

NEWSLETTER



ALFRED HITCHCOCK FILM CLASS

W | 9/3 - 10/22 | 6:30 - 9:30 pm | Carnegie Building

Alfred Hitchcock, was called the "master of suspense," with good reason. The iconic filmmaker excelled at rebranding his signature style across decades of films and always left us curious and clamoring for more. Come explore the 'Hitchcock touch' via a voyeur's peek into his background and a curation of his classic films. *Instructor: Kellee Pratt- local film historian, blogger, public speaker.*

Class Code: 427449 | **Fee:** \$28

BAROQUE RECORDER

M | 9/8 - 12/8 | Senior Resource Center

Come explore the Baroque recorder as a wonderful vehicle for making music as a lifelong learner. Playing an instrument is great for your physical, mental, and emotional well-being. As you begin to play, you can create beautiful sounds on the recorder and enjoy an authentic musical experience. Beginning and experienced musicians are welcome. *Instructor Jean Hein a founding member, recorder soloist, and executive director of Columbia Baroque, a professional ensemble in South Carolina.* There will be no class on October 13 or November 24.

Class Code: 427478

Section A: Beg: 1:30 - 2:30 pm | Fee: \$120

Section B: Inter: 11 am - 12 pm | Fee: \$120



STARGAZING

TR | 8/7 - 8/21 | 8 - 10 pm | Baker Wetlands

Prepare for the Perseid Meteor Shower and other joys of looking up! Join us as we explore the sky and learn general astronomy of the night sky. This evening class will look at what there is to see in the Cosmic Zoo using the naked eye, binoculars, and telescopes. Instruction will include use of planispheres, star charts, and apps. *Instructor is Rick Heschmeyer, president of the Astronomy Associates of Lawrence, a NASA/JPL Solar System Ambassador, and Master Outreach Award winner from The Astronomical League.* Registration fees include a planisphere, astronomy flashlight, and education materials.

Class Code: 427450 - A | **Fee:** \$24

AEROBIC DANCE & TONE

MWF | 8:50 - 9:50 am | Holcom

Exercise has never been so fun! Get moving with fun, lively music from all eras that will condition and strengthen your body. Then tone and stretch with a variety of moves and equipment that will focus on core stability, strength, balance and flexibility. This total body package will keep you looking and feeling young. Instructor: Teresa Kelley.

Class Code: 427201

Section A: 9/8 - 10/24 | Fee: \$74

Section B: 10/27 - 12/12 | Fee: \$63



CORE STRENGTH

TR | 1 - 1:40 pm | SPL

Core exercises train the muscles in your pelvis, lower back, hips, and stomach to work in harmony. This leads to better balance and stability. This class will focus on strengthening your core, which is essential for overall wellness. Instructor: Stephanie Foglesong.

Class Code: 427411

Section A: 9/9 - 10/23 | Fee: \$60

Section B: 10/28 - 12/11 | Fee: \$51

DANCE FITNESS

TR | 9 - 10 am | Community Building

Experience a total body, cardio workout through a variety of easy-to-follow dance routines set to old and new favorites. Simple enough for beginners, yet challenging for advanced students. Instructor: Rosie Shelton

Class Code: 427250

Section A: 9/9 - 10/23 | Fee: \$60

Section B: 10/28 - 12/11 | Fee: \$51

LA BLAST

TR | 10 - 11 am | Holcom

LaBlast is a perfect balance of dance and fitness. This 'workout in disguise' will get you moving to dances like the Jive, Salsa, Quickstep, Paso Doble, Viennese Waltz, and many more. No partner needed! During LaBlast classes, you'll dance to music from every artist, genre, and era! Instructor: Susan Pomeroy.

Class Code: 427302

Section A: 9/9 - 10/23 | Fee: \$60

Section B: 10/28 - 12/11 | Fee: \$51

PILATES SILVER

TR | 9 - 9:50 am | Holcom

Pilates is a modern approach to body conditioning that keeps you on the cutting edge of fitness. This class focuses on core hips, thighs, and abdominal muscles, as well as strengthening and toning through stretching as the body moves. Instructor: Pat Middaugh.

