



ADDISON

Accolade

A publication of the Town of Addison Recreation Department

Fall 2016



You may register for all classes beginning Monday, August 22, 2016. Fall session will run from Thursday, September 1, 2016 through Wednesday, November 30, 2016. Please register in advance for all activities unless otherwise noted. Register for all activities in person at the Addison Athletic Club, 3900 Beltway Drive or Online registration is available at:

<https://apm.activecommunities.com/addisonclub/Home>

If you don't already have an online account, just stop by the front desk to sign up.

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A great reason to live in Addison is the Addison Athletic Club. The Athletic Club offers a wide variety of recreational, health, fitness and athletic programs for Addison residents only. We have about 3,600 members with about 400 participating on our busiest days, and we offer special programs and events for all ages.

Facilities

- Indoor and Outdoor swimming pools
- Dumbbells
- Treadmills
- Elliptical trainers
- Indoor track
- Free Zone training rooms
- Multipurpose room
- Sauna
- Outdoor trails
- two racquetball courts
- Lifefitness weight circuit
- Hammer Strength weight circuit
- Electronic bikes
- Gymnasium
- Aerobics studio
- Group X TRX room
- Hot tub
- Steam rooms
- Tennis court

Hours of Operation

Monday-Thursday 5:30 a.m. - 10:00 p.m.
 Friday 5:30 a.m. - 8:00 p.m.
 Saturday 8:00 a.m. - 8:00 p.m.
 Sunday 1:00 p.m. - 6:00 p.m.

So you will know...

September 5 - Club closed for Labor Day (Outdoor pool will be open 12-8p)
 November 24 & 25 – Club closed for Thanksgiving Holiday

Racquetball Court Reservations:

Racquetball court reservations are available up to 3 days in advance by calling 972-450-7048 or through your online account. Please call or stop by the front desk before 4:00 p.m. for same-day reservations. Reservations are for one hour beginning on the hour, and two names are required to reserve a court. No back-to-back reservations will be taken. Only one reservation per member per day is permitted. A member who makes a court reservation but fails to use the court or cancel one hour in advance may lose reservation privileges for one week. Courts are available on a first come, first serve basis when there are no reservations. Please be courteous to other members waiting to play

Tennis Court Reservations:

Tennis court reservations are available up to 3 days in advance by calling 972-450-7048 or through your online account. Please call or stop the front desk before 4:00 p.m. for same-day reservations. Reservations are for one hour and a half, and two names are required to reserve the court. No back-to-back reservations will be taken. Only one reservation per member per day is permitted. A member who makes a court reservation but fails to use the court or cancel one hour in advance may lose reservation privileges for one week. The court is available on a first come, first serve basis when there are no reservations and on weekends. Please be courteous to other members waiting to play. Check-in at the front desk is required.

Tennis and Racquetball reservations can be made online at:

<https://apm.activecommunities.com/addisonclub/Home>

If you don't already have an online account, just stop by the front desk to sign up.

Personal trainers or instructors not contracted or employed by The Town of Addison Athletic Club (AAC) are not allowed to train within the AAC.

Personal training, teaching, coaching or instructing at the Addison Athletic Club (AAC) is restricted to those individuals that are contracted as personal trainers, instructors or employed by the Town of Addison. Any individual observed to be personal training, teaching, coaching, or instructing a member or guest on AAC property that is not authorized by the AAC Recreation Manager or his or her designee will be asked to cease his/her prohibited activity. Upon the person's refusal to so cease, or upon his/her resumption of such activity or similar activity, the AAC staff may ask such person to leave the AAC property. In addition, the member or guest that is being personal trained, taught, coached, or instructed is subject to the same action by AAC staff. Any member involved may have their membership privileges suspended or revoked pursuant to Section 58-71(b) of the Code of Ordinances. See front desk for additional information.

Gym Activities:

Come inside for some friendly basketball competition. Pickup games are always in motion.

Everyone is welcome. Gym schedule is as follows:

Full Court Basketball:

Monday - Wednesday 6:00 - 8:00 p.m.

