

# Group Fitness Classes

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 Online Registration: 12/8 - 1/4  
 Walk-in Registration: 12/9 - until filled  
 (\$2 registration late fee after class begins)  
 Classes Run: 1/5 -3/21  
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## CARDIO

**Aerobic Interval #23200**  
 Combination of aerobic conditioning and muscle work using weights, bands, balls and steps. This is a great cardiovascular workout!

Th 9:40-10:40a A \$58 (Sr. \$47)

**Basic Aerobics #23210**  
 Slower paced, entry-level workout for all ages. 40 min. aerobics, 20 min. conditioning & stretch.

M 9:15-10:15a A \$58 (Sr. \$47)  
 F 9:15-10:15a B \$58 (Sr. \$47)

**Step It Up! #23220**  
 Basic step class designed for anyone who loves to move! Class includes light weights and bands. Get those hearts moving and step along with us. No prior step instruction required.

M 8:15-9:00a A \$44 (Sr. \$35)  
 W 8:15-9:00a B \$44 (Sr. \$35)

**Boot Camp #23230**  
 Ready to kick your workout routine up a notch? Come experience this high-energy, whole body workout! This class can be adapted to most fitness levels and is sure to generate results.

W 6:10-7:10a A \$58 (Sr. \$47)

**Advanced Step #23240**  
 Targets lower extremities, excellent fat burner. Advanced choreography and/or intensity.

T 6:45-8:00a A \$73 (Sr. \$59)  
 Th 6:45-8:00a B \$66 (Sr. \$53)  
 Sat 8:05-9:05a C \$58 (Sr. \$47)

**Step Interval #23250**  
 Combination of aerobic conditioning using step and muscle work through weights, bands, and/or ball. This is a great cardiovascular workout!

F 4:00-5:00p A \$58 (Sr. \$47)

**Cardio Drumming ★ NEW! #23260**  
 Brings together drumsticks, an exercise ball, and a base to create one of the most fun workouts. Using an exercise ball and the floor as your drum, cardio drumming turns rhythm into a workout. Equipment provided.

T 12:30-1:30p A \$58 (Sr. \$47)

## CONDITIONING

**Aerobics and Strength #23300**  
 Tone, strengthen and firm your entire body! Bands, weights, resistance tubes, floor mats provided.

T 5:35-6:35p A \$58 (Sr. \$47)

**Basic Sculpt & Condition #23310**  
 Slower paced entry level workout for all ages. Hand weights and tubes strengthen and tone muscles, while improving flexibility and balance.

T 8:30-9:30a A \$58 (Sr. \$47)  
 Th 8:30-9:30a B \$53 (Sr. \$43)

**Body Sculpt #23320**  
 Blending easy aerobic activities and strength training. Hand weights are used to tone and firm the entire body. This class focuses on all major muscle groups.

Th 6:35-7:35p A \$58 (Sr. \$47)

**Sculpt & Condition #23330**  
 This class offers a little of everything and is designed to increase balance, flexibility, coordination, agility, and strength. In this class, participants will use weights, bands, and various equipment. A chair is used for seated or standing support.

Sat 9:20-10:20a A \$58 (Sr. \$47)

## CYCLING

**Studio Cycling #23600**  
 Experience the high gear cardio energy of this indoor cycling class! Blast calories, build muscle, and increase endurance. **Drop-ins not permitted when class is at capacity.**

F 6:15-7:15a B \$77 (Sr. \$66)

**Group Fitness Hotline**  
 734-971-6355, #5  
 Call for daily, current class schedule; updated only to announce class cancellations. (Substitutes for regular instructors will not be recorded)

**Personal Trainers!**  
 If you're looking for that extra boost of motivation, personal trainers are available. Photos and bios of each trainer are available on the bulletin board at the facility and our website at [washtenaw.org/parks](http://washtenaw.org/parks).

## AEROBICS

**Zumba Fitness® #23110**  
 This Latin-based aerobic fitness class uses easy, fast, and slow rhythms set to fun Latin and international music. A real "feel happy" cardio workout!

