



Life-long recreation is a new section in the activities guide, providing opportunities in recreation to maintain an active lifestyle for those over 50 years old. If you have suggestions or ideas for future programs, please let us know.

AEROBIC DANCE EXERCISE

Ages: 50 and Up. Enrollment Min 10 / Max 50. Experience this high-energy method of aerobics, 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 11/23; 11/25 and 11/27. 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	6/1-7/24	HPRC-GY	\$48
315123 B	AEROBIC	MWF	8:50-9:50AM	7/27-8/28	HPRC-GY	\$30
415123 A	AEROBIC	MWF	8:50-9:50AM	9/14-11/6	HPRC-GY	\$48
415123 B	AEROBIC	MWF	8:50-9:50AM	11/9-12/11	HPRC-GY	\$24

AM WALKING

Need exercise? Then come down to the ELRC from 7-10 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 NEW

Ages: 50 and Up. Enrollment Min 6 / Max 10. The best way to age gracefully is to pursue a healthy lifestyle, challenging yourself to grow physically, intellectually, socially and emotionally. Indoor (stationary) cycling can provide all these benefits plus increase your endurance and strengthen your lower body, core and upper body. This beginning class for older adults (50+) is designed for people with no experience with indoor cycling. Each individual is responsible for the intensity of their own workout. 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 11/24 and 11/27. Instructor: Vicki Lysen.** For more information, contact Jo Ellis at 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315353 A	PEDPUSH	T	1-1:45PM	6/2-6/23	CB-CR3	\$28
315353 B	PEDPUSH	F	12-12:45PM	6/5-6/26	CB-CR3	\$28
415353 A	PEDPUSH	T	1-1:45PM	9/15-11/3	CB-CR3	\$55
415353 B	PEDPUSH	F	12-12:45PM	9/18-11/6	CB-CR3	\$55
415353 C	PEDPUSH	T	1-1:45PM	11/10-12/8	CB-CR3	\$28
415353 D	PEDPUSH	F	12-12:45PM	11/13-12/11	CB-CR3	\$28

FITNESS FOR LIFE

Ages: 50 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, 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 11/23; 11/25 and 11/27. 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	6/1-7/24	HPRC-GY	\$48
315261 B	FIT4LIFE	MWF	10:05-11:05AM	7/27-8/28	HPRC-GY	\$30
415261 A	FIT4LIFE	MWF	10:05-11:05AM	9/14-11/6	HPRC-GY	\$48
415261 B	FIT4LIFE	MWF	10:05-11:05AM	11/9-12/11	HPRC-GY	\$24

HISTORICAL HOME TOUR

Ages: 50 and Up. Enrollment Min 8 / Max 13. Let's take a bus ride and drive through one hundred years of Lawrence history. We will view and learn about two early homes from 1858, the Italtinate style houses of the 1870's and 1880's, the large Victorian houses of the 1890's, the four squares of the 1900's, and finally consider the 1956 hyperbolic paraboloid house, now listed on the National Register of Historic Places. Co-sponsored with DCSS. **Instructor: Katie Armitage, co-author Nineteenth Century Houses in Lawrence, Kansas.** For more information, contact Jo Ellis at 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421700 A	HOMETOUR	W	10AM-12PM	10/14	DCSS	\$12

