

2012 Winter Sessions for Group Fitness Land and Aquatic Classes & Specialty Programs

Welcome new and returning participants. All registrations are taken at the Lied Activity Center. Please bring completed form and payment to the Lied Center Front Desk during business hours Monday-Sunday. Payments will be processed at time of registration. *Please note* there will be a non refundable \$15.00 late fee for registrations received after the last date of each registration period.

Scheduled Sessions for all Programming

Winter Session January 9 – March 3, 2012

Registration period December 5- January 8, 2012

Spring 1 Session March 5- April 28, 2012

- Registration period February 20 – March 4, 2012
- No classes on January 16 and April 6-7, 2012

General Exercise Guidelines from the American College of Sports Medicine (ACSM)

ACSM (American College of Sports Medicine) recommends that healthy adults participate in an exercise program at least 30 minutes day, five days a week. Overweight and obese individuals will most likely experience greater weight reduction and prevent weight regain with 250+ minutes/week of moderate-intensity physical activity. ACSM also recommends strength training as part of this health and fitness regimen, in order to decrease body fat and further reduce health risks.

Guests- TRY 2 CLASSES FOR FREE AS A GUEST. Registered Participants may also bring a guest to any one of our land, aqua or specialty program classes. Please notify front desk and instructor that you are a guest.

If not registered for a current class, you may pay a drop in fee of \$8.00 per class for members and \$10.00 per class for non-members. Payment must be made before class at the front desk. You will be issued a colored band for admittance to your group fitness class and must be turned in to the instructor.

Not included for drop in: Boot Camp and/or KettleBell

The facility has the right to add/drop/change classes/instructors to meet program and minimum class participation requirements of five paid registrations. Fitness programs are designed for ages 16 & up. Participants younger than 16 must have a legal guardian or parent's written consent. For questions contact Sonja at 402-980-7321 or Sonja@fitinthecity.com

Cancellation policy: If your program is cancelled due to not meeting minimum class participation of five paid registrations you may transfer in to another class or request a refund. If you are cancelling your enrollment for any other reason you must cancel before the 2nd scheduled class. Refunds will not be given after 2 scheduled classes. If you are cancelling due to a medical issue, you must provide documentation from your doctor stating that you are to refrain from physical activity, and submit the documentation to Bill Richards, Director of Lied Activity Center.

Inclement Weather or Holiday Closing Policy: If BPS closes due to inclement weather or a scheduled holiday the facility will also be closed. You are encouraged to attend any class during the current session to make-up for the cancellation. There are no prorates on missed classes or prorates for starting a class already in session.

Missed Class Policy: If you miss a scheduled class you are encouraged to make up the missed class by attending any class listed on the schedule during the current session. There are no prorates on missed classes.

Program pricing for Group Fitness Land and Aquatic Classes

1 class per week	\$50.00/Member	\$65.00/Non-Member
2 classes per week	\$80.00/Member	\$95.00/Non-Member
3 classes per week	\$100.00/Member	\$115.00/Non-Member
4 classes per week	\$120.00/Member	\$135.00/Non-Member

Unlimited Pass (Age 62 & older)

Attend an unlimited number of aquatic and/or group fitness classes during the week. Please note your class preference times at registration. Not Included: Boot Camp, KettleBell

\$125.00/Member \$140.00/Non-Member

BPS Staff Unlimited: Attend an unlimited number of aquatic and/or group fitness classes during the week. Please note your class preference times at registration. Not Included: Boot Camp, KettleBell \$99.00 Staff Rate- includes teachers, administrators and all support staff including BPS retirees-No other discounts apply.

LAND CLASSES

Masters- A total-body senior workout program for active individuals. This class combines aerobic, flexibility, and strength training in a positive, energizing environment. Included are exercises that are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. Get ready for a head-to-toe workout! (Tuesday and Thursday has an emphasis on strength)

Tai Chi- Movements are performed in a graceful, controlled motion, and coupled with an emphasis on deep breathing and mental focus, creating balance, flexibility and calmness, which relieves stress and allows for the integration of your mind and body. Accumulate energy and leave refreshed and relaxed.

Yoga- Find physical harmony through yoga poses that work on strength and flexibility, all while bringing awareness to your mental harmony through conscious breath and relaxation techniques.

Muscle Max- This highly efficient, full-body weight training workout uses barbells and hand weights to strengthen and sculpt all muscle groups. If you're looking for greater muscular definition, and wanting to burn fat more efficiently, while increasing your bone density, start here.

Zumba- The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

AQUATIC CLASSES

Held in a heated zero depth entry pool

Whether you're trying to maintain your current level of fitness or reach a new level, the added benefit of training in water makes our aqua workouts safe and fun without impact to the joints. Even people who suffer from arthritis may want to give these classes a try!

Aqua Aerobics- Combines cardio movements and resistance tools that include buoyant water weights and noodles to create a total body workout. Because of the low-impact format, aqua aerobics classes are suitable for every fitness level. Everyone is welcome. Participants are encouraged to bring their own water shoes.