M 6:40-7:40p A \$58 (Sr. \$47)  
 F 6:30-7:30p B \$58 (Sr. \$47)  
 Sat 10:35-11:35a C \$58 (Sr. \$47)

**Zumba Gold® #23120**  
 Class combines zesty Latin and international rhythms with exhilarating, easy-to-follow moves and an invigorating party-like atmosphere. The pacing and moves are designed to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

F 10:20-11:20a A \$58 (Sr. \$47)

**Zumba Toning® #23130**  
 An innovative muscle training program using lightweight dumbbells in combination with Latin-inspired dance rhythms. It provides participants with a safe, effective, redefining total body workout.

Sun 12:10-1:10p A \$58 (Sr. \$47)  
 W 6:40-7:40p B \$58 (Sr. \$47)

**Zumba Step® #23140**  
 Looking to strengthen and tone your legs and glutes? Step right up. This class combines the awesome toning and strengthening power of step aerobics, with the fun fitness-party of Zumba. Increase your cardio and calorie burning, while adding moves that sculpt your core and legs.

M 4:15-5:15p A \$58 (Sr. \$47)



Credit: Bryan Mitchell



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**MARTIAL ARTS & SELF DEFENSE**

**Tae Kwon Do**

Learn the technique, strength and proficiency of this martial arts style under the instruction of Grand Master B.C. Yu.

For dates and times, contact the Meri Lou Murray Recreation Center Front Desk.

(734) 971-6355 x0 | dsk@washtenaw.org

**Tai Chi**

**#23510**

Harmonize body & mind, better handle stressful situations, learn to release body energy to move with unified integrity using your structural alignment. All levels welcome. Instructed by Karla Groesbeck.

T 6:40-7:40p A \$58 (Sr. \$47)  
Sun 10:30-11:30a B \$58 (Sr. \$47)

**Tai Chi for Fall Prevention #23530**

The Tai Chi for Fall Prevention Program is recommended by the CDC both as effective exercise for improving balance/preventing falls and a program designed to enhance general health and wellness for people with arthritis.

W 9:15-10:15a A \$58 (Sr. \$47)

**Commando Krav Maga #23520**

Commando Krave Maga is not traditional or sport-based martial art. There are no competitions, rules, or regulations. Instead, CKM is designed for the primary goal of survival in a no-rules environment.

M 7:45-9:15p A \$78

**WATER AEROBICS**

**Water Aerobics**

**#22000**

Looking for a new and refreshing way to stay in shape? Water aerobics is a great low impact workout that can improve strength, flexibility, circulation and cardiovascular stamina. Workouts can easily be tailored to match your abilities. No swimming skills required.

M 9:00-10:00a A \$58 (Sr. \$47)  
M 6:00-7:00p B \$58 (Sr. \$47)  
T 9:00-10:00a A \$58 (Sr. \$47)  
T 10:00-11:00a D \$58 (Sr. \$47)  
W 9:00-10:00a E \$58 (Sr. \$47)  
W 6:00-7:00p F \$58 (Sr. \$47)  
Th 9:00-10:00a G \$58 (Sr. \$47)  
Th 10:00-11:00a H \$58 (Sr. \$47)  
F 9:00-10:00a I \$58 (Sr. \$47)  
Sat 9:00-10:00a J \$58 (Sr. \$47)

**Class Fee Refund Policy**

Cancelled or full class	Full refund
Before class begins	Full refund less \$5 service fee
After class begins*	Pro-rated refund less \$5 service fee
Missed class	No refund

No cash refunds; credit card or check only.  
\*Refund after 1<sup>st</sup> class only with letter from doctor for medical disability or from employer indicating transfer from the area.

**MIND & BODY**

**Balanced Yoga**

**#23400**

Use yoga movements and breathing techniques to relax and strengthen your mind and body, while increasing flexibility and working core muscles.

Th 5:30-6:30p A \$58 (Sr. \$47)

**Pilates with Bands**

**#23410**

Pilates with resistance bands for whole body conditioning. Strength training, stability work, and gentle stretching will improve core strength, posture, balance and flexibility

Sat 11:45a-1:00p A \$73 (Sr. \$59)

**Fitness Pilates**

**#23430**

Increase core strength and flexibility of the spine, along with improving posture, alignment and mind-body connection.

