

Fitness Classes



Revised 1-12

WASHINGTON

Athletic Stretching - Aerobic Room



50 min- Combination of yoga moves & bodyweight exercise to achieve muscle tone & flexibility. 9 Wks

- (6138) Tue, Jan 4-March 1 \$54 NR \$60|Sheila|9:15am
- (6171) Thur, Jan 6-March 3 \$54 NR \$60|Sheila|9:15am
- (6238) Tue, March 8-May 3 \$54 NR \$60|Sheila|9:15am
- (6271) Thur, March 10-May 5 \$54 NR \$60|Sheila|9:15am
- (6023) Tue Year Membership \$245 NR \$251|Sheila|9:15am
- (6024) Thur Year Membership 245 NR \$251|Sheila|9:15am

PiYo - Aerobic Room

50 min- Strength training and body lengthening aspects of Pilates with the core and stretching elements of yoga. Low impact for all fitness levels. 9 Wks

- (6132) Mon, Jan 3-Feb 28 \$54 NR \$60|Kim H.|5:15pm
- (6232) Mon, March 7-May 2 \$54 NR \$60|Kim H.|5:15pm
- (6025) Year Membership 245 NR \$251|Kim H.|5:15pm

Sculpt, Flex, Stretch - Aerobic Room

50 min- You will use light weights & bands that will benefit stronger bones, increased & mobility. 8Wks
2X \$72 NR \$78 or 3X \$96 NR \$102

- (9350) M, W, F, Jan 3-Feb 25 Chris|8am
- (9351)M, W, F, March 7-April 29 Chris|8am

Step & Sculpt - Aerobic Room

50 min- Step hard for 30 minutes & then dismount for 15 minutes of strength training and stretching. 9 Wks

- (6128) Mon, Jan 3-Feb 28 \$54 NR \$42|Sandra|9:30am
- (6159) Wed, Jan 5-March 2 \$54 NR \$42|Sandra|9:30am
- (6228) Mon, March 7-May 2 \$54 NR \$42|Sandra|9:30am
- (6259) Wed, March 9-May 4 \$54 NR \$42|Sandra|9:30am
- (6026) Mon Year Membership \$245 NR \$251|Sandra|9:30am
- (6027) Wed Year Membership \$245 NR \$251|Sandra|9:30am

Additional Info

Weather Policy: If Romeo Community Schools are canceled due to inclement weather, morning Fitness Classes will not be available. Credits or prorated discounts are not given for inclement weather. The Fitness Centers will be open whenever possible. Please call **586-752-6543**.

Washington Ongoing classes No Charge

 9310 Seniors Staying Strong Lead by a video	Tues Ongoing	9-10:00am Jade Room
 9355 Pickle Ball Outside Washington tennis courts	Returns in the spring!!!	

Dance Exercise

BALLROOM: Focus is on acquiring skills necessary to enjoy social ballroom dancing. Partners not required.

Activity Room Wks: 6

- (4230) Mon, Jan 10-Feb 14 \$59 NR \$65|Jim Berg|8:00-9:00pm
- (4231) Mon, Feb 28-April 4 \$59 NR \$65|Jim Berg|8:00-9:00pm

SOCIAL DANCE: Instruction will focus on the fundamentals of partnered social dancing. Partners not required. Activity Room Wks: 6

- (4233) Mon, Jan 10-Feb 14 \$59 NR \$65|Jim Berg|7:00-8:00pm
- (4234) Mon, Feb 28-April 4 \$59 NR \$65|Jim Berg|7:00-8:00pm

LINE DANCING - Beginner: Teaches basic foot work to help find the beat and improve confidence in the dance.

Activity Room Wks: 8

- (8540) Thur, Feb 3-Feb 24(Wks:4) \$24 NR \$30|Darlene|9:30am
- (8540A) Thur, March 10-April 28 \$48 NR \$54|Darlene|9:30am
- (6028) Year Membership \$245 NR \$251|Darlene|9:30am

LINE DANCING - Intermediate: A choreographed dance arranged in one or more rows.

Activity Room Wks: 8

- (8541) Thur, Jan 6-Feb 24 \$48 NR \$54|Darlene|10:45am
- (8541A) Thur, March 10-April 28 \$48 NR \$54|Darlene|10:45am
- (6029) Year Membership \$245 NR \$251|Darlene|10:45am



Zumba Basic - Activities Room

50 min- Perfect for beginners. Taking things slower & teaches the fundamentals of a Zumba dance workout. 9 Wks

- (6174)Thur, Jan 6-March 3 \$54 NR \$60|Sheryl|5:15pm
- (6274)Thur, March 10-May 5 \$54 NR \$60|Sheryl|5:15pm
- (6017)Thur Year Membership \$245 NR \$251|Sheryl|5:15pm

ROMEO WASHINGTON BRUCE



Drop into a class:
\$10 each class
Please pay your instructor.

586-752-6543
rwbparksrec.org

Fitness Classes

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CLASSES CANCELED
Romeo only March 1st &
May 3rd



Cardio Blast - Main Room

50 min- 1/2 hour non-stop low impact cardio ending with 15 minutes of weights, abs, and stretching. 9 Wks.

- (6127) Mon, Jan 3-Feb 28 \$54 NR \$60|Brenda|9:00am
- (6227) Mon, March 7-May 2 \$54 NR \$60|Brenda|9:00am
- (6010) Year Membership \$245 NR \$251|Brenda|9:00am

Interval Combo - Main Room

50 min- Includes cardio and sculpting using various pieces of equipment to define and strengthen muscles. 9 Wks

- (6136) Tue, Jan 4-Feb 22 \$48 NR \$54|Brenda|10am
- (6169) Thur, Jan 6-March 3 \$54 NR \$60|Brenda|10am
- (6236) Tue, March 8-April 26 \$48 NR \$54|Brenda|10am
- (6269) Thur, March 10-May 5 \$54 NR \$60|Brenda|10am
- (6011) Tue Year Membership \$245 NR \$251|Brenda|10am
- (6012) Thur Year Membership \$245 NR \$251|Brenda|10am

PiYo - Main Room

50 min- Strength training and body lengthening aspects of Pilates with the core and stretching elements of yoga. Low impact for all fitness levels. 9 Wks.

