

# FITNESS CLASSES

## IMPORTANT FITNESS INFORMATION

- Class confirmation access is available by logging into your Active account. If you do not hear from us, you have received your desired class. If you require a printed registration confirmation, please send a self-addressed, stamped envelope.
- Sheboygan Area School District residents residing in Cleveland, Centerville and Mosel add \$3.00 to the listed fee.
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- Middle & High School students may register at half the listed fee for Adult Fitness classes.
- No children are allowed in the gym while fitness classes are being conducted.
- No classes held March 27-April 1 (except at Pigeon River Rec Center Gym)
- Weather cancellations - If school is cancelled, fitness classes are cancelled - call 208-5805 - or Twitter (see page 20)

## BASIC BODY FOCUS

(\$45.00 resident, \$67.50 non-resident; \$38.25 resident 65 & older)

*Instructor: Kathy A.*

A perfect way to start out your fitness regimen or just maintain your current level of flexibility and muscle tone. Enjoy stretching, basic aerobics and body toning while having fun!

<b>Code 5299</b>	January 9 - March 8	<b>Code 5301</b>	March 13 - May 17
Mon/Wed	5:30-6:30 pm	Grant School Gym	

## BODY RECHARGE

(\$33.75 resident, \$50.75 non-resident; \$28.75 resident 65 & older)

*Instructor: Lynne D.*

Don't slump it up - pump it up with Body Recharge! Designed for ages 50-95 and will increase your cardiovascular endurance along with strength and flexibility. Let's get fit and have some fun!

<b>Code 5322</b>	January 10 - March 10	<b>Code 5325</b>	March 14 - May 19
Tues/Fri	9:45-10:30 am	Pigeon River Rec. Center Gym	

## BOOT CAMP

(\$33.75 resident, \$50.75 non-resident; \$28.75 resident 65 & older)

*Instructor: Carleen W. & Heather B.*

Looking for new recruits to enlist for fitness. Boot Camp is fitness taken back to the basics. Each high energy workout is designed to provide a total body strength and cardiovascular workout using basic exercises (i.e. running/fast walking, push ups, sit-ups). WE WANT YOU to lose body fat, gain muscle mass and improve strength, endurance and flexibility.

<b>Code 5326</b>	January 9 - March 8	<b>Code 5328</b>	March 13 - May 17
Mon/Wed	4:15-5:00 pm	James Madison School Gym	

## S.T.A.R. TREATMENT

(\$33.75 resident, \$50.75 non-resident; \$28.75 resident 65 & older)

*Instructor: Terrie M.*

With Strength, Toning, Aerobics and Relaxation you get it all, just like you deserve. Start with a heart-pumping aerobic warm-up, followed by a total body sculpt session, then finish it off with a relaxing stretching segment. Everyone can be a STAR with this workout.

<b>Code 5511</b>	January 9 - March 8	<b>Code 5513</b>	March 13 - May 17
Mon/Wed	4:45-5:30 pm	Cooper School Gym	

## FUSION FITNESS

(\$45.00 resident, \$67.50 non-resident; \$38.25 resident 65 & older)

*Instructor: Sandy K.*

Combine Pilates and Yoga with traditional exercises to get a well-rounded program of 20 minutes of aerobics, toning/strengthening exercises, and stretching and relaxation.

<b>Code 5349</b>	January 10 - March 9	<b>Code 5352</b>	March 14 - May 18
Tues/Thurs	5:30-6:30 pm	Sheridan School Gym	

## ZUMBA

(\$45.00 resident, \$67.50 non-resident; \$38.25 resident 65 & older)

*Instructor: Michelle R.*

Are you ready to party yourself into shape? That's exactly what Zumba is all about! It's an energizing, effective, easy-to-follow, Latin-inspired, calorie-burning fitness party that will make you love to work out. Shoes with very little tread work best.

<b>Code 5638</b>	January 10 - March 9	<b>Code 5639</b>	March 14 - May 18
Tues/Thurs	4:30-5:30 pm	Pigeon River School Gym	



# FITNESS CLASSES

## STEP FITNESS CLASSES

### STEP IT UP

(\$33.75 resident, \$50.75 non-resident; \$28.75 resident 65 & older)

Instructor: Terrie M.