M 6:45-8:00a A \$73 (Sr. \$59)

**Matwork Pilates**

**#23440**

Benefits include increased overall flexibility and abdominal strength along with an overall sense of well being. Feel stronger and leaner as you develop your core.

M 10:30-11:30a A \$58 (Sr. \$47)  
W 10:30-11:30a B \$58 (Sr. \$47)

**PiYo**

**#23460**

Mix of Pilates & yoga that increases flexibility and core strength. All fitness levels welcome.

M 11:45a-12:45p A \$58 (Sr. \$47)

**Stretch and Strengthen**

**#23480**

This class is for all ages to strengthen and stretch all major muscle groups at their own level. Core work and balance will be addressed.

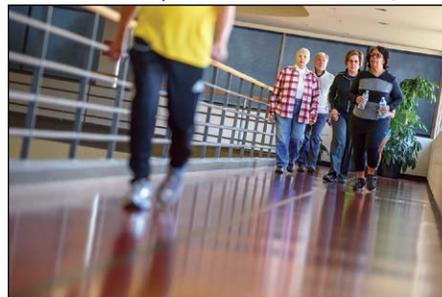
T 10:50-11:50a A \$58 (Sr. \$47)  
Th 10:50-11:50a B \$58 (Sr. \$47)  
M 5:30-6:30p C \$58 (Sr. \$47)

**Yoga**

**#23490**

Class includes breath control, meditation, and the adoption of specific bodily postures to increase health and relaxation.

F 5:20-6:20p A \$58 (Sr. \$47)



Credit: Bryan Mitchell

**Friendly Reminders**

- Age Restriction** - The minimum age for unsupervised participation in facility activities is 13. You must be 14, and have completed a weight room orientation for unsupervised use of the cardio or weight rooms. Following a fitness orientation, 12-13 year olds may be granted limited, supervised access to the fitness rooms. See front desk for more details.

**Santa & Friends Series**

- Sunday, December 15, 4:30-6:30pm
- Cost: \$8/person
- Pre-registration required: [#55350-A](http://parksonline.ewashtenaw.org).
- Jump into the holiday season with your favorite Frozen characters. Enjoy a fun family swim, meet Elsa & Anna, and participate in cookie decorating.
- Children 5 and under** must be accompanied by an adult in the water at all times.
- Children 6-8** who cannot pass the deep end test\* must be accompanied by an adult in the water at all times.
- Children 6 and older** who can swim\*\* must have an adult in the pool area at all times.
- \*Deep end test consists of swimming one full length of the pool without stopping and immediately treading water for 60 seconds without stopping.
- \*\*Can swim is defined by passing the deep end test. Deep end testing will take place before the event 3:30-4:15pm. Parents of children 6 and older who do not plan on swimming must have child participate in deep end testing prior to the event. Deep end tests can be administered during operation hours, please contact [dsk@washtenaw.org](mailto:dsk@washtenaw.org) to schedule a deep end test at another time prior to the event.

**Daddy-Daughter Dance**

- Saturday, February 15, 6:30-8:30pm
- Cost: \$20/couple, \$5/each additional child
- You and your sweetheart will make lasting memories with dancing and age-appropriate music, light refreshments, a souvenir, and tons of fun to go around! Pre-registration required: [#55000-A](http://parksonline.ewashtenaw.org).

**Weight Room Orientation**

- We currently offer fitness room orientations free of charge on Mondays; 11:30am, 3:00pm and 4:15pm, Tuesdays; 9:00am, 10:30am, and 7:00pm. Please sign up at the front desk.

**Class Registration Options**

- In Person • Online**
- Online registration at: [parksonline.ewashtenaw.org](http://parksonline.ewashtenaw.org).
- In person at the Meri Lou Murray Recreation Center 2960 Washtenaw Ave., Ann Arbor, MI 48104
- Phone: 734-971-6355

For additional information, contact  
Meri Lou Murray Recreation Center  
Front Desk  
(734) 971-6355 x0 | [dsk@washtenaw.org](mailto:dsk@washtenaw.org)