Open Gym:

Thursday - Sunday

The Accolade is published quarterly by the Town of Addison Recreation Department. Any questions, letters to the editor or other comments regarding this publication should be emailed to Randy Rogers, Recreation Manager at rogers@addisontx.gov

Doggie Splash Day

Two Sessions this year!
Saturday, September 10th
Addison Athletic Club Outdoor Pool
Fee: \$5

We follow Addison Dog Park rules
All dogs must have a 2015-2016 rabies tag or proof of vaccination to attend
Only dogs will be allowed in the water due to health department standards
*No dog treats will be passed out
* No aggressive dogs allowed and will be asked to leave
*Addison Residents only

Large Dogs
(30 lbs. and over)
11:30am-1pm

Small Dogs
(30 lbs. and under)
9:30 -11am

OCT. 28
6-8 P.M.

**HALLOWEEN
& BASH**

Put on your cool costume and grab your goody sack. It's time for our annual Halloween Bash! Come ready to play games and win prizes. We will also be hosting a Trunk or Treat event that features a car trunk decorating contest. There will be special entertainment, refreshments, and lots of candy.

Trunk or Treat



If you are interested in volunteering please contact Austin Scott at (972) 450-7048 or ascott@addisontx.gov



1st Annual Chili Cook-off

Fee: Free

Ages: 50 and up

Come join us for our first chili cook off! Make your best chili and bring it to the cook off. Who will walk away with the best chili trophy? Who will have the best chili in Addison? You don't have to make chili to participate. Come to eat and be a judge.

Noon to 2pm Nov 4 F Hermes, Deena

Adult Coloring Club

Location: Conference Room Second Floor at Athletic Club

Fee: Free

Ages: Any

Come check out a huge trend...Adult Coloring! Bring your favorite adult coloring books and join the group. We will have colored pencils, markers, and some coloring books. Come color your stress away and socialize with great people.

11:30am to 12:30pm Sept 12 - Nov 28 M Hermes, Deena

Beading

Location: Conference Room Second Floor at Athletic Club

Fee: Free

Ages: 50 and up

On the 2nd Wednesday of every month, come join the jewelry beading group. The group meets upstairs in the conference room. Bring your own supplies and let's be creative together.

1pm to 4pm Sept 14 - Nov 8 W Hermes, Deena

Canasta

Location: Conference Room Second Floor at Athletic Club

Fee: Free

Ages: 50 and up

Learn to play or if you already know how to play, come join in the game, it's a rummy-like card game played with partners. Meet every Wednesday at 2pm in the conference room. Free for everyone. Make sure to register so we have you on the list to play.

2pm to 4pm Sept 7 - Nov 29 W Staff, AAC

Card Making

Location: Addison Athletic Club

Fee: \$10 per session, pay instructor

Ages: 50 and up

Everyone loves giving cards - holiday cards, birthday cards, and get well cards. We will have a small introduction to card making. The class will be \$10. Please bring cash to the class to pay instructor. You can register at the front desk. We will

then meet every first Saturday from 10am-12pm and those classes will be free. Any questions please call the club and ask for Deena.

10am to Noon	Sept 3	Sa	Hermes, Deena
10am to Noon	Sept 7	W	Hermes, Deena
10am to Noon	Oct 1	Sa	Hermes, Deena
10am to Noon	Oct 5	W	Hermes, Deena
10am to Noon	Nov 5	Sa	Hermes, Deena
10am to Noon	Nov 9	W	Hermes, Deena

Dallas Zoo Day Trip

Fee: \$25.00

Ages: 50 and up

When was the last time you took a trip to the Zoo? Sign up for this fun trip and enjoy a nice relaxing day at the Zoo and lunch.

9am to 2pm Oct 14 F Hermes, Deena

Dinner with Friends-Arthur's

Fee: Free

Ages: Any

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather and catch up, along with a good meal! So, let's gather! We will meet at the restaurant, but you must sign up. We will meet at 5:30 p.m. *Please sign up at the front desk. Come have dinner with friends and enjoy one of Addison's many great restaurants.

5:30pm to 7:30pm Oct 10 M Hermes, Deena

Family Feud Question Hour

Location: Multipurpose Room - Full Room at Athletic Club

Fee: Free

Ages: 50 and up

Come enjoy Family Feud and lunch. Brain exercise is just as important as physical exercise. Every first Tuesday and a small lunch is included. Please register at the front desk.

11:30am to 12:30pm Sept 6 - Nov 1 Tu Hermes, Deena

Kimbell Museum and Lunch at Botanic Gardens

Fee: \$30.00

Ages: 50 and up

Tour the Kimbell Museum in Fort Worth and enjoy the Monet exhibit. We will finish our trip having lunch at the Botanic Gardens in Ft. Worth.

