

FITNESS CLASSES

Walking in the Woods

Rediscover one of the pleasures of youth. Explore on foot and find features hidden in our urban woods and beyond. Participants will meet at CFE before the first walk of each term and the following walks meet at the designated park then hike/walk, rest a bit, continue on the hike/walk and finish within two-hours time. No special abilities or experience needed, just wear comfortable shoes and clothing. Decide to walk? Let us know your favorite wooded spot! Carpooling is optional! Course fee does not include entry fees to state parks nor gardens.

Term 5 - Mondays-Tentative walk schedule
 Sept. 9-Konkel Park, Sept.16-Deer Creek Sanctuary, Sept. 23-Emerald Nature Preserve, Sept. 30-Root River Pkwy, Oct. 7-Cudahy Nature Preserve, Oct. 14-Lions Den

Term 6 - Mondays-Tentative walk schedule
 Oct. 28-Grobschmidt Park, Nov. 4-Falk Park, Nov. 11-Kinnickinnic River Pkwy, Nov. 18-Bluhm Park, Nov. 25-Kletzsch Park, Dec. 2-Kohl Park

Time: 10:30 am-Noon

Course Fee: \$10.00 per term
 CFE coupons cannot be applied.

Guide: CFE Member Led

Zumba Gold

Zumba fuses hypnotic musical rhythms and movements to create a dynamic workout system designed to be FUN! Enjoy salsa, merengue, belly dance, flamenco and MORE! This class is designed for the mature adult of all ages and anyone who needs to move at a modified pace. Enjoy all the music, movements and fun with modifications made to suit you. Wear comfortable and supportive shoes and bring water.

Term 5 6 Mondays, September 9-October 14

Term 6 6 Mondays, October 28-December 2

Time: 1:15-1:55 pm

Instructor: Barb Labisch

Course Fee: \$23.50/per term

A Breath of Energy: T'ai Chi Ch'uan- For Continuing & Advanced Students

This class will continue expanding on lessons using quiet, supple movements involving the entire body performed in a calm and peaceful manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Qigong exercises and part of the new Chen Long form will be taught.

Term 5 6 Tuesdays, September 10-October 15

Term 6 6 Tuesdays, October 29-December 3

***New Friday Option**

Term 5 6 Fridays, September 13-October 18

Term 6 6 Fridays, November 1-December 13

(No class November 29)

Time: 9:00-9:50 am

Instructor: Deb Solis

Course Fee: \$35.00/per 6 week class

A Breath of Energy: T'ai Chi Ch'uan- Beginner

An ancient Chinese health exercise. Quiet, supple movements involving the entire body are performed in a calm and peaceful manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Gigong exercises and part of the new Chen form will be taught.

Term 5 6 Tuesdays, September 10-October 15

Term 6 6 Tuesdays, October 29-December 3

(No class November 29)

Time: 10:00-10:50 am

***New Friday Option**

Term 5 6 Fridays, September 13-October 18

Term 6 6 Fridays, November 1- December 13

(No class November 29)

Time: 10:45-11:35 am

Instructor: Deb Solis

Course Fee: \$35.00/per 6 week class

Beginning Yoga

Yoga is an exercise that can help increase flexibility, balance and coordination. It also can balance body, mind and spirit. Learn yoga positions and relaxation techniques through prescribed postures and controlled breathing. Bring a towel or floor mat and wear comfortable clothing. CFE member coupons cannot be applied.

Term 5 6 Wednesdays, September 11-October 16

Term 6 6 Wednesdays, October 30-December 11

(No class November 27)

Time: 10:00-10:50 am

Instructor: Barb Labisch

Course Fee: \$35.00/per term

Intermediate Yoga

Yoga is a practice that can promote strength, balance and flexibility. It can also bring calm to the mind and balance to the whole body through poses, breathing techniques and mindfulness.

Continuing yoga students will review basic yoga positions. New poses and breathing techniques will be introduced. Bring a towel or floor mat and wear comfortable clothing.

Term 5 6 Wednesdays, September 11-October 16

Term 6 6 Wednesdays, October 30-December 11

(No class November 27)

***New Time*: 9:00-9:50 am**

Instructor: Michelle Kreiter

Course Fee: \$35.00/per term

AQUA FITNESS

All aqua fitness class are targeted for different fitness levels. Participants are encouraged to work at their own pace. No swimming skills are required for these shallow water workouts.

Please bring your own towel, swimsuit and lock.

Water Shoes are strongly recommended. Center for Enrichment is not responsible for lost, damaged, or stolen items. No food or drink (other than water) in the locker rooms and pool area.

Warm Water Pool-temperature between 85-88.

Center for Enrichment member coupons cannot be applied to water exercise classes. CFE Membership Required. Guests not allowed.

Therapeutic Aqua Walking

March and walk through the water to create resistance and improve your cardiovascular fitness, muscular endurance, and flexibility. Walking in water is an excellent cardio and resistance training exercise option. It can help strengthen and tone many muscle groups, burn calories while being gentle on your bones and joints. This class has no instructor and is at your own pace. Min. 4, Max. 12

Term 5

6 Mondays, September 9-October 14

Term 6

6 Mondays, October 28-December 2

Time: 8:30-9:30 am

Instructor: Self Led

Session Fee: \$20.00/6 week Session

Aqua Fit I-Low Intensity

Make the most of water's natural resistance to help increase your flexibility and muscle strength. Low level, non-aerobic workout is safe and fun without impact to the joints. Even people who suffer from arthritis may want to give these classes a try!

Min. 6, Max. 12.

Term 5

6 Tuesdays, September 10-October 15

6 Thursdays, September 12-October 17

Term 6

6 Tuesday, November 5-December 17

(NO class November 26)

6 Thursday, November 7-December 19

(NO Class November 28)

Time: 10:00-11:00 am

Instructor: Laura Haas

Course Fee: \$36.00/6 Week Class

Aqua Fit II-Moderate Intensity This is the perfect environment to stretch your muscles, get in some cardio workout and flex your joints. Movements are tailored for moderate speed, power, agility and strength. Geared to making you more fit without stressing your body. Min. 6, Max. 12.

Term 5

6 Tuesdays, September 10-October 15

6 Thursdays, September 12-October 17

Term 6

6 Tuesday, November 5-December 17

(NO class November 26)

6 Thursday, November 7-December 19

(NO Class November 28)

Time: 11:00 am-noon

Instructor: Laura Haas

Course Fee: \$36.00/6 Week Class

SENIOR SAGE MOVIES AT CFE

Movies Shown From 1:00-3:00 pm

Donations Welcome

All movie showings are subject to availability.

Please register for the movies by noting on the registration form or calling (414) 546-7302.

MONDAY, September 23-Ferrari, R, 2hr10m

Set in the summer of 1957, with Enzo Ferrari's auto empire in crisis, the ex-racer turned entrepreneur pushes himself and his drivers to the edge as they launch into the Mille Miglia, a treacherous 1,000-mile race across Italy.

MONDAY, September 30-The Hill, PG, 2hr6m

The true story of Rickey Hill, the son of a traveling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.

WEDNESDAY, October 9-*NOON START*

Hamilton, PG-13, 2hr40min

The real life of one of America's foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton. Captured live on Broadway from the Richard Rodgers Theater with the original Broadway cast.

WEDNESDAY, November 6-The Fall Guy, PG-13, 2hr6m

A stuntman, fresh off an almost career-ending accident, has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right?