

Registrations Start 8:00am December 16

Senior Arthritis Foundation Exercise Program

If you have arthritis, take advantage of this exercise class designed with you in mind. The Arthritis Foundation Exercise Program provides gentle motion and activities to help: increase joint flexibility, Increase range of motion and maintain muscle strength. Hand held weights, elastic tubing with handles, and a ball are incorporated into the exercise routines. These exercises will help you manage daily activities with more ease. A chair is used for seated and/or standing support.

Instructor: Joanie Blixt
Mondays & Thursday: 10am-11am (year round program no breaks)
Fee: \$1.00/day paid upon arrival
Location: Sparta Barney Family Community Center

*** All participants in adult fitness classes must be at least 16 years old by January 4 and have signed the registration/waiver form. There will be a \$10.00 late fee assessed to all registrations after the start of a program.

Boot Camp

This class will take place indoors for the winter session. Using combinations of plyometric exercise, cardio activity, resistance training, and body weight to give you a great workout, burn calories and tone your entire body! Boot camp is for ALL fitness levels with exercise options for low and high impact. Regardless of fitness level, emphasis is placed on exercising safely, having fun, and completing the workout challenge as a team! Showers available at facility.

5:15-6:15am- (Jen K)

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Intermediate Yoga

Hatha Yoga can calm your mind, improve your strength, and increase your flexibility. You will learn standing poses, twisting poses, balancing poses, forward bending poses, sitting poses, and relaxation postures. Yoga has been known to relieve stress and lower blood pressure. Anyone can benefit! Please wear comfortable clothes. Mats are provided but participants are welcome to bring their own.

4:00-5:00pm- (Pauline)

January 4

Start

Resident : \$20.00

Non-Resident : \$ 30.00

March 7

End

Cardio Ab Circuit

This 30 minute class is dedicated to burning fat & toning your midsection! Get ready to move quickly between various body weight, strength & cardiovascular exercises targeting your abdominals, obliques, and lower back. Great for all fitness levels. This class will be held upstairs in the seniors room.

5:00-5:30pm-(Jennifer H)

Turbokick

This fat blasting format is the ultimate calorie burning challenge! Choreographed to music, each workout starts with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength endurance training and a cool down that work together to transform your body!

5:40-6:30pm-(Jennifer H)

Latin Fusion

Latin Fusion fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Latin Fusion achieves long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

6:35-7:35pm-(Amanda Z)

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Core Plus Strength & Toning

A whole body routine utilizing dumbbells, resistance bands and body weight for overall toning and endurance. This class will improve muscular strength, tone, improve bone density and increase your stamina. Set to music, a fantastic way to start your day. This class will increase your heart rate, but is NOT an intense cardio workout. All fitness levels are welcome! Showers available at facility.

5:30-6:30am-(Jen K)

TUESDAY

Intermediate Yoga

Hatha Yoga can calm your mind, improve your strength, and increase your flexibility. You will learn standing poses, twisting poses, balancing poses, forward bending poses, sitting poses, and relaxation postures. Yoga has been known to relieve stress and lower blood pressure. Anyone can benefit! Please wear comfortable clothes. Mats are provided but participants are welcome to bring their own.

5:00-6:00pm- (Pauline)

January 5

Start

FEE'S

Resident : \$20.00

Non-Resident : \$ 30.00

March 8

End

Raise the Bar

Students will be required to register for both Tuesday & Thursdays Classes

(Residents: \$40.00 Non Residents: \$60.00-\$5.00 fee should be paid to the instructor before class begins or at goal setting-date/time will be posted at a later date for incentives)

Get ready to work hard and give everything you've got in our Brand NEW 10 week strength based fitness program. With the use of bars and plates you will be guided through a heart pumping, total body workout. Students can meet one-on-one with their instructor at the beginning of the session to set obtainable health & fitness goals. If by the end of the session you succeed in meeting those goals you have an opportunity to win a reward!!! This class will meet two times a week to give you the best results!

5:30-6:20 pm (Jennifer H)



Piyo Strength

PiYo® Strength combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. Mats are provided but participants are welcome to bring their own.

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Water Fit

Get ready to splash into shape! Water Fit will focus on using the natural resistance of water and various water tools to increase cardio endurance, flexibility and strengthen your muscles. All fitness levels can participate in this low impact workout that is easy on joints but challenges your entire body.

*This class is being offered at Super 8. Pool depth ranges from 3 feet to 4.6 feet. Showers are available on site with prior arrangement. Contact Park and Rec. for details. Space is limited. Sign up early (There is a \$5.00 per person charge for pool use) \$25.00 resident, \$35.00/non Resident

5:30—6:30am-(Jen K)

WEDNESDAY

Body Sculpt

This class combines strength training and cardiovascular conditioning to strengthen and tone every muscle in your body and burn calories! To keep your body from plateauing and to give you the best results we will vary your workout routine using a variety of equipment including dumbbells, resistance bands, gliders, steps, and stability balls. A combination that is sure to whip you into shape! This class is fun and effective and is for all levels of fitness.

5:30-6:30pm-(Jennifer H)

January 6

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FEE'S

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Non-Resident : \$ 30.00

March 9

End



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T H U R S D A Y

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March 10

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Register Online

**** You must have a valid email address on account through the Recreation Department to use online registration ****

Visit www.spartaparks.com

Click "Sign In" (Located on the upper right hand of the web's home page)

Username is your Email Address that we have on your account

Click "Forgot Password"

If this does not work, please call the Sparta Parks and Recreation Department Office so that we may assist you in generating a new password.

Phone: (608) 269 - 6322

You may register in the Parks and Recreation Department Office as well like any other program.

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5 Day Clean Eating Announcement

5 Day FREE Challenge Announcement:

At the end of each month we will be offering a 5 Day Free Challenge Group. In this group you will be provided with a clean eating meal plan, shopping list, recipes, or workouts along with free fitness coaching and support! Space will be limited so be sure to contact Jennifer Huntington (jennifer_huntington@hotmail.com) to enroll.

