



Aquatic & Fitness Center - 876-7424
One Pool Plaza, Tonawanda, NY 14223



Land Aerobic Classes January 5 - March 1, 2009

Fees Payable to: Town of Tonawanda

CLASS-CODE #	CLASS NAME	DATES	DAY	TIME	CLASS FEES MEM./NON-MEM	NO CLASS
1500-3	STEP-AEROBICS (Anna)	1/5 - 2/25	M/W	6:00 - 7:00 am	\$40/\$64	
1635-3	BEGINNER YOGA (Renee)	1/5 - 2/25	M/W	7:50 - 8:50 am	\$40/\$64	
1550-3	CARDIO COMBO (Mary)	1/5 - 2/25	M/W	9:10- 10:10 am	\$40/\$64	
1620-3	POWER PILATES (Kim)	1/5 - 2/25	M/W	10:20 - 11:20 am	\$38/\$60	1/19
1623-3	WOMEN ON WEIGHTS (Kim) Fitness Room	1/5 - 2/25	M/W	11:30 - 12:30 pm	\$38/\$60	1/19
1625-3	CARDIO DANCE (Cara)	1/5 - 2/23	M	5:00 - 6:00 pm	\$20/\$32	
1587-3	BOOT CAMP (Mary)	1/7 - 2/25	W	5:00 - 6:00 pm	\$20/\$32	
1681-3	HI/LO (Charlene)	1/5 - 2/25	M/W	6:40 - 7:40 pm	\$40/\$64	
1565-3	STRENGTH CORE & STRETCH (Anna)	1/5 - 2/25	M/W	7:45 - 8:45 pm	\$40/\$64	
1606-3	WARP SPEED (Tim)	1/6 - 2/26	T/THU	6:00 - 7:00 am	\$40/\$64	
1552-3	MORNING TAI CHI & STRETCH (Bert) (90 min)	1/6 - 2/26	T/THU	7:35 - 9:05 am	\$60/\$96	
1560-3	MAT PILATES (Kim) (Babysitting Room)	1/6 - 2/26	T/THU	8:00 - 9:00 am	\$40/\$64	
1640-3	INTERMEDIATE YOGA (Renee)	1/6 - 2/26	T/THU	9:10- 10:10 am	\$40/\$64	
1621-3	LOW IMPACT FITNESS (Kim)	1/6 - 2/26	T/THU	10:30 - 11:30 am	\$40/\$64	
1607-3	POWER LUNCH (Bert) (30 min)	1/6 - 2/26	T/W/TH	12:15 - 12:45 pm	\$30/\$48	
1505-3	STRENGTH TRAINING (Teresa) (30 min)	1/6 - 2/26	T/THU	4:25 - 4:55 pm	\$20/\$32	
1510-3	PILATES (Teresa)	1/6 - 2/26	T/THU	5:00 - 6:00 pm	\$40/\$64	
1605-3	CARDIO KICKBOXING (Al)	1/6 - 2/26	T/THU	6:05 - 7:05 pm	\$35/\$56	1/13&1/15
1520-3	ZUMBA STRENGTH (Charlene)	1/6 - 2/26	T/THU	7:10- 8:10 pm	\$40/\$64	
1670-3	PILATES (Charlene) (30 min)	1/6 - 2/26	T/THU	8:15 - 8:45 pm	\$20/\$32	
1501-3	CIRCUIT TRAINING (Anna)	1/9 - 2/27	FRI	6:00 - 7:00 am	\$20/\$32	
1586-3	CARDIO COMBO (Mary)	1/9 - 2/27	FRI	9:10 - 10:10 am	\$20/\$32	
1668-3	YOGALATIES (Kim)	1/9 - 2/27	FRI	10:20-11:20 am	\$18/\$28	1/16
1667-3	BODY BLAST (Anna) (60 min)	1/10 - 2/28	SAT	8:10 - 9:10 am	\$20/\$32	
1511-3	STRENGTH, CORE & STRETCH (Anna)	1/10 - 2/28	SAT	9:15 -10:15 am	\$20/\$32	
1660-2	CORE AND BUNS (Anna) (30 min)	1/10 - 2/28	SAT	10:20 - 10:50 am	\$10/\$16	
1546-3	CARDIO KICKBOXING (Al)	1/10 - 2/28	SAT	11:00 - 12:00 pm	\$20/\$32	
1665-3	BODY BLAST (Anna) (90 min)	1/11 - 3/1	SUN	9:00 - 10:30 am	\$30/\$48	

Member Registration- Monday, December 8, 2008 Non-Member Registration- Monday, December 15, 2008

Note To All Non-Members: Registration entitles you to participate in the class ONLY

Anthony F. Caruana, Supervisor
Town of Tonawanda

Dan Crangle, Councilman
Chairman, Youth, Parks & Recreation Committee

Dan Wiles, Director
Youth, Parks & Recreation Department

Here is a brief explanation of our aerobics schedule!

