

WINTER 2008 COMMUNITY EDUCATION CLASSES

PLYMOUTH COMMUNITY FITNESS CENTER

The Plymouth Community Fitness Center is open to the public Monday thru Friday from 6-8 a.m. and 4-8 p.m. Saturday morning hours are 8-11 a.m. One free visit is allowed.

MEMBERSHIP FEES:

	Year	Semi	Quarterly
Individual	\$200	\$110	\$60
Sr. Citizen	\$120	\$70	\$45
Family	\$300	\$160	\$90
Student	\$50	N/A	N/A

A daily pass may be purchased for \$3

PHS HALL WALKERS

Walk the halls at the high school for exercise between 3:00-9:00 p.m. A one-time registration with the Community Education office is required. Please enter at the Community Education entrance.

LEARN THE ART OF WOODCARVING

A beginner's material fee, not to exceed \$20, will be collected at the first class. All students should bring a pencil and a few band-aids.

Don Welti	
Tuesdays	Jan. 15- Feb. 19
6 sessions	6:30-9:00 p.m.
\$55/ \$44 (senior)	
PHS C111	

ADULT WOODWORKING

Instruction includes safe and proper use of wood working equipment. Projects will be completed with guidance from the instructor and will differ based on level of experience. Limited enrollment.

Matt Poppe	
Wednesdays	Feb. 6- Mar. 19
7 sessions	6:00-9:00 p.m.
\$60/ \$48 (senior)	
PHS C111	

FLEX & STRETCH

Following guidelines of the Arthritis Foundation, this is a program for range of motion, low impact exercises done in the shallow water, designed to increase your flexibility tone your muscles, give you stress relief, social interaction and fun.

Beth Kerntke	
Tuesday/Thursday	Jan. 8- Mar 18
20 sessions	6:30-7:15 p.m.
\$48/\$38.40 (senior)	
PHS Pool	No class Jan. 19

WET & WILD CHALLENGE

This fun, energetic and challenging class will work off stress, tone your muscles and make you feel great! We will build endurance, strength and fitness.

Beth Kerntke	
Monday/Thursday	Jan. 7- Mar. 18
20 classes	7:30-8:15 p.m.
\$48/38.40	
PHS Pool	No class Jan. 17

DEEP WATER EXERCISE

This is a non-impact class that is easy on the joints. This class requires water wings worn on the ankles. You may purchase water wings at class.

Dorothy Rose	
Monday/Wednesday	Jan. 9- Mar. 19
20 sessions	6:15-7:00 p.m.
\$48/\$38.40 (seniors)	
PHS Pool	No class Feb. 6

NIA/JOY IN MOVEMENT

Nia is a cardiovascular program that uses the whole-body, expressive, grounded movement rather than repetitive jogging or lifting. It is adaptable to every level of fitness, every age and type of body, even those with special limitations.

Lynn Gordon	
Wednesdays	Jan. 9- Mar. 26
12 sessions	5:30-6:30 p.m.
\$6/session payable to instructor	
Fairview Gym	

TOP FLIGHT FITNESS

A complete figure shaping fitness program. Includes aerobics which is designed to strengthen the cardiovascular system. Cool-down follows.

Parkview Gym	Tuesday/Thursday
Jan. 8 thru Apr. 3	5:30-6:30 p.m.
\$66 (seniors \$52.00)	26 sessions

Jane Mattias	or
Plymouth Youth Center	
Monday/Wednesday/Friday	
Jan. 7 thru Apr. 4	8:15-9:15 a.m.
\$66 (seniors \$52.00)	2x/ week
\$83 (seniors \$66.00)	3x/ week

Pat Moriarity	or
Cascade Gym	Monday/Wednesday
Jan. 7 thru Apr. 4	5:30-6:30 p.m.
\$66 (seniors \$52.00)	26 sessions
Sharon Proefrock	

DAYTIME AQUA DYNAMICS

This shallow water class includes upbeat music and a challenging fun routine to get you sweating in unbeatable style. Pick up a parking permit at the Community Education Office.

Betty Nicodeaus	
Tuesday/Friday	Jan. 8- Mar. 18
20 sessions	9:45-10:30a.m.
\$48/\$38.40 (senior)	
PHS Pool	No class Feb. 8

SATURDAY MORNING SWIM LESSONS

Children's swimming lessons levels 1 through 6 meet on Saturday mornings at the PHS Pool. Students must be **50 inches** tall to register. More information at www.plymouthcommed.org.

\$25.00	8 sessions
Saturday Feb. 16 thru April 5	
8:45- 9:30 am	Level 4, 5, & 6
9:30- 10:15 am	Level 1, 2, & 3
10:15- 11:00 am	Level 2, 3, & 4
11:00- 11:45a.m.	Adult Lessons

SPINNING

Spinning is an indoor group cycling class designed to give you a cardiovascular workout. All fitness levels are welcome. All classes are taught by certified SPIN instructors.

Jan. 14- Feb. 8	10 sessions
\$25 for 10 sessions	various times
\$3 drop-in fee (no guarantee of a bike)	
Riverview Upper Gymnasium	
Registration Jan. 7-11	

ARCHERY

All participants will use compound bows provided by the school, which are adjustable from 10-20 lbs. Please do not bring your own bows. Open to individuals 7 and up. Space is limited to the first 25 registered participants. Saturdays Jan. 12 & 26, Feb. 16, and Mar. 8.
\$5/class 8:30-10:15a.m.
PHS Gym

ROCK CLIMBING

Climbing is offered for individuals ages 5 and up. Space is limited to the first 30 registered participants. The indoor vertical wall has five runs that vary from basic to advanced with overhangs and straight climbs.

Jan. 12, Feb. 9, Apr. 19, May 10
\$5/person/day or \$10/family/day
Riverview Gymnasium

CARDIO & FUNDAMENTAL STRENGTH TRAINING

The program will teach you how to set up and maintain a fitness program for yourself. Open to ages 16 and up.

Tuesday/Thursday	Jan. 15- Feb. 7
8 sessions	4:30-5:30 p.m.
PHS Weight room	\$25
Registration Jan. 7-11	

For more info on these classes, contact Wendy Schlies at 892-2661 ext. 2209 or visit www.plymouthcommed.org.

Registration form on back. Visit www.plymouthcommed.org or call 892-5068 for more info.