

# Fitness News

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## FEATURED CLASSES:

### ZUMBA FITNESS

**WED 6-6:45 pm & SAT 9:15 am**

Join this lively alternative for exercise & dance the hour away. Ditch the treadmill, join the party with latin dance moves, faster meringue and slower cumbia, rhythmic rumba. You can adjust your speed as necessary. Come and see the delight that AARP Magazine Jan 2010 is talking about!

**Instructor: Lori Middledorp, Zumba Instructor, Certified Group Fitness**

**NIA** (*pronounced 'NEE-yah.'*)

Mondays 5:15-6:00 pm

**(Please note, Break weeks: March 15- 31 2010)**

NIA draws inspiration from easy to do dance arts, martial arts, and healing arts (such as yoga), and emphasizes finding joy and health through movement. **Instructor – Sylvie Mei-Cheong Lam – White Belt NIA Certified Instructor**

### PILATES CORE FUSION

Saturdays 8:15-9:00 am

This class will help you move with the efficiency and grace. The workout is Pilates, mixed with a couple of other core strengthening exercises, and relaxation techniques to increase awareness of how one moves. Relaxation techniques use a small portion of Alexander technique combined with Pilates

**Instructor: Elizabeth O Sullivan, AFAA Group Fitness Certified, Pre-natal Educator**

### MORNING YOGA

**Fridays 7:00 - 8:00 am**

Feel good movement & stretching for the body; peace and serenity for the mind. A morning yoga class makes for a wonderful day! Especially Friday mornings -- relieve the week's tension and refresh for the weekend to come. Style is traditional Hatha Yoga, suitable for beginners and experienced students alike.

**Instructor: Katie Milbrett, Certified by Seva School of Yoga, Manchester, England**

### STRENGTH CIRCUIT

**Tuesdays & Thursdays 6-6:45 pm**

Learn ways to work out that you *won't* learn on your own. A great way to learn from a personal trainer at a class price: group strength training with a motivational & fun instructor. Class teaches how to progressively build your upper and lower body strength and kick in the *calorie*

*burning mechanism* in your body! **Prerequisite:** Fitness Center Orientation. Meet in Fitness Center. Don't Miss it  
**Instructor: Don Forsberg ACE Certified Personal Trainer**

### AQUA FITNESS FUSION

**Saturdays 10:15-11 am**

Take away the stress on joints and muscular-skeletal system with a pool workout designed and led by a certified group fitness instructor. Exercise circuit is a fusion of aerobic training, toning and conditioning challenges  
**Instructor: Lori Middledorp, Certified Group Fitness Instructor, SilverSplash**

### GENTLE YOGA (New time!)

**Tuesdays at 10:30-11:15**

Chair adaptive, beginners & gently focused yoga incorporating stretches, flexibility, breathwork, yoga poses, inner focus & relaxation for the development of a quiet mind, strong and flexible body. **Instructor: Kristi Richardson, certified Yoga Fit for Seniors**

Fees for all on-going fitness classes is \$6m and \$8nm

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## Starting In April

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### BIKE CLUB RIDES AGAIN!

Planning and Information Meeting

Monday, April 5, 9:30 am – Card Room

Meet with other cyclists as we plan out the season of riding! Club is designed for those looking for a fun time with folks, light to vigorous exercise at your own pace, but no time trials!

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### NSC ACTIVE TRAVEL

Last summer and fall Don Forsberg organized and led a number of hikes through area state parks. This year, starting in late April, Don will be leading two different types of hikes:

- 1) Woodland Nature Hikes
- and 2) Metro Art & History Walking Tours

Both types of hiking offer great learning opportunities, enjoyable camaraderie, and (naturally) exercise.

Watch for details in the April newsletter!