9am to 4pm Nov 2 W Hermes, Deena

Lunch Bunch

Fee: Please Call for Fee Information

Ages: 50 and up

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather at and catch up, along with a good meal! So, let's gather! We will meet the restaurant, but you must sign up at the front desk. We will meet at 11:30 a.m. each month at a different location. *Please sign up at the front desk.

Kenny's Italian Kitchen - 5100 Beltline

11:30am to 1:30pm Sept 21 W Hermes, Deena

Nate's Seafood - 14951 Midway

11:30am to 1:30pm Oct 19 W Hermes, Deena

Table 13 - 4812 Beltline

11:30am to 1:30pm Nov 16 W Hermes, Deena

Mahjong Lessons

Location: Conference Room Second Floor at Athletic Club
Fee: \$200 for 8 sessions
Ages: 50 and up
Learn to play Mahjong. Meet every Wednesday at 2pm in the conference room. Make sure to register so we have you on the list to play. 8 week program, 2 hours per session \$25 a class, \$200 for the whole session. You have to sign up for the whole session.
12pm to 2pm Sept 6 - Oct 25 Tu

Movie Club

Location: Meet @ AMC Village on the Parkway
Fee: Free
Ages: Any
Beat the heat. Meet at the AMC located in The Village on the Parkway. We will meet once a month and enjoy a movie together during the hot summer season. You can pick out your movie selection when you register at the front desk and we all can vote on the movie to watch. The times vary, but we will meet for the early showing each month on the 3rd Tuesday of the month. You have to register in order to participate so info can be communicated about movie times and movie selections. Please make sure our computer system has your correct email. I will contact everyone through email the Friday morning before the movie.
11:15am to 2:15pm Sept 20 - Nov 15 Tu Hermes, Deena

Blue Ostrich Winery Tour

Location: Meet @ Addison Athletic Club
Fee: \$25.00
Ages: 50 and up
Private tour of the Blue Ostrich Winery Vineyard. During the tour they will stop and pour tastings. After the tour we will sit and enjoy wine and cheese. What a nice relaxing day! The tasting will come with a souvenir wine glass.
Noon to 5pm Oct 1 Sa Hermes, Deena

Painting with a Twist

Location: Addison Treehouse-14681 Midway
Fee: \$30.00
Ages: Any
This concept pairs instructional art with friends, wine and a lively instructor to produce individual works of art. We will meet and paint together. We will produce a totally unique painting that you can take home and enjoy. The front desk will have the painting choices for that month. We will meet at the Addison Treehouse - 14681 Midway. Map will be located at the front desk.
6:30pm to 8:30pm Nov 7 M Hermes, Deena

Pancake Breakfast

Location: Multipurpose Room - Full Room at Athletic Club
Fee: Free
Ages: 50 and up
Take time out and enjoy a free pancake breakfast prepared personally for you by the Addison Athletic Club staff. Bring your friends and meet new ones during this fun time. Please register at the front desk for your spot!
8am to 10am Sept 30 F Hermes, Deena

Pickleball

Location: Basketball Gym - Full Court at Athletic Club
Fee: Free
Ages: 50 and up
What do you get when you combine badminton, tennis, and ping-pong? These are the ingredients for the sport known as pickleball. Come have fun and learn the game anyone can play! You don't have to be strong. You don't have to be quick. You don't have to be tall. You don't have to be athletic or good at other sports. You don't need a powerful stroke because this game is not about power but shot placement and accuracy. If you don't move very well then pickleball doubles is ideal for you.
10am to 11am Sept 1 - Nov 28 MTWTF Hermes, Deena

Texas State Fair

Location: Meet @ Downtown Carrollton Dart Station off Belt Line and 35E
Fee: Free
Ages: 50 and up
Sign up for a great day at the Texas State Fair. Come see Big Tex and eat a corny dog! Thursday's are free for seniors. We will meet at the Downtown Carrollton Dart station off Belt Line and ride the Dart train together (\$3). Please register at the front desk so we have a list of who is meeting at the Dart station.
9am to 3pm Oct 6 Th Hermes, Deena

