

Community Center / Fitness

Fitness Center

1920 Pinehurst Road
812-4530

Rob Mirlenbrink, Fitness Specialist

- Nautilus Nitro Strength Equipment
- Nautilus Free Weights
- Precor Cardio Equipment
- Fitness Center Orientations
- Free Personal Workout Prescription
- Personal Training

Hours of Operation

Monday-Thursday 6 am - 9 pm
Friday 6 am - 6 pm
Saturday 7 am - 4 pm
Sunday 10 am - 2 pm
See Community Center for holiday closures, pg 6.

Fitness Admission

Ages 14 and up only. Ages 14-15 must be accompanied by an adult. Ages 14-17 MUST attend a "Fitness Safety Orientation" prior to using the fitness center.

Fitness Center

Daily Admission \$5
Monthly Pass \$15 w/ Rec ID Card
Yearly Pass \$150 w/ Rec ID Card

Combo Packages

Group Exercise (GEX) Combo

The "Group Exercise Combo" allows you to take advantage of most of the group exercise classes for one monthly fee. Please see our monthly schedule for more information.

\$30 / \$45 per calendar month
\$5 / \$7 drop-in

Fitness + GEX Combo

Get the best of two worlds with unlimited access to both the Fitness Center and all GEX Group Exercise classes at a discounted rate.

Fitness Center + GEX \$35 month
Yearly Pass Add-on \$20 month
Recreation ID Card required

Total Fitness Pass

Add even more variety to your workouts with unlimited visits to the Fitness Center, GEX Combo Fitness Classes and the Pool for Lap Swim, Open Swim, and Water Wellness at a greatly discounted rate!

\$60 / per calendar month Rec ID Card required

Group Exercise

(GEX) Combo Classes

Enjoy unlimited access to the following classes with the GEX Combo or:

\$5 / \$7 Drop-in No classes on 7/4

6 Pack Abs

Approximately 20 minutes of abdominal and low back exercises designed to increase core strength and flexibility.

12+ yrs Tues/Thurs 6:25-6:45 pm
\$ Free to Fitness Center & GEX Members

Build A Better You

Strengthen your body, improve balance, increase flexibility and enhance stamina using hand weights, exercise tubing and exercise balls. A great place for those just starting out or for those looking for a gentle, yet effective workout.

12+ yrs Tues/Thurs 8-8:50 am

Cardio Combo

A little spin, a little step, and some floor exercises combined with bootcamp, plyometrics, and kick-boxing only begin to describe this class. Build stamina and muscular endurance. Cardiovascular training with Hi/Lo, Step, Spin, and other resistance type training.

12+ yrs Mon/Wed 6:30-7:30 pm

Fitness Trilogy

A combination of brief cardio intervals, strength training with light hand weights, and Pilates-inspired core training. Designed to be a perfect complement to our popular Yoga-lates class. All levels welcome!

12+ yrs Thurs 1-1:50 pm

Indoor Cycling

Train for a triathlon or channel your inner Lance. Our instructors will push you toward fitness unlike your average spin/cycling class.

12+ yrs Tues/Thurs 7-8 pm
6-7 pm class resumes in September

Nia

Nia blends classic movement forms including: martial arts, dance and healing arts. Free dance is added so each individual can move in their own way for maximum benefit.

12+ yrs Mon/Wed 9-10 am
No class 6/27 - 9/7 Class resume Mon. 9/12

Pilates

Build strength without "bulking up". Pilates elongates and strengthens muscles, improving flexibility and joint mobility. Increase strength throughout the "core" muscles to help improve posture and balance.

12+ yrs Tues/Thurs 7-8 pm

Tone Up / Tone Down

Incorporates cardio training with toning exercises for the upper and lower body. This calorie burning class will help you get into your fat burning zone and will be followed by a relaxing full body stretch.

12+ yrs Tues/Thurs 5:30-6:20 pm

Yoga

Yoga combines stretching and posturing to help improve the mind-body connection. Have fun and relax as you improve your flexibility, inner strength and joints. This class is for everyone!

12+ yrs Tues/Thurs 9-10 am

Yoga Basics

Explore the basic principles, postures, alignments, breathing practices, and theory of yoga. Yoga beginners and people with limited flexibility are welcome to give Yoga Basics a try!

12+ yrs Wed 5:30-6:30 pm

Yoga-lates

Can't decide between Yoga and Pilates? Try Yoga-lates, a blend of the two methods that involve specific postures and emphasize correct breathing.

12+ yrs Mon/Wed 8-8:50 am

Zumba Gold

The newest fitness dance routine created by Alberto Beto Perez for participants with little experience, physical limitations or older adults. Easier than basic Zumba but just as much fun with easy to follow moves for individuals of any age.