H2O: The Workout - Wanting to stay in the water but looking for challenging, athletic non-impact workouts with increased intensity? Deep water running, kick boxing drills, interval training, power drills, speed bursts and strength exercises are included in this great workout designed to increase your intensity, and fitness level. (Swimmers and non-swimmers are welcome)

Fit In The City's Signature Specialty Program

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"COMMIT TO BE FIT" - Boot Camp Training

ARE YOU READY? Are you ready to jumpstart your fitness plan or are you ready to kick it up notch? Are you ready to bust through that plateau? Are you ready to get down and sweaty with your work out? No fancy moves-

back to the basics. Cardio, Strength and Core moves that are tried and true and WORK! Are you ready to be accountable for your workout? Are you ready to **“Commit To Be Fit”**? We are ready to help you get started! Let us help you help yourself. Weekly incentive prizes to help keep you accountable in class and outside of class. An annual water bottle and t-shirt are provided by Fit in the City. Boot Camp may take place both indoors and/or outdoors, weather permitting.

NEW for 2012

KETTLEBELL 3X A WEEK! TUESDAY/THURSDAY/FRIDAY

KETTLEBELL BOOT CAMP-

Join the hottest new workout in America today! Burn fat, calories and turn your body into a lean machine by increasing your overall fitness skills and by completing a time efficient workout that combines cardio, strength and flexibility exercises in one hour. Class includes wrist bands.

COMMIT TO BE FIT Five classes each week M-F 6am-7am
MIX AND MATCH ANY OF THE 6:00 AM SPECIALTY CLASSES FOR ONE GREAT RATE!

BOOT CAMPS	DAY/TIME	Member	Non-Member	LOCATION
Boot Camp	M-W-F 6:00-7:00am	\$205	\$220	Court One
Boot Camp Repeater*	M-W-F 6:00-7:00am	\$190	\$205	Court One
BPS Staff Rate Boot Camp <u>OR</u> KettleBell**	M-W-F 6:00-7:00am	\$150		
KettleBell Boot Camp	T-TH-F 6:00-7:00am	\$205	\$220	Batting Cage
KettleBell Repeater*	T -Th-F 6:00-7:00am	\$190	\$205	Batting Cage
Commit To Be Fit	M-T-W-TH- F 6:00-7:00am	\$250	\$270	
Commit To Be Fit Repeater*	M-T-W-TH- F 6:00-7:00am	\$240	\$255	

Specialty Program students may makeup classes missed by attending any class on the schedule within the current session.

NOTES:

*Repeater Rate -Must have attended consecutive Boot Camp Programs to receive Repeater Rate

**Bellevue Public School Staff Rate- includes Bellevue Public School teachers, administrators and all support staff including BPS retirees-No other discounts apply.

Fit In The City's Additional Services: Personal Training and Nutrition Services are available.
For more information, please contact Sonja at 402-980-7321 or Sonja@fitinthecity.com

Weekly View of Group Fitness Land, Aquatic & Specialty Class Schedule
Space is limited. Please register early!

MONDAY

Time	Class Format	Location
6:00-7:00am	Boot Camp	Court 1
8:30 -9:15am	Tai-Chi	Batting Cage
8:30- 9:30am	H2O:The Workout	Pool
9:30-10:30am	Aqua Aerobics	Pool
6:00-7:00pm	Zumba®	Batting Cage
6:00 -7:00pm	H2O:The Workout	Pool

TUESDAY

Time	Class Format	Location
6:00-7:00am	KB Boot Camp	Batting Cage
8:30- 9:15am	Masters Strength	Batting Cage
9:30-10:30am	Aqua Aerobics	Pool

5:30 -6:30pm	Aqua Aerobics	Pool
6:00-7:00pm	Muscle Max	Batting Cage

WEDNESDAY

Time	Class Format	Location
6:00-7:00am	Boot Camp	Court 1
8:30 -9:15am	Masters	Batting Cage
8:30-9:30am	H2O: The Workout	Pool
9:30-10:30am	Aqua Aerobics	Pool
6:00-7:00pm	Yoga	Batting Cage
6:00- 7:00pm	H2O:The Workout	Pool

THURSDAY

Time	Class Format	Location
6:00-7:00am	KB Boot Camp	Batting Cage
8:30 -9:15am	Masters Strength	Batting Cage
9:30 -10:30am	Aqua Aerobics	Pool
5:30 -6:30pm	Aqua Aerobics	Pool
6:00-7:00pm	Muscle Max	Batting Cage

FRIDAY

Time	Class Format	Location
6:00-7:00am	Boot Camp	Court 1
6:00-7:00am	KB Boot Camp	Batting Cage
8:30 -9:15am	Masters	Batting Cage
8:30 -9:30am	H2O: The Workout	Pool
9:30 -10:30am	Aqua Aerobics	Pool
6:00- 7:00pm	H2O:The Workout	Pool

SATURDAY

Time	Class Format	Location
9:30 -10:30 am	Zumba®	Batting Cage
10:30 -11:30am	Aqua Aerobics	Pool