Want to put some spring back into your step and learn a fun way to burn calories...this class is for you. Step It Up will teach you those step moves that are guaranteed to get the heart pumping and burn unwanted calories with a combination of fun step moves and energizing music to keep you moving for the entire 45 minutes. Let Step It Up be the first step to a healthier you.

**Code 5432** January 10 - March 9 **Code 5435** March 14 - May 18  
Tues/Thurs 4:45-5:30 pm James Madison School Gym

### STEPPIN' UP

(\$45.00 resident, \$67.50 non-resident; \$38.25 resident 65 & older)

Instructor: Julie B.

An advanced, faster paced step/cardio class that will keep you moving. This class will offer a total body workout consisting of athletic and rhythmic step moves, athletic cardio moves, as well as strength training targeting legs, arms and abs. Participants will get a full body workout all within an hour.

**Code 5601** January 9 - March 9 **Code 5603** March 13 - May 18  
Mon/Thur\* 5:45-6:45 pm Pigeon River Rec. Center Gym/  
Pigeon River School Gym\*

\*Please note, this class alternates locations each week!

### STEP RE-SET

(\$22.50 resident, \$33.75 non-resident, \$19.25 resident 65 & older)

Instructor: Sue G.

Re-set your step expectations! Like rhythmic step with challenging combinations? Love the way step interval alternates body sculpt with step combinations? Perhaps combining HIIT with step is the key to re-energizing your workout? This class is for you! Shake up your routine with this fun and challenging rotating step training and fitness format and re-set your step-expectations!

**Code 5293** January 11 - March 8 **Code 5597** March 15-May 17  
Wednesday 5:45-6:45 pm Pigeon River Rec. Center Gym

### SPECIAL DROP-IN FITNESS CLASSES

Drop-in fitness classes may be offered December 23-30, January 2-7 and May 22-June 10. Check with your instructor or on the "Weekly Schedule" posted on the Rec Department website, [www.sheboyganrec.com](http://www.sheboyganrec.com) for a detailed schedule.

Fees: 1 hour class: \$3.00 residents; \$5.00 non residents, \$2.50 residents 65 & older; 45 minute class: \$2.25 residents; \$4.00 non residents; \$2.00 residents 65 & older.

## HOOP DANCING CLASSES

### BEGINNER HOOP DANCING

(\$22.50 resident, \$33.75 non-resident; \$19.25 resident 65 & older)

Instructor: Amanda R.

Re-live your childhood or try something new. This class will introduce beginner hoop dancing movements and techniques. Use your core muscles to help increase stamina, balance and flexibility. Have fun, be quirky and feel like a kid again! Hoops provided. For ages 12 and up.

**Code 5339** January 12 - March 9 **Code 5928** March 16-May 18  
Thurs 5:45-6:45 pm Farnsworth Middle School Gym

### HOOP YOGA FITNESS FUSION \*\*NEW CLASS\*\*

(\$22.50 resident, \$33.75 non-resident; \$19.25 resident 65 & older)

Instructor: Sarah W.

This class combines basic hoop dancing moves with some basic yoga moves. The class demonstrates how to use a fitness hula hoop to strengthen your core, focus your mind and have fun. A great cardio and all over body workout! Hoops provided.

**Code 5308** January 10 - March 7 **Code 5314** March 14 - May 16  
Tues 5:45-6:45 pm Farnsworth School Gym

## KIDS FITNESS CLASSES

Middle School and High School aged children can participate in any of our fitness classes. These students would pay half of the adult fee, either resident or non-resident. This is great way for young people to stay in shape. This is also a great opportunity for Home Schooled students to complete some of their Physical Educations credits as well. **We do have other option(s) for younger children periodically.**

### KIDS BEGINNER HOOP DANCING

(\$8.50 resident, \$12.75 non-resident)

Instructor: Sarah W.