Class Code: 427204

Section A: 9/9 - 10/23 | Fee: \$60

Section B: 10/28 - 12/11 | Fee: \$51

SUPER SENIOR CIRCUIT

MWF | 7:30, 8, 8:30, 9, 9:30, 10, 10:30 am, 1 pm | SPL

T/TR | 7:30, 8:30, 10 am | SPL

T/TR | 10:30 am | Community Building

This 50-minute "full-body" group workout is designed for the active senior adult, regardless of previous experience with strength training. Every participant performs a total of ten to twelve different exercises in the circuit utilizing a combination of free weights, stability balls, and resistance bands. Please see insert for instructors, location, and codes and fees.

SENIOR STRENGTH TRAINING

MWF | 7:30, 8:30, 9:30, 10:30 am | Holcom

T/TR | 8:30, 9:30 am | East Lawrence Recreation Center

This 50-minute "full-body" group workout is designed for the active senior adult, regardless of previous experience with strength training. Every participant performs a total of ten to twelve different exercises in the circuit utilizing a combination of free weights, stability balls, and resistance bands. Please see insert for instructors, location, and codes and fees.



SLIMNASTICS

MWF | 9 - 10 am | Community Building

Concentrating on muscle toning and strengthening all muscle groups, this class will focus on toning and sculpting your muscles to create a healthy, well-balanced body. Exercises are done to music but there are no routines to learn. Bring a mat for floor workout. Instructor: Rosie Shelton.

Class Code: 427310

Section A: 9/8 - 10/24 | Fee: \$74

Section B: 10/27 - 12/12 | Fee: \$63

FALL CLASS REGISTRATION BEGINS AUGUST 12 AT 8 AM



TAI CHI FOR ALL

T/R | 11:15 am - 12 pm | Holcom

This class will focus on Sun 73, classified as an Intermediate Sun Style form by the Tai Chi for Health Institute founded by Dr. Paul Lam. While beginners are welcome, it is particularly suited to people with some experience in Sun Style tai chi. There are no floor exercises.

Instructor: Susan Pomeroy

Class Code: 427502

Section A: 9/9 - 12/23 | Fee: \$60

Section B: 10/28 - 12/11 | Fee: \$51

TAI CHI FOR HEALTH

M/W | 11:15 am - 12 pm | Holcom

TR | 5:30 - 6:30 pm | Community Building

Experience how Tai Chi's slow and gentle movements work to restore harmony, improve balance, and boost health. The Tai Chi for Health Institute (TCHI) was founded in 2010 by Dr. Paul Lam, a retired Australian family physician. Its purpose is to empower people to improve health and wellness through modernized tai chi programs, based on authentic tai chi forms. Over 30 different programs are easy to learn, safe, and bring about health benefits. The CDC, Arthritis Foundation, and the US Administration on Aging support TCHI programs. Class instructors are trained and certified by the TCHI.

Participation requires no equipment or floor work. No class week of Thanksgiving. *Instructor: Susan Pomeroy*

Class Code: 427503

Section A: 9/8-10/22 | Fee: \$60

Section B: 9/9-10/23 | Fee: \$60

Section C: 10/27-12/10 | Fee: \$51

Section D: 10/28-12/11 | Fee: \$51

TRX FUSION

TR | 9 - 9:45 am | Sports Pavilion

Looking for a perfect blend of strength and balance exercises for a stable core? TRX Flex Fusion combines full-body strengthening with flexibility training to increase mobility and resilience. This quintessential TRX experience will lead you down the road to your best all-around fitness.

Instructor: Melanie Johnson

Class Code: 427340

Section A: 9/9 - 10/23 | Fee: \$60

Section B: 10/28 - 12/11 | Fee: \$47

LIFELONG YOGA

TR | 10:15 - 11:15 am | Community Building

Come relax, and learn to correctly align your spine through slow progressive traction in this less vigorous, beginning class adapted for older adults. While using the lungs' full capacity through correct breathing, you will oxygenate the body and the brain, improving blood circulation and your sense of well-being.

Instructor: Susan Thomas.

