

Adult Fitness and Sports

Non-residents add the following fees for each class enrollment.

If class fee is:

\$0 - \$10	no additional fee
\$11 - \$29	add additional \$5 non-resident fee
\$30 - \$59	add additional \$10 non-resident fee
\$60 and over	add additional \$15 non-resident fee

Pilates Barre Fitness

This is a new, popular, and very fun form of fitness. Enjoy a series of core, leg, and arm strengthening exercises using various Pilates equipment, including a ballet barre for stability. Instructor Evelyn Grauten.

• **No class September 2.**

14226	M	12:15pm-1:15pm	6/17-7/8	CTR	\$36/4 Mtgs
14227	M	12:15pm-1:15pm	7/15-8/5	CTR	\$36/4 Mtgs
14228	M	12:15pm-1:15pm	8/19-9/16	CTR	\$36/4 Mtgs

Power Barre Fitness

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace build lean muscle. The method is influenced by classical dance and though it is not a dance class, it will give you a dancer's body. A bar is used to achieve optimum positioning, 1 or 2 lb. weights for the arms, along with an 8 inch soft ab ball which will give your abs the shape you desire. Master Cynthia has helped countless women reshape their bodies. For more information visit www.jgparksmartialarts.com. Instructor: Master Cynthia Markopulos, 5th Degree Black Belt

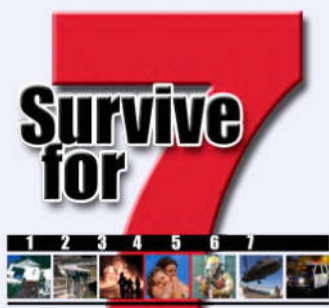
• **Location: U. S. Tae Kwon do Academy, 12233 Centralia, Lakewood.**

14233	M,Th	7:10pm-8:00pm	7/1-7/29	Off Site	\$65
14234	M,Th	7:10pm-8:00pm	8/1-8/29	Off Site	\$65
14235	M,Th	7:10pm-8:00pm	9/5-9/30	Off Site	\$65

Survive for 7 Disaster Planning Program

Is your family prepared for a major disaster? Having food, water and shelter for seven days is the standard for personal and family disaster survival. Lakewood's "Survive for 7" disaster planning program educates residents about emergency preparedness and offers the skills they might need to survive in the first week following a catastrophe.

Do you know what to do? Do you have a plan? Fire, police and emergency medical services may be delayed in responding. You need to learn what to do, have a plan, and be prepared to take care of yourself, your family and your community.



www.lakewoodcity.org/7days

14292	T	6 - 7:30 p.m.	7/9	BCC	FREE
-------	---	---------------	-----	-----	------

Power Tae Fitness

Power Tae Fitness, created by Grand Master J. G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Tae Kwon Do, cardio, boxing and cardio-weight movement done to high energy, upbeat music. Add this class to your weekly routine to see the results you've been looking for. If you like Tae Bo or Turbo Kick, you'll love this class! For more information visit www.jgparksmartialarts.com. Instructor: Master Cynthia Markopulos, 5th Degree Black Belt

• **Location: U.S. Tae Kwon Do Academy, 12233 Centralia, Lkwd.**

• **Class meets Wed., 7:10pm-8:00pm & Sat., 8:30am-9:20am.**

14236	W,Sa	7/3-7/31	Off Site	\$65
14237	W,Sa	8/3-8/31	Off Site	\$65
14238	W,Sa	9/4-9/28	Off Site	\$65

Stretch & Easy Conditioning

Keep your muscles and back in shape by learning to do nice and easy stretching, body conditioning and a little bit of yoga. Learn how to strengthen your stomach and stretch all those 'sore' spots such as your neck, shoulders, back and more so you'll feel great. You'll love this great daytime class. Instructor: Evelyn Grauten

• **No class September 2.**

14284	M	11:00am-12:00pm	6/17-7/8	CTR	\$36/4 Mtgs
14285	M	11:00am-12:00pm	7/15-8/5	CTR	\$36/4 Mtgs
14286	M	11:00am-12:00pm	8/19-9/16	CTR	\$36/4 Mtgs

Tai Chi and Chi Kung for Health

Start your day right with this great class. Tai Chi and Chi Kung's calming and graceful movement will relax and relieve tension and build youthful vitality and energy rather than dissipate it. Feel energized for the rest of the day without jarring your body. Instructor Richard Mieir-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsTaiChi.com.

• **No class July 2 and September 3.**

14293	T	9:00am-10:00am	6/18-7/30	CTR	\$40/6 Mtgs
14294	T	9:00am-10:00am	8/6-9/17	CTR	\$40/6 Mtgs

Tai Chi for Health & Wellness

Tai Chi is an exercise method coordinating breath, movement and relaxation while improving and increasing the body's energy. Students will learn the Yang Short Form and other health exercises. Tai Chi reduces stress, improves circulation, balance, increases strength and more. Qigong (energy work) will also be practiced. Instructor Richard Mieir-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsTaiChi.com.

• **No class July 4 and September 5.**

14295	Th	6:00pm-6:50pm	6/20-8/1	WSC	\$28/6 Mtgs
14296	Th	6:00pm-6:50pm	8/8-9/19	WSC	\$28/6 Mtgs

Trampoline Cardio

Join us for this new cardio muscle sculpting experience, which is a high intensity, low impact workout set to AMAZING music on individual trampolines. Exercising on a trampoline increases the circulation of oxygen around your body, makes you feel happier and strengthens the stomach and lower back to keep you stable and balanced. Ages 18+. Instructor: Tumble-N-Kids, Inc.

• **No class September 2.**

14338	M	6:00pm-7:00pm	6/17-7/15	PLMS	\$55/5 Mtgs
14339	M	6:00pm-7:00pm	8/5-9/16	PLMS	\$66/6 Mtgs

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 46 for additional fees.