This class is for little hula hoopers age 8-11 years. The class starts with "on body" basic hoop dance moves and builds into more fun, creative and challenging tricks! Not only is this class fun, it is great exercise as well! All hoops will be provided.

**Code 5929** January 10 - March 7 **Code 5426** March 14 - May 16  
Tues 4:45-5:30 pm Farnsworth Middle School Gym

### HELP WANTED: FITNESS INSTRUCTOR

We are always looking to expand our fitness class offerings. If you have an interested in instructing a fitness class, we'd love to hear from you. Please contact Karen Davis, 459-3776 or [kdavis@sasd.net](mailto:kdavis@sasd.net) for further information.

# FITNESS CLASSES

## MORNING (AND MIXED TIME) CLASS OFFERINGS

### RISE & SHINE STEP

(\$33.75 resident, \$50.75 non-resident; \$28.75 resident 65 & older)

Instructor: Sue G.

Jump start your day with this energizing step aerobics class. This class features a great mix of athletic and rhythmic step patterns; and while we won't go "back to the basics," we won't mess with your (early morning) mind with crazy speed and complex choreography. You'll work hard, have fun and leave class ready to seize the day!

<b>Code 5498</b>	January 10 - March 9	<b>Code 5504</b>	March 14 - May 18
Tues/Thurs	5:30-6:15 am	Pigeon River Rec. Center Gym	

### CARDIO DANCE & SCULPT

(\$45.00 resident, \$67.50 non-res; \$38.25 resident 65 & older)

Easy cardio dance movements to energize you followed by a combination of weights and exercises to strengthen and tone your body.

Instructor: Lynne D.

<b>Code 5329</b>	January 9 - March 8	<b>Code 5330</b>	March 13 - May 17
Mon/Wed	8:30-9:30 am	Pigeon River Rec. Center Gym	

<b>Code 5335</b>	January 10 - March 9	<b>Code 5336</b>	March 14 - May 18
Tues/Thurs	8:30-9:30 am	Pigeon River Rec. Center Gym	

<b>Code 5333</b>	January 10 - March 9	<b>Code 5334</b>	March 14 - May 18
Tues/Thurs	5:30-6:30 pm	Pigeon River Rec. Center Gym	

Instructor: Sandy K.

<b>Code 5331</b>	January 9 - March 8	<b>Code 5332</b>	March 13 - May 17
Mon/Wed	5:30-6:30 pm	Sheridan School Gym	

### GENTLE YOGA

(\$45.00 resident, \$67.50 non-resident; \$38.25 resident 65 & older)

Instructor: Monica G.

A beginner class including stretching and gentle poses to increase flexibility, balance and range of motion. It includes breathing techniques and final relaxation which promotes stress reduction and mental clarity. Yoga mats and props are available. After class you will feel rejuvenated and ready to face the day!

<b>Code 5353</b>	January 10 - March 7	<b>Code 5354</b>	March 14 - May 18
Tues/Thurs	8:30-9:30 am	Longfellow School Gym	

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### YOGA BASICS

(\$45.00 resident, \$67.50 non-resident; \$38.25 resident 65 & older)

Instructor: Monica G.

Yoga poses combined with breathing is a method that integrates the mind, body and spirit to restore health, renew energy and reduce stress. Stretching and basic poses exercise the muscles and joints keeping the body strong and flexible. Class ends with deep relaxation. Mats and props are available.

<b>Code 5631</b>	January 9 - March 8	<b>Code 5632</b>	March 13 - May 17
Mon/Wed	4:30-5:30 pm	Pigeon River Rec. Center Gym	

<b>Code 5633</b>	January 12 - March 9	<b>Code 5635</b>	March 16 - May 18
Thurs (1 night)*	4:30-5:30 pm	Early Learning Center Lower Level	

\*Fee for this one night a week class is: \$22.50 Resident; \$33.75 Non Resident; \$19.25 Resident 65 & older

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# FITNESS CLASSES

**WEEKEND WARRIORS CLASSES - PRE-REGISTER TO SAVE MONEY OR UTILIZE "DROP IN FEE" TO GET A 3RD DAY WORKOUT!**

## CARDIO DANCE & SCULPT

(\$22.50 resident; \$33.75 non-resident, \$19.25 resident 65 & older. DROP-IN: \$3.00 residents; \$5.00 non residents, \$2.50 residents 65 & older)

Easy cardio dance movements to energize you followed by a combination of weights and exercises to strengthen and tone your body.

