



Group Exercise Schedule

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:50am Yoga-lates	8:00-8:50am Tone Up / Tone Down- Lite	6:45-7:45am <i>Spin & Strength</i> \$12 Drop-In w/ Card \$15 No Card	8:00-8:50am Tone Up / Tone Down- Lite	6:45-7:45am <i>Spin & Strength</i> \$12 Drop-In w/ Card \$15 No Card
9:00-10:00am Nia	9:00-10:00am Yoga	8:00-8:50am Yoga-lates	9:00-10:00am Yoga	8:00-9:00am Pilates
	10:00-11:00am Zumba Gold	9:30-10:30am <i>StrollFIT</i>	10:00-11:00am Zumba Gold	SATURDAY
	11:00am-12:00pm <i>Tai Chi</i>		11:00am-12:00pm <i>Tai Chi</i>	8:30-9:30am <i>Tai Chi</i>
New Class Fridays - 8:00-9:00am - Pilates Instructor: Deb Vance			1:00-1:50pm Fitness Trilogy	9:00-10:00am <i>Zumba Drop-In</i> \$5 Drop-In w/ Card \$7 No Card
5:30-6:30pm <i>StrollFIT</i>	5:30-6:20pm Tone Up / Tone Down	5:30-6:30pm Yoga Basics	5:30-6:20pm Tone Up / Tone Down	
5:30-6:30pm Zumba Toning	6:00-7:00pm <i>Jazzercise (Dance Studio)</i>	6:30-7:15pm Laughter Yoga **Now part of GEX Combo**	6:00-7:00pm <i>Jazzercise (Dance Studio)</i>	10:00-11:00am <i>Jazzercise</i>
6:00-7:00pm <i>Jazzercise (Dance Studio)</i>	6:25-6:45pm 6-Pack Abs		6:25-6:45pm 6-Pack Abs	10:15-11:15am <i>Zumba Toning Drop-In</i> \$5 Drop-In w/ Card \$7 No Card
6:30-7:30pm Cardio Combo	6:00-6:50pm Indoor Cycling <i>(Community Room)</i>		6:00-6:50pm Indoor Cycling <i>(Community Room)</i>	BOLDED & UNDERLINED
7:45-8:45pm <i>Tai Chi</i>	7:00-8:00pm Pilates	6:30-7:30pm Cardio Combo	7:00-8:00pm Pilates	Classes are Part of "GEX" and "Fitness+" Monthly Combo Options
	7:00-7:50pm Indoor Cycling <i>(Community Room)</i>	7:45-8:45pm <i>Tai Chi</i>	7:00-7:50pm Indoor Cycling <i>(Community Room)</i>	

Class Descriptions

Cardio Combo: A little spin, a little step, and some floor exercises combined with boot camp, 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. This will be a complete workout in one package!

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!

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

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.

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.

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.

Spin & Strength: Join Certified Trainer/Spinning Instructor, Michele Clark in another great AM workout.

StrollFIT: Baby Boot Camp offers StrollFIT, a workout designed specifically to help new moms get back into shape after having a baby. The format combines strength-training exercises with cardiovascular drills. Classes include abdominal exercises, mat Pilates and yoga to strengthen and tone your body.

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.

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.

Tone Up/Tone Down—Lite: Join us in this low-impact, intense total body toning workout suitable for all levels of fitness. You will strengthen your body, improve balance, increase flexibility, and enhance your stamina. This class will help get you in the fat burning zone and will be followed by a relaxing full body stretch.

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!

Yoga-lates: Can't decide between Yoga and Pilates? Then try Yoga-lates, a blend of the two methods that involve attaining specific postures and emphasizing correct breathing.

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!

Zumba: A Latin-inspired dance fitness class designed for everyone. It is a cardio program that utilizes the principles of interval training through fun, easy-to-do dance moves that work the core muscles to help improve balance, stability, and movement.

Zumba Gold: This program is designed for participants with very little experience, individuals that have physical limitations or inactive older adults. The system was created to be easier than the basic Zumba class but just as much fun.

Zumba Gold Toning: The Zumba® Gold-Toning program offers the best of both worlds — the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners.

