

**FITNESS**

Consult your doctor before you start or increase physical activity if you have heart trouble, are taking medicine for high blood pressure, or are over 50 years of age and are not used to physical activity.

**Body Boot Camp**

**FTNS-8054A**

Get ready to burn fat, build muscle and sculpt your entire body with an awesome and motivating cardio segment including Tae Bo style aerobics. Sculpt and tone your body into lean muscle using free weights. Squat, lunge and crunch your way to a better body. This is an intense workout.(12 sessions)

69324 .....MW.....9/14-10/21 .....6:30-7:30 PM.....\$75 .....MORC .....Fitness Pros  
69851 .....MW.....11/2-12/9 .....6:30-7:30 PM.....\$75 .....MORC .....Fitness Pros

**Fencing - Introduction**

**FTNS-8007C**

Learn the basics of fencing from guard to parry-riposte. Try your hand at wielding a sword and defending your honor. Minimum age:12 years. Equipment deposit of \$50 payable to instructor at first session. Deposit refunded upon return of equipment. (7 sessions)

69331 .....F.....9/4-10/16 .....6:30-8:30 PM.....\$89 .....MORC .....K. Krueger  
69332 .....F.....10/30-12/18 .....6:30-8:30 PM.....\$89 .....MORC .....K. Krueger

**Fencing - Intermediate**

**FTNS-8033D**

Strengthen current skills and add new and exciting moves to your fencing vocabulary. Offered concurrently with Fencing Introduction. (15 sessions)

69333 .....F.....9/4-12/18 .....6:30-8:30 PM.....\$185 .....MORC .....R. Krueger  
No class on: 11/27

**Fit for Life**

**FTNS-8008C**

Create a lean, sculpted, injury-free, functional body in this combination strength training/yoga class. Use yoga to balance and stretch and enhanced breathing techniques to cleanse and relax. Bring 5 lb. weights, mat, and wear loose clothing. (6 sessions)

69336 .....T.....9/8-10/13 .....6:30-8 PM.....\$59 .....MORC .....J. Blake  
69337 .....T.....11/3-12/8 .....6:30-8 PM.....\$59 .....MORC .....J. Blake

**Guts & Glutes**

**FTNS-8000C**

This 30-minute class will sculpt and tighten every muscle in the lower body, including abdominals, glutes and legs. (6 sessions)

69619 .....W.....9/16-10/21 .....7:30-8 PM.....\$29 .....MORC .....Fitness Pros  
69620 .....W.....11/4-12/9 .....7:30-8 PM.....\$29 .....MORC .....Fitness Pros

**Hatha Yoga Beginning**

**FTNS-8009**

Learn stress-relieving techniques, practice stretching to tone and strengthen the body. Use gentle, slow movements and focus on body, mind, breathing and posture to improve circulation, flexibility and stamina. Wear loose comfortable clothes. Bring a mat and be prepared to work in bare feet. (6 sessions)

**Morning**

69353 .....TH.....9/10-10/15 .....8-9:30 AM.....\$59 .....MORC .....Team Fit  
69356 .....TH.....10/29-12/10 .....8-9:30 AM.....\$59 .....MORC .....Team Fit

No class on: 11/26

**Evening**

69352 .....W.....9/9-10/14 .....7-8:30 PM.....\$59 .....CTR F106 .....J. Storment  
69354 .....W.....10/28-12/2 .....7-8:30 PM.....\$59 .....CTR F106 .....J. Storment

**Tai Chi from the Arthritis Foundation**

**FTNS-8018E**

Maintain healthy joints and live with arthritis with the flowing sequence of graceful, agile movements from Sun-style tai chi, a gentle ancient Chinese discipline. Experience reduced pain and stiffness, improved memory and focus, increased muscle strength, and less stress. Taught by Arthritis Foundation trained and certified leader. (6 sessions)



69346 .....T.....9/8-10/13 .....5:30-6:30 PM.....\$49 .....MORC .....T. Putnam  
69347 .....TH.....9/10-10/15 .....5:30-6:30 PM.....\$49 .....MORC .....T. Putnam  
69348 .....TH.....10/22-12/17 .....5:30-6:30 PM.....\$49 .....MORC .....T. Putnam

No class on: 10/29, 11/26, 12/10

69349 .....T.....11/3-12/8 .....5:30-6:30 PM.....\$49 .....MORC .....T. Putnam

**Tai Chi Advanced**

**FTNS-8020E**

Prerequisite: Tai Chi from the Arthritis Foundation

This continuation course offered by the Arthritis Foundation will build on the skills learned in the beginner class. (6 sessions)

69350 .....TH.....9/10-10/15 .....6:30-7:30 PM.....\$49 .....MORC .....T. Putnam  
69351 .....TH.....10/22-12/17 .....6:30-7:30 PM.....\$49 .....MORC .....T. Putnam

No class on: 10/29, 11/26, 12/10

**Zumba**

**FTNS-8050**

Zumba is a fusion of Latin and international music – dance off the pounds. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. With fun and easy to follow dance steps, Zumba is a “feel-happy” workout that is great for both the body and the mind. (6 sessions)

69357 .....M.....9/14-10/19 .....7:30-8:30 PM.....\$49 .....MORC .....Fitness Pros  
69358 .....M.....11/2-12/7 .....7:30-8:30 PM.....\$49 .....MORC .....Fitness Pros