

FITNESS CLASSES

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

This class will continue expanding lessons using quiet, supple movements involving the entire body performed in a calm and peaceful manner, and 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 1

6 Tuesdays, January 13 -February 24

No Class January 27

6 Fridays, January 16-February 20

Term 2

6 Tuesdays, March 3-April 7

6 Fridays, March 6-April 10

Term 3

6 Tuesdays, April 21-May 26

6 Fridays, April 24-May 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, Qigong exercises and part of the new Chen form will be taught.

Term 1

6 Tuesdays, January 13 -February 24

No Class January 27

6 Fridays, January 16-February 20

Term 2

6 Tuesdays, March 3-April 7

6 Fridays, March 6-April 10

Term 3

6 Tuesdays, April 21-May 26

6 Fridays, April 24-May 29

Tuesday Time: 10:00-10:50 am

Friday Time: 10:45-11:35 am

Instructor: Deb Solis

Course Fee: \$35.00/per 6 week class

Gentle Chair Yoga

This is the practice of integrating mindful movement with the breath. The focus of improving balance, strength, flexibility and calm will all be addressed utilizing a chair whenever necessary.

Wear comfortable clothing and bring a beach towel or a yoga mat. CFE coupons cannot be applied.

Term 1 6 Wednesdays, January 14-February 25

No class January 28

Term 2 6 Wednesdays, March 4-April 8

Term 3 6 Wednesdays, April 22- May 27

Time: 10:00-10:50 am

Instructor: Michelle Kreiter

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, and mindfulness.

We will review basic yoga positions and learn new poses and breathing techniques. Bring a towel or floor mat and wear comfortable clothing.

CFE coupons cannot be applied.

Term 1 6 Wednesdays, January 14-February 25

No class January 28

Term 2 6 Wednesdays, March 4-April 8

Term 3 6 Wednesdays, April 22- May 27

Time: 11:00-11:50 am

Instructor: Michelle Kreiter

Course Fee: \$35.00/per term

Walking in the Woods

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. Walks will meet at the designated park to hike/walk, and rest a bit continue on the hike/walk and finish within two-hours time. No special abilities or experience needed, wear comfortable shoes and clothing. This is a unique experience. Carpooling is optional. These walks are tentative; dates will be assigned in March. New walks may be chosen based on how our Wisconsin winter happens.

Term 3 Locations:

Mitchell Park & Fox Brook Park, Brookfield;
Bugline Trail, New Berlin; Bugline Trail,
Menomonee Falls; Grobschmidt Park, Franklin
Minooka Park, Waukesha; Fox Hill Nature
Preserve, West Bend

6 Mondays, April 20-June 1 *No walk May 25*

Time: 10:30 am-Noon

Guide: CFE Member Led

Course Fee: \$10.00

Course fee does not include entry fees to state parks nor gardens. CFE coupons cannot be applied.

AQUA FITNESS CLASSES

Work at your own pace in each class. No swimming skills are required. Please bring your own towel, swimsuit and lock. Water Shoes are strongly recommended. CFE is not responsible for lost, damaged nor stolen items. Warm Water Pool-temperature between 85°-88°. **CFE member coupons cannot be applied to water classes.**

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. This class has no instructor and is at your own pace. Min. 4, Max. 12

Term 1-6 Mondays, January 12-February 16

6 Wednesdays, January 14-February 18

Term 2-6 Mondays, March 2-April

6 Wednesdays, March 4-April 8

Term 3-6 Mondays, April 20-June 1

(No Class May 25)

6 Wednesdays, April 22-May 27

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 that helps increase your flexibility and muscle strength. Low level, non-aerobic workout is safe and fun without impact to the joints. Even people with arthritis may want to give these classes a try!

2 Class options-note dates below

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.

3 Class options-note dates below

Term 1

6 Tuesdays, January 13-February 17

6 Thursdays, January 15-February 19

Term 2

6 Tuesdays, March 3 -April 7

6 Thursdays, March 5-April 9

Term 3

6 Tuesdays, April 21-May 26

6 Thursdays, April 23-May 28

Tuesdays

Time: 10:00-11:00 am - Moderate Intensity

Time: 11:00 am-Noon - Moderate Intensity

Time: Noon to 1:00 pm - Low Intensity

Thursdays

Time: 10:00-11:00 am - Low Intensity

Time: 11:00 am-Noon - Moderate Intensity

Instructor: Laura Haas

Course Fee: \$36.00/6 week class

Note term, day and time on registration form

Registration for Term 3 Opens March 30

Min. 6, Max.11