Thanksgiving Dinner

Location: Basketball Gym - Full Court at Athletic Club
Fee: Free
Ages: 50 and up
Celebrate the holiday with your friends from the Addison Athletic Club. We will have our annual Thanksgiving Dinner prepared by YOU pot luck style! Please register to bring a side dish or dessert and we will provide the meat, rolls, potatoes, stuffing and drinks. We will enjoy live entertainment. You have to pre-register at the front desk in order to participate. Place to be determined.
6pm to 8pm Nov 17 Th Hermes, Deena

Walking Club

Location: Front Desk #1 at Athletic Club
Fee: Free
Ages: 50 and up
Walking is so easy to do and great for your health. Meet Mondays and Wednesdays in the lobby of the Addison Athletic Club and we will walk together around the neighborhood.
8:30am to 9:30am Sept 7 - Nov 30 M W Hermes, Deena

Modified Fit

Ages: 50 and up
Have you been thinking about getting fit, but aren't sure how? Has your doctor suggested weight training or strength training? Meet some new friends and get fit together safely with great instruction. The class is designed for ages 50 and older.
8:30 to 9:30am Ongoing Tu Th Suh, Minok
9:30 to 10:30am Ongoing Tu Th Suh, Minok



Games at the AAC

Location: Basketball Gym

Fee: Free

Ages: Any

Let's play games! We've got checkers, connect 4, and sorry. Or, you can build your next Lego creation. If reading is more your style, make sure to grab a book from our mobile reading cart. The more, the merrier.

4:30pm to 5:30pm	Sept 29	Th	Scott, Austin
4:30pm to 5:30pm	Oct 27	Th	Scott, Austin
4:30pm to 5:30pm	Nov 17	Th	Scott, Austin

Holiday Camp

Location: Multipurpose Room

Fee: \$25.00 per day

Ages: At least 5 but less than 13

School is out for some kiddos and it's time to have fun at the Addison Athletic Club. This will be an all day camp that is filled with many fun activities such as arts and crafts to take home. We will make snacks to eat and treats to take home. We will also have gym time. Please bring close-toed shoes and a sack lunch every day. Limited space available, so please register early.

7:30am to 6pm	Nov 21	M	Scott, Austin
7:30am to 6pm	Nov 22	Tu	Scott, Austin
7:30am to 6pm	Nov 23	W	Scott, Austin

Parent's Night Out

Location: Multipurpose Room

Fee: \$8.00 per session

Ages: At least 3 but less than 13

It's a night of fun and games for the kids and a night on the town for you! Each Parent's Night Out includes pizza, games, and arts and crafts centered on a different theme! The kids will have a blast at the Addison Athletic Club while you get a night out. Offered for kids ages 3 - 13. Limited space so register early!

6pm to 8:30pm	Sept 9	F	Staff, AAC
6pm to 8:30pm	Oct 14	F	Staff, AAC
6pm to 8:30pm	Nov 4	F	Staff, AAC

Smart Start Tennis

Location: Tennis Court

Fee: \$30.00

Ages: At least 6 but less than 10

This program teaches children the basic skills necessary to play organized tennis. It focuses on teaching children ground strokes (forehand and backhand), volleying, serving, and running/agility skills without the threat of competition or the fear of getting hurt. Each week the exercises become more

difficult as the class progresses and the children show improvements.

4:30pm to 5:30pm Oct 11 - Nov 15 Tu Scott, Austin

The SUPER Family Dance

Location: Basketball Gym

Fee: \$30 for family of three on or before Nov 1st, \$5 each additional child; \$35 for family of three beginning Nov 2nd, \$5 each additional child.

Ages: At least 1 but less than 18

Town of Addison cordially invites parents and children to enjoy an incredible evening of dancing, food fun. This formal affair is an exciting night of adventures and daring missions to help you create memories for you and your family will cherish for a lifetime. Tickets go on sale October 1st and are available for purchase at the Addison Athletic Club. Tickets will not be sold at the door.

6:30pm to 8:30pm Nov 18 F Staff, AAC

Halloween Bash & Trunk or Treat

Location: Addison Athletic Club

Fee: Free

Fri, October 28, 2016

Ages: Any

Put on your cool costume and grab your goody sack. It's time for our annual Halloween Bash! Come ready to play games and win prizes. We will also be hosting a Trunk or Treat event that features a car trunk decorating contest. There will be special entertainment, refreshments, and lots of candy. Festivities start at 6:00pm and will conclude at 8:00pm. If you are interested in volunteering please contact Austin Scott at (972) 450-7048 or ascott@addisontx.gov.

