



Life-Long Recreation provides opportunities in recreation to maintain an active lifestyle for those over 60 years old. If you have suggestions or ideas for future programs, please let us know. *Participants are responsible for providing their own workout mat.*

### AEROBIC DANCE EXERCISE

*Ages: 60 and Up. Enrollment Min 10 / Max 50.* Experience a high-energy method of aerobic dance exercise resulting in improved health and fitness. This class offers warm-ups, stretch toning, aerobics and cool-down routines, as well as strength and cardiovascular training. **No class 11/22, 11/24, 11/26. Instructor: Nicki Listerman.** For more information, contact Jo Ellis at 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315123 A	AEROBIC	MWF	8:50-9:50AM	6/2-7/23	HPRC-GY	\$48
315123 B	AEROBIC	MWF	8:50-9:50AM	7/26-8/27	HPRC-GY	\$30
415123 A	AEROBIC	MWF	8:50-9:50AM	9/13-11/5	HPRC-GY	\$50
415123 B	AEROBIC	MWF	8:50-9:50AM	11/8-12/10	HPRC-GY	\$25

### A.M. WALKING

Need exercise? Then come down to the ELRC from 7 a.m. to 10 a.m., Monday through Friday. You will not only get your heart pumping but also have a good time building friendships with fellow walkers. **FREE!** For more information, contact Ross Schraeder at 832-7950.

### CYCLING — PEDAL PUSHERS

*Ages: 60 and Up. Enrollment Min 6 / Max 14.* The best way to age gracefully is to pursue a healthy lifestyle by challenging yourself to grow physically, intellectually, socially and emotionally. Indoor cycling can provide

all these benefits, while increasing endurance and strength in your lower body, core and upper body. This is a beginning and introductory class for older adults (60+) designed for people with no experience with indoor cycling. Individuals are responsible for the intensity of their own workouts. Bikers can modify their cycling resistance and pace according to their current fitness levels. There are no fancy steps to learn (though there is great music to pedal to), so even if you don't know how to ride a bicycle, you can enjoy the class. Indoor cycling can provide an excellent aerobic workout. **No class 11/23, 11/25, 11/26. Instructors: Vicki Lysen/Pat Middaugh.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315353 A	PEDP(VL)	T	1-1:45PM	6/1-6/22	CB-CR3	\$20
315353 B	PEDP(PM)	R	10-10:45AM	6/3-6/24	CB-CR3	\$20
315353 C	PEDP(VL)	F	12-12:45PM	6/4-6/25	CB-CR3	\$20
315353 D	PEDP(PM)	R	10-10:45AM	7/1-8/19	CB-CR3	\$40
315353 E	PEDP(PM)	F	12-12:45PM	7/2-8/20	CB-CR3	\$40
415353 A	PEDP(VL)	T	1-1:45PM	9/14-11/12	CB-CR3	\$40
415353 B	PEDP(VL)	F	12-12:45PM	9/17-11/5	CB-CR3	\$40
415353 C	PEDP(VL)	T	1-1:45PM	11/9-12/7	CB-CR3	\$20
415353 D	PEDP(VL)	F	12-12:45PM	11/12-12/10	CB-CR3	\$20

### FITNESS FOR LIFE

*Ages: 60 and Up. Enrollment Min 8 / Max 30.* Physical fitness is especially important for mature men and women. Keeping fit can actually delay the degenerative diseases associated with aging and thus help us to look and feel well. Class helps coordination, improves circulation, fortifies the heart and lungs, and improves muscle tone. You will feel extra zest and have an improved self image, independence and extra energy to help you feel "young at heart." You don't stop exercising because you get old, but you get old because you stop exercising. **No class 11/22, 11/24, 11/26. Instructor: Wilma Elder.** For more information, contact Jo Ellis at 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315261 A	FIT4LIFE	MWF	10:05-11:05AM	6/2-7/23	HPRC-GY	\$48
315261 B	FIT4LIFE	MWF	10:05-11:05AM	7/26-8/27	HPRC-GY	\$30
415261 A	FIT4LIFE	MWF	10:05-11:05AM	9/13-11/5	HPRC-GY	\$50
415261 B	FIT4LIFE	MWF	10:05-11:05AM	11/8-12/10	HPRC-GY	\$25