Winter 2009 Session Code: #3

BEG. / INTER. YOGA: Energize yourself and relive stress practicing Yoga postures that develop strength, flexibility and mental focus.

BODY BLAST: An aggressive aerobic and strength class that will increase endurance and burn fat.

BOOT CAMP: If you enjoy working hard, sweating, and burning MAJOR calories, this class is for you. Forging calisthenics with body weight exercise, this intense workout will tone the entire body. You will work, sweat, and challenge your body to its limit!

CARDIO COMBO: This class will focus on a 20-30 minute cardio portion using the step, BOSU ball or hi/low aerobics followed by full body strength Training exercises that will keep your heart rate elevated and your body burning calories.

CARDIO DANCE: A fun multi-level cardio class incorporating Latin and Hip Hop inspired dance moves.

CARDIO KICKBOXING: We start with stretching to develop and maintain flexibility and increase range of motion followed by an intense level of aerobic conditioning. This is a total body martial arts workout that includes punches and high and low kicks.

CIRCUIT TRAINING: This class is an invigorating combination of strength training and cardio conditioning that will keep you motivated and keep your body guessing.

CORE AND BUNS: A short 30 minute class that will strengthen your core muscles (abs, lower back, glutes and hips) and improve balance and posture.

HI/LO: An integration of either Hi and or Low intensity aerobic floor exercise, and body shaping using various forms of equipment throughout the workout.

LOW IMPACT FITNESS: In this class you will learn how to strengthen muscles, increase flexibility, improve balance and retain bone mass. There will be 20 minutes of low impact cardio, 20 minutes of strength training, and 20 minutes of flexibility and balance work using Pilates and Yoga based moves.

MAT. PILATES: A series of controlled movements that heighten postural awareness, spinal stabilization, core strengthening and flexibility.

MORNING TAI CHI & STRETCH: Wake up with a workout that will get the body going. This class will work on Static and Dynamic Stretches and Core Strength using 24 form Tai Chi.

PILATES: A series of controlled movements that heighten postural awareness, spinal stabilization, core strengthening and flexibility.

POWER LUNCH: This 30 minute class will give you a full body workout that uses functional movements to increase strength, coordination, balance and agility while reshaping your body and conditioning your heart.

POWER PILATES: Intermediate/Advance Pilates using stability balls, medicine balls, exercise discs, BOSU balls, and body bars.

STEP AEROBICS: A 60 minute intermediate level class that utilizes the Reebok step class format that generally finishes up with toning & stretching.

STRENGTH, CORE & STRETCH: This class will focus on strengthening the core muscles, increasing overall flexibility and balance leaving you feeling strong and lean.

STRENGTH TRAINING: This 30 minute class will focus on toning and strengthening the entire body using a variety of equipment.

WARP SPEED: Looking to improve balance, stability, strength, quickness, and agility? Join our most advanced class for a 60 minute heart pumping, total body workout that replicates real sport and daily movements.

WOMEN ON WEIGHTS: This class takes place in the fitness room using static and free weight equipment to improve balance, strength and posture.

YOGALATIES: A combination of Yoga and Pilates. You'll increase overall strength while concentrating on "core" (abdominal/low back) strength. You'll gain power and get a great stretch.

ZUMBA STRENGTH: 45 minutes of Latin dance inspired aerobics including Salsa, Merengue and Cumbia that will keep you energized all while burning LOTS of calories followed by 15 minutes of toning. A comfortable and fun environment welcomes even the most novice exerciser, so don't be shy, jump right in!

Youth Fitness Classes

CLASSCODE	CLASS NAME	DATES	DAY	TIME	CLASS FEES MEM./NON- MEM
1615-3	KID FIT (Tim) Ages 5 - 9 Aerobics Room	1/11 - 3/1	SUN	1:00 - 2:00 pm	\$20/\$32
1765-3	CRASH COURSE (Tim) Ages 10-12 Fitness Room	1/11 - 3/1	SUN	2:00 - 3:00 pm	\$20/\$32