

Tap Dance

Ages 16+
Learn the basics of tap dance and put them into choreography. Have fun dancing and staying in shape while making music with your feet. Tap shoes required. (Some prior knowledge of tap dance basics is required).

Instructor: Emily Rhodes
Lincoln (community room)

\$51 / \$66 Non-Resident
Th 1/6 - 2/10 10:15 - 11:00am 273091-01
Th 2/17 - 3/31 10:15 - 11:00am 273091-02
Th 4/7 - 5/19 10:15 - 11:00am 373091-01
Wilson (stage)
Tu 5/17 - 6/14 5:00 - 5:45pm 373091-02

Ballet Fitness

Ages 13+
Channel your inner dancer with a ballet inspired workout. This class will help develop lean muscle mass while improving your balance, flexibility, and range of motion while slimming, trimming and strengthening your abs, glutes and legs. Leave the class feeling nimble and relaxed. (yoga mats suggested.)

Instructor: Emily Rhodes
Lincoln (community room)

\$51 / \$66 Non-Resident
Th 1/6 - 2/10 8:15 - 9:00am 273088-02
Th 2/17 - 3/31 8:15 - 9:00am 273088-04
Th 4/7 - 5/19 8:15 - 9:00am 373088-01
Th 5/19 - 6/16 8:30 - 9:15am 373088-03
Wilson (stage)
Tu 5/17 - 6/14 6:00 - 6:45pm 373088-02

WERQ®

Ages 15+
WERQ® is the fiercely fun dance fitness workout class based on pop, rock, and hip-hop music taught by Certified Fitness Professionals. The signature WERQ® warm-up previews the dance steps used in class and the signature WERQ™ cool down includes balance and yoga inspired poses. Are you ready to WERQ®?

Class is recommended for ages 15 and over, though the instructor will take younger participants if they are mature or with a parent.

Instructor: Brenda Buchanan
Montessori (gym)

\$36 / \$51 Non-Resident
Tu 1/11 - 3/15 6:30 - 7:30pm 273097-01
\$30 / \$45 Non-Resident
Tu 3/29 - 5/17 6:30 - 7:30pm 373097-01



Adult Ballet

Ages 16+
Learn and practice the basics of Ballet dance. Strengthen your muscles and point your toes to beautiful classical ballet music. Work on your balance and poise. Ballet shoes are strongly recommended.

Instructor: Emily Rhodes
Wilson (stage)

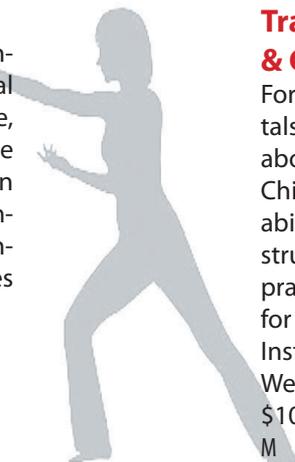
\$51 / \$66 Non-Resident
Tu 5/17 - 6/14 6:45 - 7:30pm 373015-01

T'ai Chi Fundamentals for Beginners

T'ai Chi is a slow, gentle Chinese exercise that enhances relaxation skills, mental focus, and postural alignment while building leg strength, endurance, and stability. This reduces tension and pain in the back and neck. Research suggests that T'ai Chi can improve balance, reduce stress and enhance immune function. This non-impact, moderate-intensity cardiovascular exercise for all ages and abilities can compliment any health care therapy regimen.

Instructor: Pat Corrigan Culotti, BSA, CTI, MTF
West (cafeteria)