### HISTORICAL HOME TOUR

*Ages: 60 and Up. Enrollment Min 8 / Max 9.* Let's take a bus ride and drive through 100 years of Lawrence history. We will view and learn about two early homes from 1858, the Italianate-style houses of the 1870s and 1880s, the large Victorian houses of the 1890s, the four squares of the 1900s and finally the 1956 hyperbolic paraboloid house, now listed on the National Register of Historic Places. *Co-sponsored with DCSS.* **Instructor: Katie Armitage, co-author of Nineteenth Century Houses in Lawrence, Kansas.** **Tour departs from South Park Recreation Center, 1141 Massachusetts St.** For more information, contact Jo Ellis at 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421700 A	HTOUR	W	10AM-12PM	10/6	SPRC	\$12

### PICKLEBALL

*Ages: 60 and Up. Enrollment Min 4 / Max 10.* Pickleball is played with a perforated plastic baseball, similar to a whiffleball, and wood or composite paddles. It is a combination of tennis and badminton with different rules and equipment. It is a great game for individuals of all ages and easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. **Instructor: Evan Jorn.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315050 A	PKLEBALL	F	8-9AM	6/11-7/16	HPRC-TC	\$30
415050 A	PKLEBALL	R	10-11AM	9/16-10/21	HPRC-TC	\$30

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## PILATES

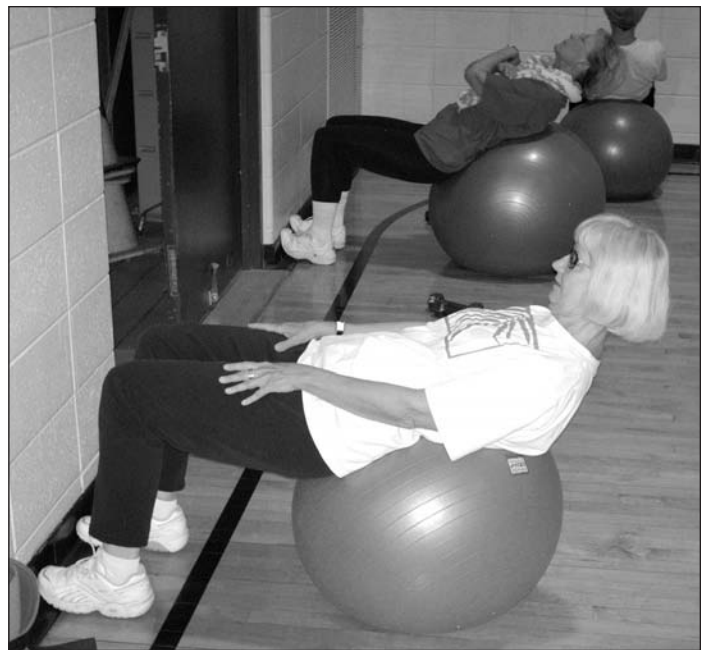
*Ages: 60 and Up. Enrollment Min 8 / Max 20.* Pilates is a modern approach to body conditioning that will keep you on the cutting edge of fitness. Class will focus on core muscles such as hips, thighs and abdominals that will strengthen and tone by stretching as the body moves. Main principles include flowing motion, breathing, flexibility, precision, centering and control. This class strengthens not only your body but your mind as well. **No class 11/23, 11/25. Instructor: Pat Middaugh.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315224	A	PILATES	TR	8:45-9:45AM	6/1-7/22	SPRC-FR \$37
315224	B	PILATES	TR	8:45-9:45AM	7/27-8/26	SPRC-FR \$23
415224	A	PILATES	TR	8:45-9:45AM	9/14-11/2	HPRC-GY \$37
415224	B	PILATES	TR	8:45-9:45AM	11/9-12/7	HPRC-GY \$19