SENIOR STRENGTH TRAINING

Ages: 50 and Up. 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. 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 11/23, 11/25 and 11/27. Instructor: Wilma Elder (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	SRBEG(WE)	MWF	8:05-9AM	6/1-7/24	HPRC-HR	\$48
315333 B	SRBEG(WE)	MWF	8:05-9AM	7/27-8/28	HPRC-HR	\$30
315334 A	SRINT(VL)	MWF	8:30-9:20AM	6/1-6/26	HPRC-BR	\$24
315334 B	SRINT(VL)	MWF	9:30-10:20AM	6/1-6/26	HPRC-BR	\$24
315334 C	SRINT(VL)	MWF	10:30-11:20AM	6/1-6/26	HPRC-BR	\$24
315334 D	SRINT(PM)	MWF	8:30-9:20AM	6/29-8/21	HPRC-BR	\$48
315334 E	SRINT(PM)	MWF	9:30-10:20AM	6/29-8/21	HPRC-BR	\$48
315334 F	SRINT(PM)	MWF	10:30-11:20AM	6/29-8/21	HPRC-BR	\$48
415333 A	SRBEG(WE)	MWF	8:05-9AM	9/14-11/6	HPRC-HR	\$48
415333 B	SRBEG(WE)	MWF	8:05-9AM	11/9-12/11	HPRC-HR	\$24
415334 A	SRINT(VL)	MWF	8:30-9:20AM	9/14-11/6	HPRC-BR	\$48
415334 B	SRINT(VL)	MWF	9:30-10:20AM	9/14-11/6	HPRC-BR	\$48
415334 C	SRINT(VL)	MWF	10:30-11:20AM	9/14-11/6	HPRC-BR	\$48
415334 D	SRINT(VL)	MWF	8:30-9:20AM	11/9-12/11	HPRC-BR	\$24
415334 E	SRINT(VL)	MWF	9:30-10:20AM	11/9-12/11	HPRC-BR	\$24
415334 F	SRINT(VL)	MWF	10:30-11:20AM	11/9-12/11	HPRC-BR	\$24

The University of Kansas - Project WOW!
is **NOW ENROLLING** individuals 18 to 65
who have been using a wheelchair for at
least 6 months and are not involved with
an exercise program.



If you are interested in finding out how
exercising might improve your health or
to see if you qualify, please contact:
projectwow@ku.edu
or call us at (913) 588-7382



"This fitness class makes me feel better and I have been losing weight."

— Laurie S.

TAI CHI, BEGINNING

Ages: 50 and Up. Enrollment Min 8 / Max 12. This ancient Chinese art improves strength, flexibility, concentration and balance by combining gentle physical movement and mental discipline. Slow movements also strengthen muscles and joints, not to mention reduction of 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
415500	A	BGTAICHI	T	10:30-11:45AM	9/15-11/3	SPRC-FR	\$42
415500	C	BGTAICHI	T	10:30-11:45AM	11/10-12/8	SPRC-FR	\$21

WII INTRODUCTION CLASS ^{NEW}

Ages: 50 and Up. Enrollment Min 6 / Max 20. Come learn the basics of the Nintendo Wii (pronounced Wee) Video Game Console. The Wii allows users to actively participate in games like tennis, bowling, golf, etc. by going through the motions using a remote. *All fitness level welcome. This can be played standing or sitting.* For more information, contact Jo Ellis at 832-7930.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421149	A	WIIINTRO	W	9-11AM	9/9-9/30	DCSS	FREE

WII SPORTS LEAGUE ^{NEW}

Ages: 50 and Up. Enrollment Min 6 / Max 20. Each week participants will experience a different sport ranging from tennis singles and doubles, bowling, golf, baseball and boxing. A tournament will conclude the session. *All fitness level welcome. This can be played standing or sitting.* **No class 11/25.** For more information, contact Jo Ellis at 832-7930.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421150	A	WIIISPORTS	W	9-11AM	10/7-12/2	DCSS	\$10



YOGA

Ages: 50 and Up. Enrollment Min 8 / Max 20. A less vigorous beginner's class adapted for older adults. Stretch stiff muscles and learn to correctly align your spine by 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 11/23.** **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	6/1-7/20	SPRC-FR	\$42
415271	A	YOGA	M	9:30-10:45AM	9/14-11/2	SPRC-FR	\$42
415271	D	YOGA	M	9:30-10:45AM	11/9-12/7	SPRC-FR	\$21

ZUMBA GOLD

Ages: 50 and Up. Enrollment Min 8 / Max 15. 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 still enjoy ZUMBA even if you have limited mobility. **No class 11/24 and 11/26.** **Instructor: Susan Pomoroy.** 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	6/2-7/23	SPRC-FR	\$35
315002	B	ZUMBAGD	TR	9:15-10:15AM	7/28-8/27	SPRC-FR	\$22
415002	A	ZUMBAGD	TR	9:15-10:15AM	9/15-11/5	SPRC-FR	\$35
415002	B	ZUMBAGD	TR	9:15-10:15AM	11/10-12/10	SPRC-FR	\$18



SHARE THE WARMTH
October 26 through November 27

Bring your new or used coats to any LPRD facility.

Coats collected throughout the month will be given to those in need this winter.

Supporting Scotch Fabric Care Services
 annual community coat drive