6pm to 8pm Oct 28 F Staff, AAC

Little Chefs

Location: Multipurpose Room

Fee: \$2.00

Ages: At least 3 but less than 7

Have fun with food, decorating cookies and cupcakes, preparing simple no-bake snacks and making other fun food surprises. Food allergies need to be advised before first class.

4pm to 5pm	Sept 19	M	Staff, AAC
4pm to 5pm	Oct 17	M	Staff, AAC
4pm to 5pm	Nov 21	M	Staff, AAC

ABC & 123

Location: Conference Room

Fee: \$25.00

Ages: At least 3 but less than 5

Join the fun and make new friends and learn new things! The goal of this program is to offer a variety of theme-based crafts, story time, music, and movement to develop social skills, motor skills, and academics. The instructor will provide an introduction to language, writing skills, math, and science. Come experience the fun! Child must be potty trained to enroll.

3pm to 4pm Sept 14 - Oct 12 W Staff, AAC



Body Fat Test

Location: Front Desk

Fee: Free

Ages: 18 and up

Weight alone is not a clear indicator of good health, because it does not distinguish between pounds that come from body fat and those that come from lean body mass or muscle. Carrying too much fat is a condition called obesity, which puts a person at risk for many serious medical conditions including heart disease, diabetes and even certain forms of cancer. In fact, obesity contributes to at least half the chronic diseases in western society. To learn more about your body fat percentage, have our staff check it, using our body fat analyzer. For more information contact Justin Pollard at 972-450-7048 or jpollard@addisontx.gov.



Free Weight Room Orientation

Location: Weight Room at Athletic Club

Fee: Free

Ages: 18 and up

Are you helping or hurting yourself while working out? Let our fitness staff show you the proper way to use the cardio and strength training machines. For more information contact Justin Pollard at 972-450-7048 or jpollard@addisontx.gov.

TRX Orientation

Location: Weight Room at Athletic Club

Fee: Free

Ages: 18 and up

New to TRX, just getting started? Start with our orientation and focus on technique, flexibility, balance, and strength by developing basic foundational exercises through easy to follow progressions. For more information contact Justin Pollard at 972-450-7048 or jpollard@addisontx.gov.

Book Club

Location: Conference Room 2nd Floor

Fee: Free

Ages: 18 and up

Become a member of the Addison Book Review Club. They would love to have you join the book club. For more information ask our front desk staff or watch the locker room bulletin boards. The group will meet the first Monday of each month at 7:00 p.m. in the second floor conference room.

Sept. 12 Richardson Reads Selection

Oct. 3 *The Sense of an Ending* by Julian Barnes

Nov. 7 *The Heathen School* by John Demos

7 to 8:15pm M Reed, Mary

Brazilian Jiu Jitsu

Location: Basketball Gym

Fee: Contact instructor

Ages: 6 and up

What is it? Brazilian Jiu Jitsu is a method for promoting physical fitness by focusing on grappling techniques and self-defense tactics. There is no age limit to start Brazilian Jiu Jitsu. This class features physical conditioning, patience, discipline training, self-defense, anti-bullying techniques and fun. Come learn this cool martial art. Contact information: Brauzon Neves at 972-835-1166 or brauzon@gmail.com. Contact instructor for schedule and fee.

Sept 3 - Nov 26 S Neves, Brauzon

Dumplings a.k.a Pot Stickers

Location: Conference Room Second Floor at Athletic Club

Fee: \$20 per person Pay Instructor

Ages: Any

Learn to make fillings for delicious dumplings also known as pot stickers. So many options to filling them to cooking them steamed or fried. Don't forget the dipping sauce, which we will make. Come hungry, because you can just watch and eat or make it yourself

6:30pm to 8:30pm Sept 13 Tu

Stir Fry

Location: Conference Room Second Floor at Athletic Club

Fee: \$20 per person Pay Instructor

Ages: 15 and up

Learn the simple techniques of stir fry without all the grease. It will be a tasty dinner so come hungry as the cooking demo will have lots of variety for you to try.

6:30pm to 8:30pm Oct 11 Tu

Mini Deserts

Location: Conference Room Second Floor at Athletic Club

Fee: \$20 per person Pay Instructor

Ages: Any

Holidays are around the corner. So get ready to learn to make a variety of fun bite size treats to take to your next party. You will leave a sample box of goodies you can share or not.

