

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 nor 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 into state parks nor gardens.

Term 5-Mondays-Tentative walk schedule
September 14- Wehr Nature Center -Whitnall Park
September 21-Simmons Woods

September 28-Bender Park
October 5-Village Park
October 12-Deer Creek Sanctuary
October 19-Lion's Den

Term 6-Mondays-Tentative walk schedule

November 2-Calhoun Park
November 9-Three Bridges
November 16- Stigler Nature Preserve
November 23- Fox River Sanctuary
November 30-Oak Creek Parkway
December 7-Retzer Nature Center

Time: 10:30 am-Noon Guide: CFE Member
Led

Course Fee: \$10.00/session
CFE coupons cannot be applied.

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 22-October 27
6 Fridays, September 18-October 23

Term 6
6 Tuesdays, November 3-December 8
6 Fridays, October 30-December 4

Time: 9:00-9:50 am
Instructor: Deb Solis
Course Fee: \$35.00/session

**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 22-October 27
6 Fridays, September 18-October 23

Term 6
6 Tuesdays, November 3-December 8
6 Fridays, October 30-December 4

Tuesday Time: 10:00-10:50 am
Friday Time: 10:45-11:35 am
Instructor: Deb Solis
Course Fee: \$35.00/session

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 5
6 Wednesdays, September 16-October 21

Term 6
6 Wednesdays, November 4-December 16
(No class November 25) **Time: 10:00-10:50 am**

Instructor: Michelle Kreiter
Course Fee: \$35.00/session

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 16-October 21

Term 6
6 Wednesdays, November 4-December 16
(No class November 25)

Time: 11:00-11:50 am
Instructor: Michelle Kreiter
Course Fee: \$35.00/session

AQUA FITNESS

All aqua fitness classes 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 nor 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 14-October 19

6 Wednesdays, September 16-October 21

Term 6

6 Mondays, November 2-December 7

6 Wednesdays, November 4-December 16

(NO class November 25)

Time: 8:30-9:30 am

Instructor: Self Led

Session Fee: \$20.00/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! Min. 6, Max. 12

Term 5

6 Thursdays, September 17-October 22

Term 6

6 Thursdays, November 5-December 16

(No class November 26)

Time: 10:00-11:00 am

Instructor: Laura Haas

Course Fee: \$36.00/session

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 15-October 20

6 Thursdays, September 17-October 22

Term 6

6 Tuesdays, November 3-December 8

6 Thursdays, November 5-December 17

(No class November 26)

Tuesdays

Time: 10:00-11:00 am

Time: 11:00 am-Noon

Thursdays

Time: 11:00 am-Noon

Instructor: Laura Haas

Course Fee: \$36.00/session

Note term, day and time on registration form