

Bowling Green Parks & Recreation Fitness Class Schedule

Winter
2011

Boot Camp Cycling Pilates Step Yoga Zumba & More



NEW YEAR



NEW YOU

Try a Class for a Good Cause!

All proceeds benefit Children's Miracle Network
See back for details!

ZUMBA THON

Friday, January 7, 2011



\$5 Classes for Charity

January 3–January 8, 2011

Bowling Green Parks and Recreation
1245 West Newton Rd. 419-354-6223
www.bgohio.org (Parks & Recreation)
Find us on Facebook 

Fitness Class Schedule January 10 - March 7

MONDAY 1/10-3/7	TUESDAY 1/11-3/1	WEDNESDAY 1/12-3/2	THURSDAY 1/13-3/3	FRIDAY 1/14-3/4	SATURDAY 1/15-3/5
5:45-6:30a Cycling with Diana Session #: 330633-39	9:30-10:30a Piloga with Diana Session #: 330634-31	5:45-6:30a Cycling with Carissa Session #: 330633-43	9:30-10:30a Piloga with Diana Session #: 330634-33	5:45-6:30a Step with Carissa Session #: 330634-37	9:00-10:00a Cycle and Strength with Diana Session #: 330633-47
8:00-8:45a Circuit 45 with Carolyn Session #: 330633-35	5:00-5:30p My First Dance Class with Kayla Session #: 530635-01	8:30-9:15a Cycling with Diana Session #: 330633-45	4:45-5:30p Baby-n-Me with Diana Session #: 330633-31	7:45-8:45a Step with Carolyn Session #: 330634-39	10:15-11:15a Zumba with Katy Session #: 330634-49
9:00-10:00a Young at Heart with Melissa Session #: 330634-45	5:45-6:15p 30 Minute Abs with Kayla Session #: 330633-27	9:00-10:00a Zumba with Melissa Session #: 330634-47	5:00-5:30p Cycle 30 with Colleen Session #: 330633-37	<p style="text-align: center;"><u>Registration</u> Online @ www.bgohio.org (Parks & Recreation) Phone: 419-354-6223 Register at the Community Center 1245 W. Newton Rd.</p>	
5:30-6:30p Boot Camp with Diana Session #: 330633-33	+5:45-7:00p Yoga/Qigong with Steve Session #: 330636-15	10:15-11:00a Total Body Toning with Melissa Session #: 330634-43	5:45-6:15p 30 Minute Abs with Colleen Session #: 330633-29		
6:45-7:15p Guts and Butts with Diana Session #: 330633-49	6:30-7:15p Total Body Toning with Kayla Session #: 330634-41	6:15-7:00p Pilates with Diana Session #: 330634-29	+5:15-6:30p Yoga/Qigong with Steve Session #: 330636-17	<p style="text-align: center;"><u>Class Locations</u> All classes held at the Community Center <i>Except</i> +Yoga classes held at the Simpson Building located at 1291 Conneaut Avenue</p>	
+6:45-7:45p Yoga with Suzanna Session #: 330636-11	7:15-8:00p Cycling with Carissa Session #: 330633-41	7:15-8:00p Step with Carolyn Session #: 330634-35	+6:45-7:45p Yoga with Suzanna Session #: 330636-19		
		+7:30-8:30p Yoga with Suzanna Session #: 330636-13		<p style="text-align: center;"><u>No Class Dates</u> January 17 & February 21 <i>Community Center classes only!</i></p>	

Class Make Up Policy

If you miss a class you may attend another class as a make up at any time as long as it is within the same session that you are enrolled in and space is available.

Kiwanis Kid's Clubhouse

Clubhouse is available for children 6 months–9 years of age.

Hours: MON-FRI: 8-11 am /MON-THU: 5:30-8 pm/ SAT: 8:30-11:30 am

Fee: Included with a Community Center Pass/ \$3.50 per hour w/out pass

Class Discounts

Pay less for Fitness & Yoga Classes with a Community Center Pass. Purchase a pass today! View website or call us for pass prices.



Class Descriptions & Prices

Fee Key: PH=Community Center Pass Holder/ NPH= Community Center Non-pass holder

30 Minute Abs *Ages 15+*

This 30 minute class is targeted fully to abdominal and lower back work to help strengthen and tone your core, improving posture and giving you a slender and sleeker look.

TUES: \$24 PH/\$32 NPH; Drop In: \$4 PH/\$5 NPH
THU: \$24 PH/\$32 NPH; Drop In: \$4 PH/\$5 NPH

Baby-N-Me NEW! *Ages 18+*

Bring your baby to workout! Get a full-body workout with your baby's help! Strength train in 30 minutes; stretch and relax with baby the last 15 minutes.

Baby carrier recommended.