Class Code: 427270

Section A: 9/11 - 10/23 | Fee: \$33

Section B: 10/30 - 12/11 | Fee: \$29

YOGA FOUNDATIONS

Various Times | Holcom

Stretch stiff muscles with poses that improve balance, core strength, and mobility. For students new to yoga or who prefer less vigorous poses This class is designed for students able to get up and down on and off the floor without assistance. Please see insert for dates and times.

Instructor: Kim McDaniel. Please see guide for class times and dates. **Class Code:** 427202

Section A: TR | 9/10 - 10/24 | 9 - 9:50 am | Fee: \$56

Section B: TR | 9/10 - 10/24 | 10 - 10:50 am | Fee: \$56

Section C: TR | 10/29 - 10/12 | 9 - 9:50 am | Fee: \$48

Section D: TR | 10/29 - 12/12 | 10 - 10:50 am | Fee: \$48



FITNESS YOGA

W | 5:30 - 6:30 PM | Community Building

Incorporate the benefits of yoga into your fitness routine. This class will combine conditioning work with strength and flexibility poses, modified as needed. Class includes floor work; students should bring a yoga mat.

No class week of Thanksgiving. *Instructor: Fran Hopkins.*

Class Code: 427282

Section A: 9/10-10/22 | Fee: \$33

Section B: 10/29-12/10 | Fee: \$29

Class Sizes

Many factors dictate the size of fitness classes. The size of the room, required equipment, difficulty level, and the instructor's ability to supervise everyone equally. Do not attend classes that you have not registered for. It distracts the instructor from supervising the participants who are on the roster.

MIXED MEDIA: BUTTERFLIES**Su | 1 - 3 pm | Community Building**

In this two-session class, you'll dive into the vibrant world of mixed media to create one-of-a-kind 2D and 3D butterflies. Learn to make unique collage papers and experiment with watercolor mediums, pencils, and crayons to craft these unusual pieces with skills that apply to other mixed media projects. Whether you're a beginner or an experienced artist, you'll enjoy exploring a range of creative techniques in a creative, playful environment. *Instructor: Kim McDanel.*

Class Code: 427332**Section A:** 10/26-11/2 | Fee: \$58**GELLI PRINTING WITH IMAGE TRANSFER****Su | 1 - 3 pm | Community Building**

The imagery and possibilities of monoprinting with gelli plates are endless. Gelli plates are reusable printing plates made from a commercial gel that allows you to make monoprints without a large, expensive press and non-toxic materials. The Gelli plate gives the artist the freedom to experiment with fabric, paper, organic materials, and stencils, to create textures and multiple color layers. We will explore different types of imagery, mark making, and experiment with different printing papers using water-based inks and acrylic paints. The class meets for two sessions. *Instructor: Kim McDanel*

Class Code: 427336**Section A:** 9/28-10/5 | Fee: \$58**LET IT SNOW 2.0: SNOWFLAKES****Su | 1 - 3 pm | Community Building**

All you need are scissors, a piece of paper, a folding technique and your imagination. This workshop will focus on different folds, twists and turns to create all kinds of 2-D & 3D snowflakes for the coming winter Solstice, and Holiday season. Bring your creative papers and decorate! Hot teas and hot chocolate will be served. *Instructor: Kim McDanel*

Class Code: 427331**Section A:** 12/7 | Fee: \$24

CREATIVE WORKSHOPS

**FENCING****R | 7 - 9 pm | Sports Pavilion Lawrence**

This fencing class is for beginners as well as more experienced fencers in foil, epee and saber, emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. *Instructor: John Dillard*

Class Code: 427105**Section A:** 9/25 - 11/13 | Fee: \$72

PRC POLICIES

REFUND, CANCELLATION & TRANSFER POLICIES

Full refunds, excluding a \$5 cancellation fee, will be granted provided notification of cancellation is received five business days (Mon-Fri) prior to the start of class. NO REFUNDS will be issued after that time. People wanting to transfer from an activity may do so provided that 1/3 of the class has not expired. Transfers may be processed at all recreation centers. A \$5 processing fee will be assessed for each transfer.