

GENERAL INFORMATION

In the event of severe weather or poor road conditions, the front desk will be advised of any cancellations a minimum of one-half hour prior to start time. If in doubt, please call! The Rec Center phone number is **918-341-4516**.

******* If at all possible, we DO have classes even when school is canceled, *******

***If announced on the 10:00 PM news that school is canceled the next day,
the Rec Center does not open until 8:00 AM the next morning,
so the 5:30 AM class is automatically canceled.***

Cycling classes are in the main floor aerobics room; all other classes meet in the upstairs aerobics room.

Admittance to cycling classes is by numbers given at the front desk starting 30 minutes before the class start time.

Although some are available, we recommend you bring your own mat for Pilates and Yoga and wraps or gloves for kickboxing.

For your safety and maximum benefit, your arrival to and departure from class should be at the scheduled times.

First time participants for any class should arrive 15 minutes early to complete paperwork and receive equipment/class orientation.

We welcome your comments and suggestions! E-mail can be sent to pdeboer@claremorecity.com.

NOVEMBER CLASS DESCRIPTIONS

CARDIO PUMP – The initial portion of this class will be a cardiovascular workout followed by weight or strength training, and work on those abdominals.

CYCLE – Cycle with us and get an awesome workout! We've added videos for a visual diversion while the instructor coaches your ride on scenic roads, in bike races, and to music videos. A great class for all levels. Arrive early to secure a spot!

EARLY AM BLAST – Get yourself out of bed and your day off to a great start! This energizing workout will be a combination of high/low and step aerobics, strength training, and a challenging abdominal workout.

ENERGY EXTREME – An instructor's choice class (our instructors do take requests). You might be stepping, dancing, pumping or kicking and maybe using a variety of equipment ... you will work your abs, and you will get a great workout!

KICK – It's still a hot trend in fitness ... and lots of fun! Come jab, hook and kick your way through this high energy class. *Bags are optional, but wrist wraps required if bags are used.*

PEDAL & PUMP – Combination class ... cycling plus upper body weight training ... a total workout!

PILATES – Stretch and strengthen core body muscles and become more flexible. It really works!

SilverSneakers® CLASSIC (Formerly MSROM – Muscular Strength & Range of Movement) – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a ball for resistance, and a chair is used for seated and/or standing support. A beginning level class.

SilverSneakers® YOGA/STRETCH – Have fun, improve flexibility, breathing, balance and range of movement through a series of postures. A chair is used for seated and/or standing support. An intermediate level class.

TOTAL TONING – Start with a brief warm-up and spend the remainder of the class strengthening, toning and defining muscles using weights ... and maybe some of our other "toys".

YOGA – Try yoga for improved strength, flexibility and balance. You will be glad you did!

ZUMBA! – Can you imagine a smile on your face while you are getting an awesome workout? Try Zumba! It will be fun!

POLICY REGARDING CHILDREN, YOUTH, and NON-PARTICIPANTS

Primarily for safety and liability reasons, but also in consideration of all participants, the policy regarding children, youth, and other non-participating persons in the aerobics room is as follows: Anyone 18 years of age or younger will be permitted in the aerobics room during a class when

- (1) they are actively participating in the class;
- (2) a parent has completed the proper forms and signed the liability waiver; and
- (3) the monthly (\$22) or individual class (\$4) fee has been paid.
- (4) If 13 or under, the child must be accompanied by a participating parent.

No other children or youth will be permitted in the aerobics room at any time during a class, with the exception of an infant in an infant seat. Non-participating persons observing or waiting in the aerobics room are not permitted.