THU: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH

Boot Camp *Ages 15+*

An intense cardio and strength workout moving quickly through drills using stability balls, BOSUs, weights, and more.

MON: \$42 PH/\$56 NPH; Drop In: \$8 PH/\$10 NPH

Circuit 45 *Ages 15+*

Challenge yourself by switching continuously from cardio to strength training stations in order to keep your heart pumping and your body guessing.

MON: \$42 PH/\$56 NPH; Drop In: \$8 PH/\$10 NPH

Cycle 30 *Ages 16+*

Are you on a time crunch or nervous to commit to 45 minutes of cycling? This class is the same as cycling but less time and money.

THU: \$24 PH/\$32 NPH; Drop In: \$4 PH/\$5 NPH

Cycle and Strength *Ages 16+*

Spend the first 30 minutes on the bike for a great cardio workout and finish with weights for a great strength workout.

SAT: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH

Cycling *Ages 16+*

A great legs and lung workout! Each bike has a weighted wheel for you to decide the intensity level for 45 minutes of simulated bike riding.

MON: \$42 PH/\$56 NPH; Drop In: \$8 PH/\$10 NPH

TUE: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH

WED: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH

Guts & Butts *Ages 16+*

Focus on your core and lower body muscles in a quick but challenging 30 minutes. Using a variety of equipment to tone each muscle group, this class will leave you feeling the burn.

MON: \$21 PH/\$28 NPH; Drop In: \$4 PH/\$5 NPH

My First Dance Class *Ages 3-4*

For all 3-4 year old blossoming ballerinas. Class includes creative movement and beginning ballet.

A leotard or swimsuit and tights are recommended. Ballet shoes encouraged. Parents are welcome to watch.

TUE: \$42 PH/\$50 NPH

Drop In: \$6.25 PH/\$7.25 NPH

Pilates *Ages 13+*

Move through an integrated sequence of movements at a steady pace to improve strength, flexibility and balance. Various props incorporated.

WED: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH

Piloga *Ages 15+*

Combine yoga poses with Pilates mat exercises to build strength and enhance flexibility and balance.

TUE: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH

THU: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH

Step *Ages 15+*

Beginning with a basic step and progressing into the double step, you can achieve great cardio health as well as muscle tone.

WED: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH

FRI: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH

Total Body Toning *Ages 15+*

Tone those muscles by gaining muscle strength and endurance in this total body strength training class.

TUE: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH

WED: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH

Yoga *Ages 13+*

The flowing sequence of this Hatha style Yoga class will allow students of all levels to feel comfortable and challenged.

MON: \$84 PH/\$100 NPH

Drop In: \$12.50 PH/\$14.50 NPH

WED: \$84 PH/\$100 NPH

Drop In: \$12.50 PH/\$14.50 NPH

THU: \$84 PH/\$100 NPH

Drop In: \$12.50 PH/\$14.50 NPH

Yoga/Qigong NEW! *Ages 13+*

Integrate Hatha Yoga postures with the Four Baskets of Qigong-breath, self-applied massage, movement and meditation.

TUE: \$84 PH/\$100 NPH

Drop In: \$12.50 PH/\$14.50 NPH

THU: \$84 PH/\$100 NPH

Drop In: \$12.50 PH/\$14.50 NPH

Young at Heart NEW! *Ages 40+*

Make activities of daily living easier by increasing range of motion, flexibility, strength and cardio during this 60 minute class.

MON: \$42 PH/\$56 NPH; Drop In: \$8 PH/\$10 NPH

Zumba *Ages 13+*

Zumba is a high energy cardio dance workout that is easy to follow and fun to learn. Fusing Latin and International music you will follow along to the beat while getting in shape.

WED: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH

SAT: \$48 PH/\$64 NPH; Drop In: \$8 PH/\$10 NPH



Fitness Online @ www.bgohio.org (Parks & Recreation)
Class Information/Register for Classes/Instructor Bios/Calendar

ZUMBA THON



JOIN THE PARTY FOR A GREAT CAUSE

Friday, January 7, 2011 6-8 pm
Bowling Green Community Center
1245 W. Newton Rd.

\$15 per person/ 12 & under FREE


6 Instructors! Door Prizes! Refreshments!

Donations can be paid in cash or check at the Community Center



Proceeds benefit the
Children's Miracle Network

\$5 Classes for Charity

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9:00-10:00a Young at Heart with Melissa	7:15-8:00p Cycling with Carissa	9:00-10:00a Zumba with Melissa	<p>Sample any class for just \$5! Space is limited!</p> <p>Register today at the Community Center 1245 W. Newton Rd.</p> <p>Donations can be paid in cash or check</p> <p>All classes held at the Community Center <i>Except</i> +Yoga classes held at the Simpson Building located at 1291 Conneaut Avenue</p>		
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