

Adult Fitness and Sports

Non-residents add the following fees for each class enrollment.

If class fee is:

\$0 - \$10	no additional fee
\$11 - \$29	add additional \$5 non-resident fee
\$30 - \$59	add additional \$10 non-resident fee
\$60 and over	add additional \$15 non-resident fee

Pilates

Pilates is not just for your core. Pilates is a system that integrates movements that work your entire body. Exercises can be adapted for beginners to more advanced students. Fun and hard work, Pilates is a time-tested discipline that delivers. Please bring a mat and long belt or strap to class. Instructor: Elizabeth Markley

• No class July 4.

10546	W	7:40pm-8:40pm	6/20-7/18	CTR	\$55/4 Mtgs
10547	W	7:40pm-8:40pm	7/25-8/15	CTR	\$55/4 Mtgs
10894	W	7:40pm-8:40pm	8/22-9/12	CTR	\$55/4 Mtgs

Pilates Barre Fitness

This is a new, popular, and very fun form of fitness. Enjoy a series of core, leg, and arm strengthening exercises using various Pilates equipment, including a Ballet barre for stability. Instructor Evelyn Grauten.

• Class on August 20 meets at Mayfair Park.

• No class July 23 and September 3.

10548	M	12:15pm-1:15pm	6/18-7/9	CTR	\$36/4 Mtgs
10549	M	12:15pm-1:15pm	7/16-8/13	CTR	\$36/4 Mtgs
10805	M	12:15pm-1:15pm	8/20-9/24	CTR	\$45/5 Mtgs

Survive for 7 Disaster Planning Program

Is your family prepared for a major disaster? Having food, water and shelter for seven days is the new standard for personal and family disaster survival.

Lakewood's "Survive for 7" disaster

planning program educates residents about emergency preparedness and offers the skills they might need to survive in the first week following a catastrophe.

Do you know what to do? Do you have a plan? Fire, police and emergency medical services may be delayed in responding. You need to learn what to do, have a plan, and be prepared to take care of yourself, your family and your community.



www.lakewoodcity.org/7days

10647 T 6 - 7:30 p.m. 7/10 LYC FREE

Power Barre Fitness

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace build lean muscle. The method is influenced by classical dance and though it is not a dance class, it will give you a dancer's body. A bar is used to achieve optimum positioning, 1 or 2 lb. weights for the arms, along with an 8 inch soft ab ball which will give your abs the shape you desire. Master Cynthia has helped countless women reshape their bodies. Visit her website at www.jgparksartialarts.com. Instructor: Master Cynthia Markopulos, 4th Degree Black Belt

• Location: U. S. Tae Kwon do Academy, 12233 Centralia, Lkwd.

10558	M,Th	7:00pm-7:50pm	7/2-7/30	Off Site	\$65
10559	M,Th	7:00pm-7:50pm	8/2-8/30	Off Site	\$65
10560	M,Th	7:00pm-7:50pm	9/6-9/27	Off Site	\$65

Power Tae Fitness

Power Tae Fitness, created by Grand Master J. G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Tae Kwon Do, cardio, boxing and cardio-weight movement done to high energy, upbeat music. Add this class to your weekly routine to see the results you've been looking for. If you like Tae Bo or Turbo Kick, you'll love this class! Visit her website at www.jgparksartialarts.com. Instructor: Master Cynthia Markopulos, 4th Degree Black Belt

• Location: U.S. Tae Kwon Do Academy, 12233 Centralia, Lakewood.

• Class meets Wed., 7:00pm-7:50pm & Sat., 8:30am-9:20am.

10561	W,Sa	7/7-7/28	Off Site	\$65
10562	W,Sa	8/1-8/29	Off Site	\$65
10563	W,Sa	9/1-9/29	Off Site	\$65

Stretch & Easy Conditioning

Keep your muscles and back in shape by learning to do nice and easy stretching, body conditioning and a little bit of yoga. Learn how to strengthen your stomach and stretch all those 'sore' spots such as your neck, shoulders, back and more so you'll feel great. You'll love this great daytime class. Instructor: Evelyn Grauten

• Class on August 20 meets at Mayfair Park.

• No class July 23 and September 3.

10639	M	11:00am-12:00pm	6/18-7/9	CTR	\$36/4 Mtgs
10640	M	11:00am-12:00pm	7/16-8/13	CTR	\$36/4 Mtgs
10804	M	11:00am-12:00pm	8/20-9/24	CTR	\$45/5 Mtgs

Stroller Barre Fusion



This 60-minute cardio and strength interval class, designed for mothers with children who are stroller age, will help improve posture, stability and mobility. The workout combines moves inspired by barre, ballet, Pilates, fitness and yoga. Instructor: FIT4MOM

• Please bring a stroller, yoga mat or towel and wear workout attire.

• Class will meet near the Mayfair Park Tot Lot playground.

• No class on July 4 and September 3.

10848	M,W	9:30am-10:30am	6/18-8/1	MAY	\$80/13 Mtgs
10870	M,W	9:30am-10:30am	8/6-9/19	MAY	\$80/13 Mtgs

A \$2 transaction fee will now be charged per receipt.