6:30pm to 8:30pm Nov 15 Tu

iFly Dallas

Fee: \$65

Ages: 15 and up

Interested in a thrilling, amazing adventure? Come with us to iFly in Dallas. Experience the feeling of freefall as you float a smooth cushion of air. There's no parachute, no jumping, a nothing attaching you to the planet. It's flying in the air. It's fun super safe, thrilling and amazing.

10am to 1pm Oct 22 Sa

NFL Preseason Game

Fee: \$70

Ages: Any

Are you ready for some FOOTBALL!! Let's go out and get a taste of the Pre-season game the battle of Texas. Houston Texans vs Dallas Cowboys. Transportation will be provided.

4:30pm to 9:30pm Sept 1 Th

Rock Climbing Weekend

Fee: \$20

Sat, November 5, 2016

Ages: 18 and up

"Interested rock climbing? This is a fun and safe sport. Climbing facilities provide a controlled, supervised environment where novice through professional climbers can exercise in an enjoyable way. Trained staff teach the necessary safety techniques, and the use of climbing gear."

10am to Noon Nov 5 Sa

SMU vs TCU (College Football)

Fee: \$65

Fri, September 23, 2016

Ages: 18 and up

Come out and cheer on your favorite DFW college football team. Compare Colleges: Southern Methodist University vs Texas Christian University. Find out how these two colleges stack up against each other. Transportation will be provided.

4:30pm to 8:30pm Sept 23 F



Group X classes are our group exercise classes. Pricing for these classes is simple:

- \$75 take as many classes as you like for 3 months
- \$40 “punch pass” for 15 classes
- \$4 drop in fee to take one class.

Senior discounts will be applied for anyone over the age of fifty. Check-in for classes at our front desk to get your class pass.

Ab Sculpting Class

Location: Free Zone 1

Ages: 18 and up

This class is perfect for your busy schedule! It's a powerful 30 minute workout routine that focuses on the abdominals and lower back muscle endurance. It's great for all levels! An energizing class that will get you moving, sweating and back to your routine in 30 minutes. This class is excellent not just to strengthen your core, but also to have great posture.

6:30pm to 7:30pm	Tu	Akins, Sandra
6:00pm to 7:00pm	F	Akins, Sandra

Cardio Dance

Location: Aerobics Studio

Ages: 18 and up

Get ready for the breakdown with the hottest music. This fun, high-energy dance workout will make you sweat while learning the latest moves from street dance and urban culture. The class moves you step by step with fun choreography to get your feet moving and heart pumping for 60 minutes.

7pm to 8pm	Tu	Kane, Jessica
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Chogaflow

Location: Aerobics Studio

Ages: 50 and up

Chogaflow is a unique chair yoga practice, done both seated and standing, integrating breath with movement. You will enjoy the many benefits of a traditional yoga practice without ever having your knees touch the floor. Join Valerie Rogers, the creator of

Chogaflow, as she guides you through a fun, easy-to-follow, safe journey of self-exploration. Experience increased vitality, strength, flexibility, and balance. Modifications are offered.

11am to 12:10pm	W	Rogers, Valerie K.
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Circuit Training with TRX

Location: Free Zone 2

Ages: 18 and up

This circuit training session features TRX equipment for high intensity, powerful movements at faster tempos. The first 15 minutes will be with an introduction to TRX or a warm up. Then we use timed intervals combining TRX and cardio drills. We guarantee to keep your heart rate up and make sure you burn mega calories, while you engage in intense body conditioning.

Noon to 1pm	M W	Allison, Lindsay
9:15am to 10:15am	Tu Th	Allison, Lindsay
6:30pm to 7:30pm	Th	Allison, Lindsay

Extra, Extra

Location: Aerobics Studio

Ages: 18 and up

If you are looking for a class to even out your workout schedule, Extra, Extra is perfect for you. Join us for a Saturday morning full of muscle toning and heart racing interval training.

9am to 10:30am	Sa	Chavez, Diane
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No Excuses

Location: Aerobics Studio

Ages: 18 and up

The instructor will offer you high-energy exercise with high repetition movements. This class is designed for those who enjoy simple choreography at an intense level.

