

SPRING/SUMMER FITNESS OPTIONS

Burlington Recreation Center
620-364-8484—www.burlingtonrec.com



Updated April 2021

MONDAYS

<u>8:30am</u>	Water Aerobics	(MWF)	Ongoing	\$1/class (payable to BRC)	Indoor Pool	Water Instructor
<u>11:00am</u>	Chair Aerobics	(M/TH)	January 11—May 20	\$25/session \$3 drop-in (payable to BRC)	Aerobics Room	Salli Stewart
<u>11:00am</u>	Chair Aerobics	(M/TH)	June 7-September 2	\$25/session \$3 drop-in (payable to BRC)	Aerobics Room	Salli Stewart
<u>5:15pm</u>	Deep Water Aerobics	(M/W)	July 7-August 11	\$25/session \$3 drop-in (payable to BRC)	OUTDOOR Pool	Justin Logan
<u>5:30pm</u>	Boot(y) Camp	(M/W)	April 15-May 12	\$50/session/\$5 drop-in (payable to Misty)	Aerobics Room	Misty Marchant

TUESDAYS/THURSDAYS

<u>8:00am</u>	WOW	(M/W))	April 6—April 29	\$65/session/\$7 drop-in (payable to Darla)	Aerobics Room	Darla Dale
<u>8:00am</u>	WOW	(T/TH)	July 6-August 26	\$65/session/\$7 drop-in (payable to BRC)	Aerobics Room	Darla Dale
<u>10:00am</u>	Pickleball	(Tuesdays)	Ongoing	Free	BRC gym	Everyone
<u>11:00am</u>	Chair Aerobics	(M/TH)	January 11—May 20	\$25/session \$3 drop-in (payable to BRC)	Aerobics Room	Salli Stewart
<u>11:00am</u>	Chair Aerobics	(M/TH)	June 7-September 2	\$25/session \$3 drop-in (payable to BRC)	Aerobics Room	Salli Stewart
<u>12:15pm</u>	Noon YOGA	(T/TH)	April 1—April 29	\$30/month/\$5 drop-in (payable to BRC)	Aerobics Room	Sarah Stockwell
<u>12:15pm</u>	Noon YOGA	(T/TH)	May 4—May 27	\$30/month/\$5 drop-in (payable to BRC)	Aerobics Room	Sarah Stockwell
<u>12:15pm</u>	Noon YOGA	(T/TH)	June 1—June 29	\$30/month/\$5 drop-in (payable to BRC)	Aerobics Room	Sarah Stockwell
<u>12:15pm</u>	Noon YOGA	(T/TH)	July 1—July 29	\$30/month/\$5 drop-in (payable to BRC)	Aerobics Room	Sarah Stockwell
<u>1:00pm</u>	Pickleball	(Tuesdays)	Ongoing	Free	BRC gym	Everyone
<u>5:15pm</u>	Evening Aqua	(T/TH)	June 15—July 29	\$25/session/\$3/drop-in (payable to BRC)	OUTDOOR Pool	Lyllian Cheever
<u>5:30pm</u>	Vinyasa Flow Yoga	(T/TH)	July 6-August 26	\$75/session/\$10 drop-in (payable to Darla)	Aerobics Room	Darla Dale
<u>6:30pm</u>	Karate	(T/W)	Ongoing	See Instructor (payable to BRC)	Aerobics Room	Michael Cofer

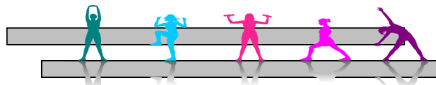
WEDNESDAYS

<u>8:30am</u>	Water Aerobics	(MWF)	Ongoing	\$1/class (payable to BRC)	Indoor Pool	Water Instructor
<u>10:00am</u>	Pickleball	(TWF)	Ongoing	Free	BRC gym	Everyone
<u>1:00pm</u>	Pickleball	(TWF)	Ongoing	Free	BRC gym	Everyone
<u>5:30pm</u>	Boot(y) Camp	(M/W)	April 15-May 12	\$50/session/\$5 drop-in (payable to Misty)	Aerobics Room	Misty Marchant
<u>6:30pm</u>	Relaxation YOGA	(Wednesdays)	April 17—May 12	\$25/session/\$5 drop-in (payable to Misty)	Aerobics Room	Misty Marchant
<u>6:30pm</u>	Karate	(T/W)	Ongoing	See Instructor (payable to BRC)	Dance Room	Michael Cofer
<u>7:00pm</u>	Pickle ball	(Wednesdays)	Ongoing	Free	BRC gym	Everyone