12+ yrs Tues/Thurs 10-11 am
Fri 9-10 am

Zumba Toning

Takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of light-weight toning sticks to improve overall performance.

12+ yrs Mon 5:30-6:30 pm

Community Center / Fitness



Did You Know?

Since 1991, obesity rates has increased 74% and diabetes 61%
 Good Health...
 It Starts In Parks!

Fitness Classes

20-20-20 Workout

NEW!

Join certified personal trainer Michele Clark in this complete morning workout. Start with mind body stretching exercises followed by interval circuit, a lot of variety to challenge your body.

12+ yrs Wed 6:45-7:45 am
 \$12 / \$15

6 Pack Abs

Approximately 20 minutes of abdominal and low back exercises designed to increase core strength and flexibility.

12+ yrs Tues/Thurs 6:25-6:45 pm
 \$ Free to Fitness Center & GEX Members

Jazzercise

When you love your workout, the results come easy. Jazzercise blends aerobics, yoga, pilates and kickboxing into fun dance routines set to fresh and modern music. All fitness levels are welcome.

14+ yrs Mon/Tues/Thurs 6-7 pm
 Sat 10-11 am

Sign up with the instructor
 Contact: 727-408-1751 by phone or e-mail
 kdenote2@tampabay.rr.com

Laughter Yoga

Laughter Yoga promotes a strong union between those who laugh together resulting in a family-like bond. Laughing also helps boost the immune system and helps increase circulation. Laughter makes us feel good, creates positive energy, and helps build self-confidence. Give Laughter Yoga a try today!

12+ yrs Wed 6-6:30 pm
 \$4 / \$5 class

Pilates in the Park

A fun day starting with a Pilates mat class in the shade at Edgewater Park in Downtown Dunedin. After the class, we will head over to a local restaurant for refreshments. Check the monthly calendar or call 812-4530 for dates and times.

12+ yrs One Saturday or Sunday per month
 \$5 / \$7 class

StrollFIT by Baby Boot Camp



Designed specifically to help new moms get back into shape after having a baby. Strength-training exercises with cardiovascular drills, core exercises, and stretching will strengthen and tone your body. Have fun with your child (ages range 6 weeks to 4 years old) while getting fit. All fitness levels are welcome.

Mon/Wed/Fri 9:30-10:30 am
 Register with Morton Plant Mease at
 www.mpmhealth.com or call 1-877-692-2922

Tai Chi

Tai Chi Chuan is a Chinese art practiced slowly. Moving Meditation teaches us to relax and to connect with our body allowing spirit and body to become one. Tai Chi enables us to leave our routine and slow down, deliberately exhaling stress, tension, and fear. We may then inhale light, beauty, peace, and love.

12+ yrs Mon/Wed 7:45-8:45 pm
 Tues/Thurs 11 am - Noon
 Saturday 8:30-9:30 am

Mon/Wed: \$55 / \$75 month
 Tues/Thurs: \$55 / \$75 month
 Saturday: \$27 / \$37 month
 \$8 / \$10 drop-in

Zumba

A Latin inspired dance/fitness class for anyone. Cardio program utilizes interval training with fun and easy dance moves to work the core muscles and improve balance, stability and movement.

12+ yrs Sat 9-10 am
 \$50 / \$70 10 Class Punch Pass (*Sat class only*)
 When card is full redeem for 11th class free
 Good for 6 months from date of purchase
 \$5 / \$7 drop-in

Personalized Programs

Exercise Prescription

Is the scale just not moving? Are you looking to spice up your workout?

Rob Mirlenbrink, your Fitness Specialist, will complete a body composition analysis to calculate total body fat and lean tissue weight. Your prescription will include a basic nutrition overview and a personalized exercise program designed to fit your unique fitness needs.

Appointments scheduled every 3-4 months.
 14+ yrs By appointment, call 812-4530
 FREE with Fitness Center Membership

Personal Training

Get fit with a buddy, small group, or by yourself with a personal trainer. Our nationally certified and highly educated trainers are here to tailor your workout to fit your needs. Identify your goals as well as any weaknesses in your physical conditioning.

14+ yrs By appointment, call 812-4530
 Private Hour \$44
 Private 1/2 Hour \$32
 Bring-A-Buddy (1 hr) \$32 (each, 2 people)
 Group (1 hr) \$22 (each / min 3 people)

Hale Senior Activity Center

Dance

Ballroom / Latin Dance

Learn the Cha-Cha, Rumba, Salsa, Waltz, Swing and Tango! Please wear comfortable shoes and attire. All levels welcome. Instructor Arielle was a professional dancer for Busch Gardens.