6pm to 7pm	M W	Marshall, Gail
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Senior Balance

Location: Aerobics Studio

Ages: 50 and up

Have you been thinking about working on your balance, but aren't sure how? Has your doctor suggested strength training for balance? This class is designed to work on balance issues or to be more proactive. The exercises will focus on lower body, core, and ankles. Class size is designed for ages 50 and older. The class is limited to 12 people. Limited space due to safety.

10:30am to 11:30am	M	Suh, Minok
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Senior Dance Fitness

Location: Aerobics Studio

Ages: 50 and up

Bored with the treadmill? Need a new way to stay in shape? Try out senior dance fitness. There is absolutely no experience required to take class.

10:45am to 11:45am	Tu Th	Lyon, Kay-Lynn
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Spin

Location: Aerobics Studio

Ages: 18 and up

This cycling class is great for a low-impact, high intensity cardio workout. All levels of fitness are welcome. If you're new to indoor cycling, we invite you to come early so your instructor can give you some pointers.

12:30pm to 1:30pm Tu Th Suh, Minok

Spin and Cardio

Location: Aerobics Studio

Start off your morning early at 6 a.m. with 45 minutes of spin. Finish the workout or join in at 6:45 a.m. for circuit/weight training, abs and stretching. All Fitness levels welcome.

Ages: 15 and up
6am to 7am W Suh, Minok

Stretch Yoga

Location: Aerobics Studio

Ages: 18 and up

This class is a great way to wake your body up. Basic yoga stretch moves will get your day started right because it is great for your mind and body.

8am to 9am M W F Wasserman, Carol

Total Body AM

Location: Aerobics Studio

Ages: 18 and up

You won't get bored during this Total Body Workout! Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes will take place in the aerobics studio and around the track. Total Body is a perfect way to add a little variety to your workout routine.

9:15am to 10:30am M W F Suh, Minok

Total Body PM

Location: Aerobics Studio

Ages: 18 and up

You won't get bored during this Total Body Workout! Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes will take place in the aerobics studio and around the track. Total Body is a perfect way to add a little variety to your workout routine.

7pm to 8:15pm M W Suh, Minok

Water Trim

Location: Aerobics Studio

Ages: 18 and up

This self-paced water aerobic exercise program is designed for all fitness levels. Class components include warm-up, pre-stretch, 30 minutes of cardiovascular aerobics, as well as upper body and abdominal strengthening.

9:15am to 10:15am M W F Wasserman, Carol

Yoga Flow

Location: Aerobic Studio

Ages: 18 and up

This dynamic class will improve your strength, flexibility, muscle tone and balance. Harmonize the energy within to restore vitality, rejuvenate the nervous system, reverse the effects of aging and quiet the mind

6pm to 6:45pm Tu Th Pirtle, Susan

Cardio Dance

Location: Aerobics Studio

Ages: 18 and up

Get ready for the breakdown with the hottest music. This fun, high-energy dance workout will make you sweat while learning the latest moves from street dance and urban culture. This class moves you step by step with fun choreography to get your feet moving and heart pumping for 60 minutes.

7pm to 8pm Tu Kane, Jessica

Box & Burn

Location: Gym

Ages: 15 and up

Boxing circuits are set up to offer participants a variety of exercises and easy to follow boxing drills. This 60 minute class will give you a great cardio and strength workout. Beginning with 15 minute warming up with calisthenics. Once your heart is pumping you will be training to 3 minute rounds that include basic boxing combinations following a 1 minute active rest. The last 15 minutes is a wrap up of exercises focusing on your core and floor work to help you cool down.

2 to 3pm Su Rincon, George
5:15 to 6:15 pm M Rincon, George



Group X classes are our group exercise classes. Pricing for these classes is simple:

- \$75 take as many classes as you like for 3 months
- \$40 "punch pass" for 15 classes
- \$4 drop in fee to take one class.

