

Byron Township Recreation FITNESS CLASSES

Winter Location: Community Center	Age: 16+	Duration: 10 wks	Winter Deadline: January 9, 2010
Spring Location: Community Center	Age: 16+	Duration: 8 wks	Spring Deadline: April 2, 2010
Minimum: 8	Maximum: 20	Note: Please bring an exercise mat and a water bottle to class.	

20/20/20 - Tired of the same old routine? Then this is the class for you! It is a well rounded class that offers a little bit of everything! 20 minutes of strength training, 20 minutes of cardio, 20 minutes of core and flexibility training.

20/20/20 (2031M)	Monday	Jan 18-March 22	6:30-7:30pm	Leah Geelhoed	\$40 Resident/\$50 NR
20/20/20 (2031W)	Wednesday	Jan 20-March 24	7:30-8:30pm	Leah Geelhoed	\$40 Resident/\$50 NR
20/20/20 (2031F)	Friday	Jan 22-March 26	8:30-9:30am	Leah Geelhoed	\$40 Resident/\$50 NR
20/20/20 (2031M)	Monday	April 12-June 7 (skip 5/31)	6:30-7:30pm	Leah Geelhoed	\$35 Resident/\$45 NR
20/20/20 (2031W)	Wednesday	April 14-June 2	7:30-8:30pm	Leah Geelhoed	\$35 Resident/\$45 NR
20/20/20 (2031F)	Friday	April 16-June 4	8:30-9:30am	Leah Geelhoed	\$35 Resident/\$45 NR

Cardio Challenge -This intense 60 minute class is designed to get you moving and your heart pumping. The moves will range from the basics to drills and kick boxing. Modifications will be given for all fitness levels.

Cardio Challenge (2030M)	Monday	Jan 18-March 22	7:30-8:30pm	Leah Geelhoed	\$40 Resident/\$50 NR
Cardio Challenge (2030W)	Wednesday	Jan 20-March 24	6:30-7:30pm	Leah Geelhoed	\$40 Resident/\$50 NR
Cardio Challenge (2030M)	Monday	April 12-June 7 (skip 5/31)	7:30-8:30pm	Leah Geelhoed	\$35 Resident/\$45 NR
Cardio Challenge (2030W)	Wednesday	April 14-June 2	6:30-7:30pm	Leah Geelhoed	\$35 Resident/\$45 NR

Yoga Power -Fitness based Yoga class consisting of more challenging poses and elements of cardio. Work up a sweat while increasing muscle tone and flexibility.

Power Yoga (2032TU)	Tuesday	Jan 19-March 23	7:30-8:30pm	Danielle Young	\$40 Resident/\$50 NR
Power Yoga (2032TH)	Thursday	Jan 21-March 25	6:30-7:30pm	Danielle Young	\$40 Resident/\$50 NR
Power Yoga (2032TU)	Tuesday	April 13-June 1	7:30-8:30pm	Danielle Young	\$35 Resident/\$45 NR
Power Yoga (2032TH)	Thursday	April 15-June 3	6:30-7:30pm	Danielle Young	\$35 Resident/\$45 NR

Yoga Gentle -Breathe, Stretch, and Relax! This gentle yoga class is perfect for beginners to Yoga, or those new to exercise. Improve balance, flexibility and muscle tone in a relaxing atmosphere. Modifications can be made for all abilities.

Gentle Yoga (2056)	Tuesday	Jan 19-March 23	6:30-7:30pm	Danielle Young	\$40 Resident/\$50 NR
Gentle Yoga (2056)	Tuesday	April 13-June 1	6:30-7:30pm	Danielle Young	\$35 Resident/\$45 NR

Lower Body Bootcamp – 45 minutes of intervals including squats, lunges, and ply metrics. This class is for the intermediate fitness levels.

Lower Body Bootcamp (2034)	Thursday	Jan 21-March 25	7:30-8:30pm	Lisa Stowers	\$40 Resident/\$50 NR
Lower Body Bootcamp (2034)	Thursday	April 15-June 3	7:30-8:30pm	Lisa Stowers	\$35 Resident/\$45 NR

Zumba -Join the Party! Zumba is a cardio dance workout set to high energy music. A guaranteed calorie burner you'll be having so much fun dancing it doesn't even feel like a workout.

Zumba (2033)	Tuesday	Jan 19-March 23	5:30-6:30pm	Eleida Alfaro	\$40 Resident/\$50 NR
Zumba (2033)	Tuesday	April 13-June 1	5:30-6:30pm	Eleida Alfaro	\$35 Resident/\$45 NR

Byron Township Recreation - 2010 Fitness Class Registration Form - WINTER/SPRING

Program: _____ Dates: _____ Day: _____ Time: _____ Cost: _____

Program: _____ Dates: _____ Day: _____ Time: _____ Cost: _____

NAME: _____ BIRTHDATE: _____ PHONE: _____

ADDRESS: _____ CITY/ZIP: _____ EMAIL: _____

MUNICIPALITY (where you pay taxes): _____

I hereby understand that by signing this form, I agree not to hold Byron Township responsible for any injuries that may occur during participation in this Byron township Recreation Program. Furthermore, I authorize Byron Township to use photographs of participants for Byron Township promotional literature.

SIGNATURE: _____

Credit Card #: _____ Name on card: _____ Address: _____ Zip: _____

Expiration Date: _____ Visa or MasterCard *Office Use Only*: Date: _____ Receipt: _____ Cash: _____ Check: _____ Amount: _____