50+ yrs Monday 5:30-6:30 pm
\$36 / \$54 month No class 7/4

Line Dance

Learn Kansas City, Electric Slide, Boot Scoot & Boogie, Elvira, Alley Cat, Bosanova, Spanish Eyes, New York New York, I Feel Lucky, Gypsy Rose, some old-some new, just to name a few.

50+ yrs Wed / Fri 10:30-11:30 am
\$3 / \$4 class

Snell's Square Dancing

A fun evening of Square Dancing with Allen and Rosie Snell. Allen is a professional caller. Beginners and experts are welcome!

50+ yrs Thursday 6:30-9:00 pm
\$6

Starlight Dance Series

Enjoy an evening of dancing and live music with the sounds of the "Ellis Hale Band." Co-sponsored by Mease Manor Retirement Community.

50+ yrs Monday 7-9 pm
\$5 No dance 7/4

Every other Monday during summer beginning 6/6

Fitness

Chair Volleyball

It's just like volleyball, but caters to the activity level of older adults. This is a great way to enjoy some exercise and socialize. Wednesday class added by popular demand!

50+ yrs Mon. / Wed. 1-3 pm
\$1 / \$2 class
No class 7/4 or during Luncheons

Chair Yoga

Where the yoga mat is replaced with a chair. Restore and maintain strength, flexibility and range of motion. Deepen breathing and learn relaxation techniques. Overall, improve your sense of well-being, renew energy, decrease pain, blood pressure and cholesterol.

50+ yrs Thursday 9:30-11 am
\$22 / \$33 month or \$7 / \$10 drop-in

Exercise Room - Drop In

No contracts or monthly fees. Become a member of the Hale Center and you are on your way to getting in shape.

50+ yrs Mon-Fri During open hours
\$ Free / \$1 day

Senior Exercise

This is a low-impact workout focusing on strength, stamina, flexibility, and balance. Participants may choose to sit throughout the class.

50+ yrs Mon / Fri 9-10 am
\$3 / \$4 class No class 7/4

Tai Chi

Learn the movements of Tai Chi at a relaxed pace. This is an exercise class consisting of slow, graceful movements that relax and strengthen both mind and body, led by the Taoist Tai Chi Society.

50+ yrs Tues / Thurs 9:30-11 am
\$3 / \$4 class

Walking Club

Join this friendly, energetic club and see how fun walking and exercise can be! Our walkers meet at the Hale Activity Center and head out on the Pinellas Trail.

50+ yrs Tues / Thurs 8:30 am
\$5 / \$8 annual fee (October - September)

Did You Know?

Citizens who visit parks more frequently make fewer visits to their doctor!

Good Health...
It Starts In Parks!



Hale Senior Activity Center

Socials

Breakfast Bunch

Gather with your friends or make new ones while enjoying a delicious breakfast of eggs, pancakes, bacon, sausage, fruit, coffee and juice. Co-sponsored by Mease Manor Retirement Community.

50+ yrs Tuesdays 8:30-9:30 am
\$3 / \$4 day

Fun Bunch

Come be a part of our social club at the Hale Center. We have planned activities for you to socialize and have fun. Luncheons, outings, games, picnics, and speakers to name a few!

50+ yrs Mondays 10-11:30 am
\$5 / \$8 Annual Fee
No class 7/4

In The News

Join this discussion group which covers current affairs such as politics, worldwide shaping events, and newsworthy topics.

50+ yrs Wednesdays 10-11 am
\$ Free / \$1 day

Special Event Calendar

July

Ice Cream Social

I scream, you scream, we all scream for ice cream!!! Join us for ice cream and good times with friends. Choose from our many toppings and create your own special concoction, banana splits, sundaes, and even root beer floats.

Tuesday July 12 2 pm
\$4
Pre-register by 7/11



Support Groups

Alzheimer's Support Group

A support group for family members, caregivers, or others interested in learning more about Alzheimer's disease. This is a support-enriched environment facilitated by Peg Macaluso.

Wednesdays 10 am

Finally, Answers to Your Medicaid Questions

Learn the legal way to avoid being impoverished by nursing home costs, how to save your assets, your house, car and way of life and still obtain long-term nursing care. Presented by Sean W. Scott, Elder Law Attorney.

Resumes in the Fall

Keep It Safe Seniors (K.I.S.S.)

The K.I.S.S. that is helping to build Financial Knowledge, Security, and Confidence for seniors. These informative sessions are a one hour program.

Jun. 14 Senior Scams
Aug. 9 Reverse Mortgages, What are they? Good vs. Bad.

Tuesdays 10 am

Neighborhood Care Network

A full day of activities and medical monitoring in a friendly, supervised environment. Individualized care plans are established in coordination with physician orders. Provides respite for working caregivers.

For information, call 734-6911.

