool!

Session I: Mon./Wed., 6-6:45 p.m., July 16-Aug. 22 (#14448)

Session II: Mon./Wed., 6-6:45 p.m., Sept. 10-Oct. 17 (#14452)

Location: Friendship Center, Room 112

Fee: \$75R/\$78NR/\$55M

TRX Kettlebell: Circuit Conditioning

With its unique blend of suspension training exercises and kettlebell conditioning intervals, this class will improve your strength, mobility, balance as well as burn fat and increase energy. Taught by trainer/ TRX Coach.

Session I: Tues./Thurs., 9:15-10 a.m., July 10-Aug. 16 (#14467)

Session II: Tues./Thurs., 9:15-10 a.m., Aug. 21-Oct. 4 (#14468)

Session I: Sat., 8:45-9:30 a.m., July 14-Aug. 18 (#14469)

Session II: Sat., 8:45-9:30 a.m., Aug. 25-Oct. 6 (#14470)

Location: Friendship Center, Track

Fee: \$75R/\$78NR/\$55M (2 day)

Fee: \$40R/\$43NR/\$35M (1 day)

TRX Suspension Training w/Jamie

Suspension training is a unique training tool that uses our own body weight and gravity as resistance. This interactive exercise tool will help you build lean muscle, boost metabolism, tighten your core and increase endurance. Benefits all fitness levels. (Gym #1)

Session I: Mon./Wed., 5:45-6:30 a.m., July 9-Aug. 15 (#14539)

Session II: Mon./Wed., 5:45-6:30 a.m., Aug. 20-Oct. 8 (#14541)

Session I: Mon./Wed., 5:45-6:30 p.m., July 9-Aug. 15 (#14540)

Session II: Mon./Wed., 5:45-6:30 p.m., Aug. 20-Oct. 8 (#14542)

Session I: Fri., 5:45-6:30 a.m., July 13-Aug. 17 (#14543)

Session II: Fri., 5:45-6:30 a.m., Aug. 24-Oct. 5 (#14544)

Fee: \$75R/\$78NR/\$55M (2 day)

Fee: \$40R/\$43NR/\$35M (1 day)

**NATIONAL EMERGENCY
MEDICAL SERVICES WEEK**
May 20-26, 2012
Thank You!
South Central EMS, Inc.

SPIN

Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

Dates: (1 day per week) (10 classes-45 mins.)

Mon., 10:30-11:30 a.m., July 9-Sept. 24 (#14460)

Tues., 6-7 p.m., July 10-Sept. 18 (RM) (#14463)

Tues., 7:30-8:15 p.m., July 10-Sept. 18 (D) (#14462)

Thurs., 6-7 p.m., July 12-Sept. 20 (RM) (#14461)

Thurs., 7:15-8 p.m., July 12-Sept. 20 (D) (#14459)

Sat., 8:15-9 a.m., July 14-Sept. 22 (MJ) (#14464)

Fee: 1/week (45 mins.) \$46R/\$49NR/\$34M

Dates: (2 days per week) (20 classes-45 mins.)

Mon./Wed., 6:15-7 p.m., July 9-Sept. 24 (MJ) (#14559)

Tues./Thurs., 5:45-6:30 a.m., July 10-Sept. 20 (MJ)

(#14561)

Location: Friendship Center, Room 115

Fee: 2/week (45 mins.) \$78R/\$81NR/\$68M

Instructor Code: (MJ) Mary Jo, (D) Deb, (RM) Roxanne, (M) Michelle

Spinning w/Karen (Ages 16+) (20 classes)

Build up strength and endurance in this activity that can burn over 600 calories per hour.

Dates: Mon./Fri., 9:30-10:30 a.m., July 9-Sept. 24

Location: Friendship Center, Room 115

Fee: \$95R/\$98NR/\$75M (#14458)

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., 8:45-9:30 a.m., July 9-Sept. 24

Location: Friendship Center, Room 115

Fee: \$69R/\$72NR/\$51M (#14338)

Wellness Coach Training w/Staff

Consider the option of continued training to keep you on track to obtaining those goals in the most effective manner. We will work with you to develop a health and fitness program with your personal goals in mind.

Dates: By appointment

Location: Friendship Center

Fee: \$42M/\$47NM (per hour)

\$29M/\$34NM (per ½ hour) (#14311)

Fitness Assessment w/Wellness Coach

Help set your goals by having an assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$16R/\$19NR/\$12M (#14312)

ADULT SPORTS/LEISURE

Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted. Must pre-register! Limited space. Coed.

Dates: Wed., 7-9 p.m., July 11-Sept. 19 (#14355)

Sat., 10 a.m.-12 p.m., July 14 -Sept. 22 (#14354)

Location: Friendship Center, Gym #2/#3

Fee: \$65R/\$70NR/Free to members!

Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

Dates: Tues., 8-9:30 p.m., July 10-Sept. 18 (#14352)

Thurs., 7-9 p.m., July 12-Sept. 20 (#14351)

-OR- Sat., 8:30-10 a.m., July 14-Sept. 22 (#14350)

Location: Friendship Center, Gym #2/#3

Fee: \$65R/\$70NR/Free to Members!

Adult Golf w/Bumble Bee (4 classes)

Beginner: New golfer instruction on grip, stance, alignment, full swing, putting and chipping. Information on equipment and terminology. Clubs provided.

Dates: Tues., 7-8 p.m., June 12-July 3 (#14103)

Mon., 7-8 p.m., July 9-30 (#14108)

Sun., 1-2 p.m., Aug. 12-Sept. 9 (#14105)

Advanced Beginner: Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

Dates: Mon., 6-7 p.m., June 4-25 (#14111)

Tues., 6-7 p.m., July 17-Aug. 7 (#14112)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Total Body Workout or *Yoga For Older Adults/Silver and Fit

Silver and Fit is a total-body senior workout program for active individuals. This class combines aerobic, flexibility, and strength training in a positive, energizing environment. We include exercises that are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. Get ready for a head-to-toe workout!

Dates: Mon., 3:30-4:30 p.m., July 9-Sept. 24 (#14549)

*Tues., 12:30-1:30 p.m., July 10-Sept. 18 (#14550) Yoga

Wed., 3:30-4:30 p.m., July 11-Sept. 19 (#14552)

Thurs., 12:30-1:30 p.m., July 12-Sept. 20 (#14551)

Fri., 11 a.m.-12 p.m., July 13-Sept. 21 (#14553)

Location: Friendship Center, Room 118

Fee: Silver and Fit Members Free

Fee: \$46R/\$49NR/\$34M (10 classes)