FRIDAYS

<u>8:30am</u>	Water Aerobics	(MWF)	Ongoing	\$1/class (payable to BRC)	Indoor Pool	
<u>10:00am</u>	Pickleball	(Friday)	Ongoing	Free	BRC gym	Everyone





FITNESS CLASS DESCRIPTIONS

Burlington Recreation Center
620-364-8484
1110 Shea St, Burlington KS 66839
www.burlingtonrec.com



RELAXATION YOGA w/ MISTY

Join this yoga class to learn basic yoga postures and proper alignment. Contact Misty @ 364-6193 with questions.

INSTRUCTOR: Misty Marchant
FEE: \$25/session/\$5 drop in (payable to Misty)

WATER AEROBICS

Water workouts are easy on your joints! They are also fun, social, and a great way to gain fitness and flexibility. This is a class for ALL levels of fitness. You are encouraged to work at your own pace.

INSTRUCTOR:
FEE: \$1/class (payable to BRC)

EVENING AQUA WITH LYLLIAN

Tone & sculpt your body with no impact to your joints. This Tues/Thurs outside aqua class will be a blend of cardio & resistance training using noodles & water weights. Any fitness level can benefit from this class.

INSTRUCTOR: Lyllian Cheever
FEE: \$25/session (payable to BRC)

PICKLEBALL

Pickleball is a combination of tennis, badminton and ping-pong and is something all ages can play! The rules are simple, the game is easy to learn, and you can have fun playing immediately! Stop by and give it a try!

WHERE: BRC Gym
FEE: FREE

VINYASA FLOW YOGA

Try this new hour long class of asanas or poses to increase strength, mobility & stability all being connected by breath. It helps create a mind/body connections while releasing negative energies.

INSTRUCTOR: Darla Dale
FEE: \$75/session/\$10 drop-in
(Payable to Darla)

BOOT(Y) CAMP

Get a full body workout using weights as well as incorporating cardio.

INSTRUCTOR: Misty Marchant
FEE: \$50/session/\$5 drop-in (payable to Misty)

CHAIR AEROBICS

Chair aerobics is an alternative way to exercise when you can't stand up and workout. It is excellent for those with limited mobility, recovering from an injury or for those just wanting to try something different.

INSTRUCTOR: Salli Stewart
FEE: \$25/session (payable to BRC)

NOON YOGA

Lunchtime yoga will be a slower paced class focusing on stretching and proper alignments. (payable to BRC)

INSTRUCTOR: Sarah Stockwell
FEE: \$30/month/ \$5 drop-in

DEEP WATER AEROBICS

This evening outdoor pool class will be held by Aquatics Director Justin Logan. Join him in the pool for some deep water aerobics and to get a great water workout.

INSTRUCTOR: Justin Logan
FEE: \$25/session; \$3 drop-in (payable to BRC)

KARATE

OKINAWAN KARATE, TOMIKI-RYU AIIDO

Learn traditional forms of katas, blocks, and kicks. Learn and gain balance, self-discipline, confidence, and endurance. This class is for ages 6-adult. Private lessons also available.

INSTRUCTOR: Sensei Cofer
FEE: See Instructor, (Payable to BRC)

WOW Women On Weights

Women On Weights is a great resistance class to create a lean body. Exercises will focus on strength for your upper body and high reps for lower body. All fitness levels are encouraged to attend this class. Call Darla @ 364-9638 to register

INSTRUCTOR: Darla Dale
FEE: \$55/session/\$6 drop in (pay to Darla)