\$105 / \$135 Non-Resident
M 1/17 - 4/11 6:00 - 7:00pm 246400-01

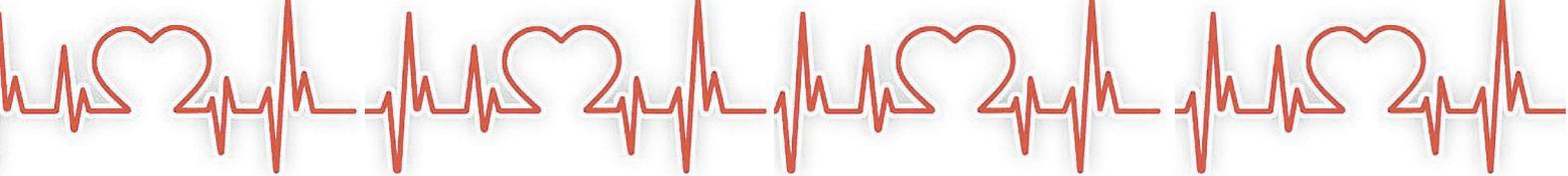


Traditional CMC Yang Style T'ai Chi Form & Corrections

For practitioners with previous T'ai Chi Fundamentals experience. Refine your form and learn more about the principles and meditative aspects of T'ai Chi. Experience the sharing of energy and healing abilities of chi. Studying this art with a qualified instructor encourages consistent and correct T'ai Chi practice, thus enhancing the mind body connection for a multitude of health benefits.

Instructor: Pat Corrigan Culotti, BSA, CTI, MTF
West (cafeteria)

\$105 / \$135 Non-Resident
M 1/17 - 4/11 7:00 - 8:00pm 246401-01



Functional Fitness

Ages 13+

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. Using various muscles in the upper and lower body at the same time (such as squats and lunges), functional fitness exercises also helps with core stability. The goal is to see improvements in your ability to perform everyday activities.

Instructor: Rocio Galang, AFAA Group Exercise Instructor

\$48 / \$63 Non-Resident

Whitman (fitness room #1) -Beginner

Tu 1/11 - 3/15 5:00 - 5:45pm 273064-01

Montessori (gym) - Intermediate

Th 1/13 - 3/17 5:00 - 5:45pm 273064-02



Crush Your Core

Ages 13+

It's time to manage your midsection! This class will focus on your abs, glutes, hips, and thighs. Enhance your core and muscular endurance using light weights or exercise bands and stability balls. This class will strengthen and tone your core.

Instructor: Rocio Galang, AFAA Group Exercise Instructor

\$48 / \$63 Non-Resident

Whitman (fitness room #1)

Tu 1/11 - 3/15 6:00 - 6:45pm 273040-01

Montessori (gym)

Th 1/13 - 3/17 6:00-6:45pm 273040-02



Hatha Yoga

Ages 13+

Hatha yoga is a practice that uses postures, breathing techniques and mindfulness to cultivate mind-body awareness while increasing strength, flexibility and balance. All levels are welcome. Please bring a yoga mat to class and dress comfortably.

Instructor: Marcia Blum

Underwood (gym)

\$52 / \$67 Non-Resident

M 1/10 - 3/14 5:30 - 6:30pm 265015-01



Zumba

Ages 13+

Work out, love working out, get hooked! Zumba fuses Latin rhythms and easy-to-follow moves to create a dynamic workout. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone your body, burn fat, and lift your spirit. All instructors are Zumba certified.

Instructor: Andrea Polinske

Montessori (gym)

\$37 / \$52 Non-Resident

Tu 1/11 - 3/15 5:30 - 6:15pm 273095-01



Ultimate Total-Body Toner - Virtual Edition



Ages 13+

Online via dedicated PRIVATE Facebook Group (must have a Facebook account to register for this class) Enjoy a moderate intensity at-home workout with Tosa Rec's first virtual adult fitness class. Follow along through our live stream (you will receive a link to request access to join the private Facebook Group once you complete your online registration). Tone and sculpt your muscles using your body's resistance, simple hand weights (most participants choose weights from 3 to 10 lbs.) or even those cans of green beans in your cabinets. Also recommended is a water bottle to stay hydrated, a sweat towel for when you push yourself harder, and a yoga mat/towel for floor work and cool down.

Instructor: Michele Tonkovitz

\$65 Resident & Non-Resident

TTh 1/4 - 3/17 5:30 - 6:30pm 273094-01

Fitness Sampler

Ages 13+

Get motivated to take your fitness to the next level with different exercises each week. Come prepared to do circuit/interval training and muscle conditioning to work your upper body, lower body, core and cardio, all maximizing your workout. Great for beginners to intermediate fitness level.

Instructor: Kathy Fried

Montessori (gym)

\$48 / \$63 Non-Resident

W 1/12 - 3/16 5:30-6:15pm 273041-01