Parkinson's Support Group

Group meetings with information and resources for people with Parkinson's, caregivers and family members including physical, occupational, and speech exercises and the opportunity to socialize with others.

1st Friday each Month 1:30 pm

Safe Driving Class

AARP offers classes for drivers 55 and older to improve driving skills and prevent accidents.

For info or to register call Bob Hassell, 443-0148

Senior Helpline

An information and referral service with answers for everything including caregiver support, home health, transportation and more.

For information or assistance, call 800-963-5337.

Suncoast Center Senior Support Program

Professional counseling for elders 60+ creating optimal emotional health and finding solutions to relieve depression, anxiety and stress related to grief, changes in health, finances and other issues. In home or at the Hale Center on a "fee by donation basis".

For information or to make an appointment call: Michael Whalen, LMHC at 727-543-8587.

Telephone Freedom

Florida residents hard of hearing, deaf, deaf/blind, or speech impaired can receive specialized telephones and ring-signaling devices at no charge. Equipment is loaned as long as needed.

For information, call 399-9983 or visit Hale Center 2nd Tuesday / month 9:30 - 11:30 am

Wellness

Free Health Screenings

Blood Pressure Checks
1st Tuesday 9 am
by Manor Care

Ear Wax Removal & Hearing Screenings
2nd Tuesday 9 am
by St. John's Hearing Institute

Vision & Glaucoma Screenings
3rd Tuesday 9 am
by Eye Institute of West Florida

Blood Sugar Testing
4th Tuesday 8 am
by Patriot Medical & The Sugar Free Shoppe

Gulf Coast Community Care Senior Presentations

6/7 Medication Management
8/2 Stress Management

Tuesday 10 am

MLK, Jr. Recreation Center

Martin Luther King, Jr. Recreation Center

550 Laura Lane
738-2920

Jocelyn Brodhead, Coordinator

Monday	2 pm - 9 pm
Tuesday	2 pm - 9 pm
Wednesday	2 pm - 9 pm
Thursday	2 pm - 9 pm
Friday	2 pm - 10 pm
Saturday	Noon - 8 pm
Sunday	Noon - 6 pm

Holiday Closures:

Independence Day Mon. 7/4

- Computer Lab
- Game Room
- Gymnasium
- Stirling Skate Park

Basketball

Drop-In Basketball

Mon-Th	\$Free / \$1	Under 18 yrs
	\$Free / \$2	18+ yrs
Fri-Sun	\$1	Under 18 yrs
	\$2	18+ yrs

Schedule may vary depending on events, call 727-738-2920 for availability.

Youth Basketball Leagues

Recreational youth basketball league consisting of eight regular season games and playoffs. Evaluation clinics will be conducted to ensure balanced teams.

7-9 & 10-12 yrs

Season: Aug. 13 - Oct. 22

Games: Saturday mornings

Practices: Times vary

Evaluations: Sat., Aug. 6

7-9 yrs 9:00-10:30 am

10-12 yrs 10:30 am - Noon

\$75 / \$112 season

Computers

Computer Lab

Need to complete a project, use the internet for research, or catch up on emails? Our twelve computer lab is the place!

Tuesday, Wednesday & Friday 5:30-7:30 pm
\$1 / \$2

Dodgeball

Extreme Dodgeball

Drop in for some "in your face" extreme dodgeball. Games change each week; see who can survive the challenge!

11-15 yrs Wednesdays 8-8:45 pm
\$2 / \$3

Fitness

Zumba

Join this Latin inspired dance-fitness class that is exhilarating, effective and easy-to-follow! This high energy class improves tone, strength, cardio health and targets every major muscle group in the body. All fitness levels welcome! Bring a friend or make new ones!

14+ yrs Tues / Thurs 6-7 pm

\$60 10 Class Punch Pass (*this location only*)

When card is full redeem for 11th class free

Good for 6 months from date of purchase

\$6 / \$9 drop-in

Martial Arts

Tae Kwon Do

Classes focus on fitness, sparring and various forms of self defense. All instructors hold black belts. Head instructor, Paul Castricone Sr. is a 5th degree black belt and has trained and taught for thirty years.

8+ yrs Tues 7-8 pm & Thurs 7-8:30 pm
\$35 / \$52 month
\$5 drop-in

"My Life" Mentoring Group

This mentoring group guides you through adolescence; helps you stay on a proper path and flourish into adulthood.

10-16 yrs Mondays 6-8:30 pm
\$ Free No class 7/4

Wrestling

Talon Wrestling

Dunedin High School Wrestling coaches offer instruction to all skill levels teaching fundamentals of Greco and Roman wrestling styles. Year round program.

8+ yrs Tues & Thurs 4-6:30 pm
\$35 / \$52 month
\$5 drop-in