- ~~(6181) Fri, Jan 7-March 4 \$54 NR \$60|Kim H.|9:15am~~
- (6199) Sat, Jan 8-March 5 \$54 NR \$60|Kim H.|10am
- ~~(6281) Fri, March 11-May 6 \$54 NR \$60|Kim H.|9:15am~~
- (6299) Sat, March 12-May 7 \$54 NR \$60|Kim H.|10am
- ~~(6013) Fri Year Membership \$245 NR \$251|Kim H.|9:15am~~
- (6014) Sat Year Membership \$245 NR \$251|Kim H.|9:00am

Tai Chi Beginner - Community Center Basketball Court

60 min- Ancient Chinese style of exercise, meditation and self-defense. Controlled movements done very slowly. Enhancing strength and improves balance. Punch card: 8 punches

- (9301) Wed, Jan 5-Feb 23 \$48 NR \$54|Kim C.|11am
- (9302) Wed, March 9-April 27 \$48 NR \$54|Kim C.|11am
- (6015) Year Membership \$245 NR \$231|Kim|11am

Tai Chi Sword - Community Center Basketball Court

30 min- Teaches grace, balance, fluidity in movement impart an overpowering experience of harmony. Punch card.

- (9301A) Wed, Jan 5-Feb 23 \$24 NR \$30|Kim C.|12am
- (9302A) Wed, March 9-April 27 \$24 NR \$30|Kim C.|12am
- (6016) Year Membership \$123 NR \$129|Kim|12am

YOGA BASIC - Main Room

50 min- Teaches breathing techniques, standing & balance poses, seated stretches & introductory backbends. Bring yoga mat, block and strap if needed. 9 Wks.

- (6140) Tue, Jan 4-Feb 22 \$48 NR \$54|Denise|11am
- (6172) Thur, Jan 6-March 3 \$54 NR \$60|Denise|11am
- (6240) Tue, March 8-April 26 \$48 NR \$54|Denise|11am
- (6272) Thur, March 10-May 5 \$54 NR \$60|Denise|11am
- (6030) Tue Year Membership \$245 NR \$251|Denise|11am
- (6018) Thur Year Membership \$245 NR \$251|Denise|11am

YOGA GENTLE - Main Room

50 min- Promotes strength & flexibility, increase circulation & balance done at a slower pace than basic yoga. 8 Wks.

- (8511) Tue, Jan 4-Feb 22 \$48 NR \$54|Denise|10am
- (8512) Thur, Jan 6-Feb 24 \$48 NR \$54|Denise|10am
- (8511A) Tue, March 8-April 26 \$48 NR \$54|Denise|10am
- (8512A) Thur, March 10-April 28 \$48 NR \$54|Denise|10am
- (6019) Tue Year Membership \$245 NR \$251|Denise|10am
- (6020) Thur Year Membership \$245 NR \$251|Denise|10am



Zumba - Main Room 9 Wks

Fun dance moves create a dynamic workout. 50 minutes.

- (6152) Tues, Jan 4-Feb 22 \$48 NR \$54|Sheryl|5:15pm
- (6156) Wed, Jan 5-March 2 \$54 NR \$60|Kim K.|8:30am
- (6252) Tues, March 8-April 26 \$48 NR \$54|Sheryl|5:15pm
- (6256) Wed, March 9-May 4 \$54 NR \$60|Kim K.|8:30am
- (6021) Tue Year Membership \$245 NR \$251|Sheryl|5:15pm
- (6022) Wed Year Membership \$245 NR \$251|Kim K.|8:30am

ZUMBA GOLD - Main Room 8 Wks

Lower intensity version of Zumba that's designed to meet the anatomical, physiological and psychological needs of seniors.

- (8508) Mon, Jan 10-Feb 28 \$48 NR \$54|Donna|10am
- (8510) Wed, Jan 12-March 2 \$48 NR \$54|Donna|10am
- (8509) Fri, Jan 14-Feb 25 \$42 NR \$48|Donna|10:30am
- (8508A) Mon, March 7-April 25 \$48 NR \$54|Donna|10am
- (8510A) Wed, March 9-April 27 \$48 NR \$54|Donna|10am
- (8509A) Fri, March 11-April 29 \$48 NR \$54|Donna|10:30am

ZUMBA GOLD SPECIAL- Main Room

- (8507A) M,W,F Jan 3-Feb 25 \$103 NR \$109|Donna|10am
- (8507B) M,W,F March 7-April 29 \$103 NR \$109|Donna|10am

(586) 752-6543 rwbparksrec.org

Romeo Ongoing Classes No Charge

8504 Seniors Staying Strong Lead by a video	M,W,F Ongoing	9-10:00am Diamond Room
8505 Keep Moving Arthritis Exercise Lead by our volunteer - Kathy	M,W,F Ongoing	10-10:30am Diamond Room
8532 Chair Yoga Lead by a video	M & W Ongoing	11:00-11:45am Diamond Room

 Table Tennis Mixed Open	8570 Tue Ongoing 8571 Thur Ongoing	1:00-3:00pm Noon-2:00pm	\$2 at door
 Pickle ball (bring your own paddle)	8543 Tues Ongoing 8545 Wed Ongoing 8544 Thur Ongoing	12:15-4:30pm 12:00-3:00pm 12:15-2:45pm	\$2 at door