Senior discounts will be applied for anyone over the age of fifty. Check-in for classes at our front desk to get your class pass.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stretch Yoga 8:00 - 9:00a Carol	Circuit Training with TRX 9:15 - 10:15a Lindsay	Spin & Cardio 6:00 - 7:30a Minok	Circuit Training with TRX 9:15 - 10:15a Lindsay	Stretch Yoga 8:00 - 9:00a Carol	Extra, Extra 9:00 - 10:30a Diane
Water Trim 9:15 - 10:15a Carol	Senior Dance Fitness 10:45 - 11:45a Kay Lynn	Stretch Yoga 8:00 - 9:00a Carol	Senior Dance Fitness 10:45 - 11:45a Kay Lynn	Water Trim 9:15 - 10:15a Carol	Sunday Box and Burn 2:00 - 3:00p George
Total Body 9:15 - 10:30a Minok	Spin 12:00 - 1:00p Minok	Water Trim 9:15 - 10:15a Carol	Spin 12:00 - 1:00p Minok	Total Body 9:15 - 10:30a Malin	
Senior Balance 10:30 - 11:30a Minok	Yoga Flow 6:00 - 7:00p Zan	Total Body 9:15 - 10:30a Minok	Yoga Flow 6:00 - 7:00p Zan	Ab Sculpting Class 6:00p - 7:00p Sandra	
Circuit Training with TRX 12:00 - 1:00p Lindsay	Ab Sculpting Class 6:00 - 7:00p Sandra	Choga Flow 11:00a - 12:15p Valerie	Circuit Training with TRX 6:30 - 7:30p Lindsay		
Box and Burn 5:15 - 6:15p George	Cardio Dance 7:00 - 8:00p Jessica	Circuit Training with TRX 12:00 - 1:00p Lindsay			
No Excuses 6:00 - 7:00p Gail		No Excuses 6:00 - 7:00p Gail			
Total Body 7:00 - 8:00p Malin		Total Body 7:00 - 8:00p Malin			

Class Location
Aerobics Studio (second floor)
Free Zone #2 (first floor)
Indoor Pool
Basketball Gym

Personal Trainers

Personal trainers are available to help you create a practical fitness schedule that's tailored for you. All personal trainers are contracted and have professional certifications through nationally recognized organizations. For more information, contact the individual trainer.



Adam Alexander

Adam is available for appointments Monday - Saturday. Your first visit is a free 30 minute consultation to assess your fitness level and discuss your goals. Whether your goals include getting in shape, losing weight, eating healthy, increasing strength, improving flexibility, or combating the effects of bone density loss, Adam can design a program to help meet your goals while avoiding and/or working around injury. To set up an appointment call Adam at (972)741-2123 or ajalexander32@gmail.com. Contact Adam for rates & discounted package deals. Adam has a Master of Occupational Therapy (MOT) LSU Shreveport, Certified Personal Trainer through Cooper Institute of Aerobics Research, and Certified in Biomechanics through Cooper Institute of Aerobics Research.



Autumn McCall

Autumn is available for sessions Monday-Friday 6:45a.m. – 10:30 a.m., and Saturdays 9:00 a.m. – 11:30a.m. Programs are designed specific to your physical fitness and nutrition goals. Periodic blood pressure, weight and body composition checks are taken, Autumn focuses on motivation and discipline as well as making fitness fun, interesting and most importantly, A LIFESTYLE! Gift certificates are also available. Contact Autumn at 214-794-3444 or benchmarkfitness@att.net for an appointment. Autumn fees are \$70 per session, \$600 for package of 10 sessions and \$1000 for package of 20 sessions. Autumn is a certified Exercise Physiologist with the American College of Sports Medicine.



Cynthia Fritz

Cynthia is a Certified Personal Trainer who specializes in senior fitness. Cynthia began teaching classes in 2006, became a personal trainer in 2008, and in 2009 she began working primarily with seniors. She gently challenges her clients to become more independent and is motivated to help them become physically stronger. She is certified by AFAA, Silver Sneakers fitness program, and is CPR certified. Contact Cynthia 972-922-3482 or Cynthia@seniorstylefitness.com



Veronika Bobakova

Veronika is a former NCCA track and field hurdles runner. Among her many accomplishments are multiple Slovak National Championship titles. Veronika's solid foundation of balance, flexibility, power, speed and agility are essential for creating workouts suitable for ANYONE looking to stay fit and healthy. Veronika has multiple certifications through Cooper's Institute for Aerobics Research, including Biomechanics, Pregnancy, Diabetes, as well as Older Adults and Exercise. She is also experienced in biomechanics of proper running, multidirectional drills and acceleration skills techniques. Do you feel like you need guidance, are you tired of the same workout routine, did you lose motivation? Veronika has a sincere desire for you to learn and overcome fitness myths and enjoy your time while exercising. Her workouts are tailored to her clients' needs and goals. If you are ready to discover endless benefits of a healthy lifestyle, contact Veronika at 972-835-1131 or veronikafitness@gmail.com.