## SENIOR STRENGTH TRAINING

*Ages: 55 and Up. Beginning Enrollment Min 10 / Max 12, Intermediate Enrollment Min 12 / Max 20.* Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns to enhance daily living activities. A variety of strength-training equipment will be used, including universal machines, free weights, and resistance tubing and bands. Class includes a warm-up period and a post-workout stretch. **NOTE: A physician's release is required prior to beginning of class. No class 11/22, 11/24, 11/26. Instructors: Cindy Baker (Beginning), Vicki Lysen/Pat Middaugh (Intermediate).** For more information, contact Jo Ellis at 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315333	A	BEG(CB)	MWF	8:05-9AM	6/2-7/23	HPRC-HR \$48
315333	B	BEG(CB)	MWF	8:05-9AM	7/26-8/27	HPRC-HR \$30
315334	A	INT(VL)	MWF	8:30-9:20AM	6/2-6/25	HPRC-BR \$23
315334	B	INT(VL)	MWF	9:30-10:20AM	6/2-6/25	HPRC-BR \$23
315334	C	INT(VL)	MWF	10:30-11:20AM	6/2-6/25	HPRC-BR \$23
315334	D	INT(PM)	MWF	8:30-9:20AM	6/28-8/20	HPRC-BR \$50
315334	E	INT(PM)	MWF	9:30-10:20AM	6/28-8/20	HPRC-BR \$50
315334	F	INT(PM)	MWF	10:30-11:20AM	6/28-8/20	HPRC-BR \$50
415333	A	BEG(CB)	MWF	8:05-9AM	9/13-11/5	HPRC-HR \$50
415333	B	BEG(CB)	MWF	8:05-9AM	11/8-12/10	HPRC-HR \$25
415334	A	INT(VL)	MWF	8:30-9:20AM	9/13-11/5	HPRC-BR \$50
415334	B	INT(VL)	MWF	9:30-10:20AM	9/13-11/5	HPRC-BR \$50
415334	C	INT(VL)	MWF	10:30-11:20AM	9/13-11/5	HPRC-BR \$50
415334	D	INT(VL)	MWF	8:30-9:20AM	11/8-12/10	HPRC-BR \$25
415334	E	INT(VL)	MWF	9:30-10:20AM	11/8-12/10	HPRC-BR \$25
415334	F	INT(VL)	MWF	10:30-11:20AM	11/8-12/10	HPRC-BR \$25



## TAI CHI, BEGINNING

*Ages: 60 and Up. Enrollment Min 8 / Max 12.* This ancient Chinese exercise improves strength, flexibility, concentration and balance by combining gentle physical movement and mental discipline. Slow movements also strengthen muscles and joints, not to mention reduce stress, fatigue and the risk of falls due to increased balance. **No class 11/24. Instructor: Wendy Griswold.** For more information, contact Jo Ellis at 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
415501	A	BGTAICHI	W	10:15-11:30AM	9/15-11/3	DCSS \$42
415501	B	BGTAICHI	W	10:15-11:30AM	11/10-12/8	DCSS \$21

## YOGA

*Ages: 60 and Up. Enrollment Min 8 / Max 20.* A less vigorous beginners class adapted for older adults. Stretch stiff muscles and learn to correctly align your spine through slow progressive traction. While using the full capacity of the lungs through correct breathing, you will completely oxygenate the body and the brain, improving blood circulation and your sense of well-being. Co-sponsored with DCSS. **No class 11/22. Instructor: Annie Wilsey.** For more information, contact Jo Ellis at 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315271	A	YOGA	M	9:30-10:45AM	6/7-7/26	SPRC-FR \$42
415271	A	YOGA(AW)	M	9:30-10:45AM	9/13-11/1	SPRC-FR \$42
415271	D	YOGA(AW)	M	9:30-10:45AM	11/8-12/6	SPRC-FR \$21

## ZUMBA GOLD

*Ages: 60 and Up. Enrollment Min 8 / Max 20.* A completely new program designed for the active senior. Zumba is a fun, effective and simple fitness system that will maximize calorie output, fat burning and total body toning. The explosive Latin rhythm creates a fun atmosphere that delivers results, as well as a "feel happy" workout! You can enjoy Zumba even if you have limited mobility. **No class 11/23, 11/25. Instructor: Susan Pomeroy.** For more information, contact Jo Ellis at 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315002	A	ZUMBAGD	TR	9:15-10:15AM	6/1-7/22	DCSS \$37
315002	B	ZUMBAGD	TR	9:15-10:15AM	7/27-8/26	DCSS \$23
415002	A	ZUMBAGD	TR	9:15-10:15AM	9/14-11/4	DCSS \$37
415002	B	ZUMBAGD	TR	9:15-10:15AM	11/9-12/9	DCSS \$19



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