

ADULT PROGRAMS

Pilates/Yoga

Basic yoga movements comprise the workout that provides core muscle training and toning. Yoga helps with flexibility and balance while Pilates concentrates on core strength. Bring a mat and water to class.

Dates Sep 13 - Oct 20
Oct 25 - Dec 8 (No class Nov 17 & 24)
Jan 3 - Feb 9
Feb 14 - Mar 22

Days Tue and Thu

Time 9:30 - 10:30 a.m.

Fee \$40 per person, 6-week session

Location Sermon Community Center

Yoga



Beginner to experienced; come prepared to tone, strengthen, meditate and relax. Yoga mat required. *(No class Nov 17 & 25)

Dates Sep 20 - Oct 27
Nov 1 - Dec 15*
Jan 3 - Feb 9
Feb 14 - Mar 22

Days Tue and Thu

Time 5:55 - 6:55 p.m.

Fee \$30 per person, 6-week session

Location Sermon Community Center

ZUMBA

This class is a fusion of Latin and International music and dance themes that create a dynamic, exciting and effective fitness program. The routines combine fast and slow rhythms and resistance training to tone and sculpt the body while burning fat. ZUMBA targets areas of the body such as glutes, legs, arms, abs and the most important muscle...your heart! All levels of fitness are encouraged to participate.

Dates Sep 6 - Oct 13
Oct 18 - Dec 1 (No class Nov 17 & 24)
Jan 3 - Feb 9
Feb 14 - Mar 22

Day Tue and Thu

Time 9:15 - 10:15 a.m.
7:15 - 8:15 p.m.

Fee \$25 per person, 6-week session



Kaerobox

Kaerobox (kickboxing aerobics) combines the basic techniques of karate, aerobic exercise movements and up-beat music.

With this combination, you are provided a strenuous total-body workout. The Kaerobox workout consists of: warm up, exercise for upper body, lower body, total body and cool down. Bring a mat and water to class.



Dates Sep 12 - Oct 19
Oct 24 - Nov 30 (No class Nov 23)
Dec 5 - 21 (3 week mini session)
Jan 9 - Feb 22 (No class Jan 16 or Feb 20)
Feb 27 - Apr 4

Days Mon and Wed

Time 7:30 - 8:30 p.m.

Fee \$40 per person, 6-week session
\$20 per person, mini session

Location Sermon Community Center

Tai Chi Chuan - The Essentials

Tai Chi Chuan is a gentle set of exercises that emphasize the building of internal energy and external flexibility that stimulate natural health benefits. Class is separated into four sections; warm up exercises, Chen Tai Chi Silk Reeling exercises, Chen Tai Chi form practice and instruction, Chen Tai Chi - Chi Kung Exercises (deep breathing). Class will stress Chen Tai Chi Chuan Basic essentials and principles.

Dates Sept 7 - 28
Oct 5 - 26
Nov 2 - 30
(No class Nov 23)
Jan 4 - 25
Feb 1 - 22*
Mar 7 - 28

Day Wed

Time 6:30 - 7:30 p.m. Beginners
7:30 - 8:30 p.m. Intermediate

Fee \$20 per person, 4-week session
\$25 per person, 5-week session*

Location Sermon Community Center



INCLEMENT WEATHER POLICY & PROCEDURES

To check on the status of your class in case of inclement weather, please call the weather/information line 325-7999 option #4. There will be no refund of class fees for classes canceled due to inclement weather.

NEW PROGRAM PARTICIPANTS

Instructors will arrive 15 minutes early on the first day of a session to answer questions about content, offer advice, and provide assistance as needed.

Step Aerobics

Step Aerobics is a high-energy, low-impact exercise class designed to work problem areas: hips, thighs, and abdomen. Movements can be done either on or off the step or a combination of both. Hand weights, bands and floor exercise give you a total body workout. Steps, bands, and weights provided. Bring a mat and water to class.

- Dates** Sep 12 - Oct 19
Oct 24 - Nov 30 (No class Nov 23)
Dec 5 - 21 mini session
Jan 9 - Feb 22 (No class Jan 16 or Feb 20)
Feb 27 - Apr 4
- Days** Mon and Wed
- Time** 6 - 7 p.m.
- Fee** \$20 per person, 6-week session
\$10 per person, mini session
- Location** Sermon Community Center



Interval Step Class

This high energy, low impact class is designed to work problem areas of the body and help you reach your fitness goals.

- Dates** Sep 12 - Oct 19
Oct 24 - Nov 30 (No class Nov 23)
Jan 9 - Feb 22 (No class Jan 16 or Feb 20)
Feb 27 - Apr 4
- Days** Mon and Wed
- Time** 4:30 - 5:30 p.m.
- Fee** \$25 per person, 6-week session
- Location** Sermon Community Center

Multi Level Aerobics

The first half of class focuses on aerobic moves and the second half tones and strengthens with the use of hand weights, exercise balls and floor work. Bring a mat and water to class.

- Dates** Sep 6 - Oct 13
Oct 18 - Dec 1 (No class Nov 17 & 24)
Dec 6 - 15* (2 week mini session)
Jan 3 - Feb 9
Feb 14 - Mar 22
- Days** Tue and Thu
- Time** 6 - 7 p.m.
- Fee** \$15 per person 6-week session
\$ 5 per person 2-week session
- Location** Sermon Community Center

Extreme Boot Camp



See great results and get whole body benefits from this fast-paced program. Choose your method either high intensity or low intensity, depending on what your body can tolerate. There are no "in-your-face, do-it-or-else" methods used here. You are competing with yourself to get the results you want. Be prepared to get hot and sweaty - we burn a lot of calories! Everyone is welcome--all shapes, all sizes, fitness levels, men and women.

- Dates** Sep 6 - Oct 13
Oct 18 - Dec 1 (No class Nov 17, & 24)
Dec 6-15 (2 week mini session)
Jan 3 - Feb 9
Feb 14 - Mar 22
- Days** Tue and Thu
- Times** 5:10 - 5:50 p.m.
- Fee** \$30 per person, 6-week session
\$10 per person, mini session
- Location** Sermon Community Center

Beginners Line Dance



This is a fun country western dance class for beginners. Combine simple dance steps and learn dances like the "Freeze," "Cowboy Boogie," "Cowboy Motion," "Electric Slide" and many more.

- Dates** Sep 12 - Oct 17
Oct 24 - Nov 28
Jan 9 - Feb 27 (No class Jan 16 or Feb 20)
Mar 5 - Apr 9
- Day** Mon
- Times** 8 - 9 p.m.
- Fee** \$20 per person, 6-week session
- Location** Sermon Community Center

Pay-As-You-Go Classes

Interested in a class but you want to try it before you enroll or you can't commit to the entire session? With Pay-As-You-Go you pay per visit. Fees vary per class. Call (816) 325-7370 for information.