**Code 5620** January 13 - March 10 **Code 5621** March 17 - May 19  
Friday 8:30 - 9:30 am Pigeon River Rec. Center Gym

**Code 5622** January 14 - March 11 **Code 5625** March 18 - May 20  
Saturday 9:30 - 10:15 am Pigeon River Rec. Center Gym

## "KEEPIN' IT REAL" STEP

(\$22.50 resident; \$33.75 non-resident, \$19.25 resident 65 & older. DROP-IN: \$2.50 resident; \$4.00 non-resident, \$2.00 resident 65 & older)

It's early for a Saturday morning and we know it – so complex choreography is out and a real workout is in! This class won't go "back to the basics" but it won't put your brain in a "freeze frame" either! Join us for an energizing step aerobics class that'll take you full speed ahead into whatever your weekend holds for you!

**Code 5627** January 14 - March 11 **Code 5268** March 18 - May 20  
Saturday 8:00 - 8:45 am Pigeon River Rec. Center Gym

## QUICK FIT!

(\$22.50 resident; \$33.75 non-resident, \$19.25 resident 65 & older. DROP-IN: \$2.50 resident; \$4.00 non-resident, \$2.00 resident 65 & older)

Want your workout and your weekend too? We've got you covered with this "get it quick" total body sculpting class. We'll make the most of your time using a variety of styles and equipment to ensure you can "get fit and get going."

**Code 5629** January 14 - March 11 **Code 5630** March 18 - May 20  
Saturday 8:50 - 9:30 am Pigeon River Rec. Center Gym

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**TRY OUR NEW STRENGTH TRAINING PROGRAM TO TAKE YOUR FITNESS TRAINING TO THE NEXT LEVEL - OR TO BEGIN TO PREPARE A TRIATHLON OR MARATHON TRAINING PROGRAM**

## STRENGTH TRAINING PROGRAM \*\*NEW CLASS!!

(\$13.00 resident, \$19.50 non-resident; \$11.00 resident 65 & older)  
*Instructor: Debbie P.*

Strength training is important for all athletes. It is essential for cyclists, triathletes and runners. We're offering a specific training class focusing on these three disciplines. A fitness professional will develop a personalized strength training class for each individual conducted within a 6 week period of group related sessions. The class will be comprised of a 30 minute spin class with strength training to follow.

**Code 5941** January 4 - February 8  
Wednesday 6:00 - 7:30 pm North High Fitness Center

## TRIATHLON TRAINING PROGRAM-SWIM-BIKE-RUN!

(\$195.00 resident, non-resident and resident 65 & older)

*Instructor: Debbie P. & Rick B*

Whether your goal is to complete your first Triathlon or just get in shape for the summer, this program is for you. The Community Tri-Program is designed for those interested in the growing sport of Triathlon and is geared for the beginner to intermediate Triathlete. The program concludes with the Elkhart Lake Triathlon in June 10, 2017. Under the direction of Debbie Posewitz and Rick Behnke, the Program will include: Indoor Cycling and running, triathlon specific weight training, outdoor cycling and running, swimming skills, nutrition/supplementation, stretching, basic bike maintenance, hill climbing, descending, and transition workshops. Due to the one on one nature of the program space is limited.

**Attend an informational meeting on Monday, February 13 or Monday, February 20 from 7:00-8:00 pm at the North High Commons or contact Debbie Posewitz at 467-1092 or [dposewitz@yahoo.com](mailto:dposewitz@yahoo.com).**

**Dates:** Kickoff meeting - Monday, February 13 or 20  
7:00 pm in the North High Commons  
Program runs March 13 thru June 8  
Mon/Wed/Thurs and some weekend dates  
Dates & times will be announced at the vary meeting. **Code 5608**