Zumba Toning: 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. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive light weight training to improve overall performance.

6-Pack Abs: Approximately 20 minutes of abdominal and low back exercises designed to increase core strength and flexibility.

Pilates

Get your mind in tune with your body



Through the Pilates Method, you will build strength without “bulking up.” Pilates elongates and strengthens muscles, improving flexibility and joint mobility. It also increases and balances strength throughout the “core” muscles to help improve posture and balance.

Ages 12+
Tues / Thurs 7:00-8:00pm
Friday 8:00-9:00am

\$5 Card, \$7 No Card
(Drop-In)

\$30 Card, \$45 No Card
(Monthly GEX Combo)

Nia

If you love to dance, Nia is for you!

Ages 12+
Mon / Wed 9:00-10:00am

\$5 Card, \$7 No Card
(Drop-In)

\$30 Card, \$45 No Card
(Monthly GEX Combo)

When fitness meets self-expression, body and mind reap the benefits! Nia blends classic movement forms including:

Martial Arts
Dance Arts
Healing Arts



Freedance is added so that each individual can move in their own way for maximum benefit. **Nia** involves a variety of movement speeds and styles, ranges of motion, and energy dynamics.

City of Dunedin Parks & Recreation Department
presents...

“Get Fit” Dunedin!

Monthly Fitness Newsletter — February 2012

American Heart Month

Heart disease and stroke affects all of our lives, but we can all play a role in ending it. Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps.

- Drive the initiative by challenging your family and friends to take the Million Hearts™ pledge at www.millionhearts.hhs.gov.
- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Follow your doctor's prescription instructions.

Know your ABCS:

- Ask your doctor if you should take an **A**spirin every day.
- Find out if you have high **B**lood pressure or **C**holesterol, and if you do, get effective treatment.
- If you **S**Smoke, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.



Dunedin Community Center
1920 Pinehurst Road • Dunedin, FL 34698
727-812-4530 • www.DunedinGov.com

If you have a disability that requires accommodation, please call (727) 298-3199 forty-eight (48) hours prior to the scheduled event, and reasonable accommodation will be made.

Upcoming February Events in Dunedin

- February 3, 4, 10, 11, 17, 18, 24, 25, 9 AM-2 PM, "**Green Market**," Pioneer Park
- February 3-April 17, "**Free Tax Aid**," 9 AM-1 PM, Monday, Tuesday, Thursday, Friday, Dunedin Community Center (please note, per the tax preparers, April 17 is the correct deadline for tax preparation this year)
- February 3, 7 PM and February 4, 2 PM, **DST Kids Theater "Wizard of Oz"** Dunedin Community Center
- February 4, 9 AM-2 PM, "**Electronics/Chemical Collection**," Dunedin High School
- February 8, 3-5 PM, "**Salute to Lovers" Frank Parson's Dance & Concert**, Hale Senior Activity Center
- February 10, 5:15 PM, "**Sunset Stroll on Victoria Drive**, begins at 821 Victoria Drive
- February 10, 5:30-8:30 PM, "**2nd Friday Wine/Art Walk**," Pioneer Park
- February 10, 7-9 PM and February 11, 10 AM-2 PM, "**Contain It/Trashy Treasures**," Dunedin Fine Art Center
- February 11, 1 PM, "**Pastrami Eating Contest**," Pioneer Park
- February 12, 9 AM, "**Creative Artists Guild**," Pioneer Park
- February 18, 11 AM-5 PM, "**Mutt March**," Highlander Park
- February 18-19, 10 AM-5 PM, "**Arts and Crafts Festival**," Downtown/Main Street
- February 19, 1:30 PM, "**City of Dunedin Pipe Band Concert**," Pioneer Park
- February 21, 5-11 PM, "**Mardi Gras**," Downtown/Main Street
- February 24, 11 AM, "**Water Tasting Contest**," Weaver Park
- February 24, 9 AM-5 PM, "**TGFH**" (Thank Goodness for Holidays—day off from school), Martin Luther King, Jr. Recreation Center; X-Tra Rec available from 7:30-9 AM and 5-6 PM
- February 26, 3 PM, "**Footlite Follies" Chorus Concert**, Dunedin Community Center