

FALL FITNESS OPTIONS

Burlington Recreation Center
620-364-8484—www.burlingtonrec.com
Updated August 2021



MONDAYS

<u>8:30am</u>	Water Aerobics	(MWF)	Ongoing	\$1/class (payable to BRC)	Indoor Pool	Jayne Dunlop
<u>11:00am</u>	Chair Aerobics	(M/TH)	Sept 20-Dec 9	\$25/Session \$3 drop-in (Payable to BRC)	Aerobics Room	Salli Stewart
<u>1:30pm</u>	Aquatics for Arthritis	(M/W)	Oct 4-Nov 17	\$15/Session \$3 drop-in (Payable to BRC)	Indoor Pool	Justin Logan
<u>5:15pm</u>	Evening Aqua	(M/W)	Sept 13-Nov 17	\$40/Session \$3 drop-in (Payable to BRC)	Indoor Pool	Monica Humphrey
<u>5:30pm</u>	Gentle Yoga	(Mondays)	Sept 13-Oct 18	\$50/Session \$10 drop-in (Payable to Darla)	Aerobics Room	Darla Dale

TUESDAYS/THURSDAYS

<u>6:15am</u>	Deep Water Aerobics	(T/TH)	Sept 28-Nov 4	\$20/session \$3 drop-in (payable to BRC)	Indoor Pool	Justin Logan
<u>8:00am</u>	WOW	(T/TH)	Sept 17-Oct 14	\$65/Session \$10 drop-in (Payable to Darla)	Aerobics Room	Darla Dale
<u>10:00am</u>	Pickle ball	(Tuesdays)	Ongoing	Free	BRC gym	Everyone
<u>11:00am</u>	Chair Aerobics	(M/TH)	Sept 20-Dec 9	\$25/Session \$3 drop-in (Payable to BRC)	Aerobics Room	Salli Stewart
<u>12:15pm</u>	Noon YOGA	(T/TH)	Monthly Sessions	\$30/month \$5 drop-in (payable to BRC)	Aerobics Room	Sarah Stockwell
<u>5:30pm</u>	Weights w/ Misty	(T/TH)	Sept 7-Oct 14	\$50/Session \$5 drop-in (Payable to Misty)	Dance/Aerobics Rm	Misty Marchant
<u>6:30pm</u>	Karate	(T/W)	Ongoing	\$40/mo \$120/quarter (payable to BRC)	Aerobics Room	Michael Cofer
<u>7:00pm</u>	Pickle ball	(Tuesdays)	Ongoing	Free	BRC gym	Everyone

WEDNESDAYS

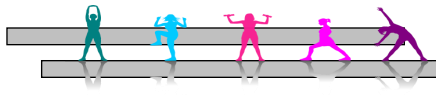
<u>8:30am</u>	Water Aerobics	(MWF)	Ongoing	\$1/class (payable to BRC)	Indoor Pool	Jayne Dunlop
<u>1:30pm</u>	Aquatics for Arthritis	(M/W)	Oct 4-Nov 17	\$25/session \$3 drop-in (payable to Melissa)	Indoor Pool	Justin Logan
<u>5:15pm</u>	Evening Aqua	(M/W)	Sept 13-Nov 17	\$40/Session \$3 drop-in (Payable to BRC)	Indoor Pool	Monica Humphrey
<u>5:30pm</u>	Vinyasa Flow Yoga	(Wednesdays)	Sept 8-Oct 13	\$50/session/\$10 drop-in (payable to Darla)	Aerobics Room	Darla Dale
<u>6:30pm</u>	Karate	(T/W)	Ongoing	\$40/mo \$120/quarter (payable to BRC)	Aerobics Room	Michael Cofer

FRIDAYS

<u>8:30am</u>	Water Aerobics	(MWF)	Ongoing	\$1/class (payable to BRC)	Indoor Pool	Jayne Dunlop
---------------	----------------	-------	---------	----------------------------	-------------	--------------

Misty 620-364-6193 Darla 620-364- 9638 Salli 620-364-8484 Sarah 620-364-6453 Sensi Cofer 913-683-0072





FITNESS CLASS DESCRIPTIONS

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



WEIGHTS WITH MISTY

Get a full body workout using dumbbells. Learn basic strength training moves that you can incorporate into your fitness routine.

Questions or to register contact Misty Marchant @ 620.364.6193

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.

Questions or to register contact BRC @ 620.364.8484

EVENING AQUA

Give aqua aerobics a try at this evening class with Monica Humphrey. Working out in the water is a great way to build strength and endurance while putting less stress on your joints and muscles.

Questions or to register contact BRC @ 620.364.8484

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! They play most days at 10am if they have enough people and every Tuesday at 7:00pm. Stop by and give it a try!

FREE and played in BRC Gym

NOON YOGA

Lunchtime yoga will be a slower paced class focusing on stretching and proper alignments.

Questions or to register contact Sarah Stockwell @ 620.364.6453

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.

Questions or to register contact Salli Stewart @ 620.364.8484

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.

Questions or to register contact Sensi Cofer @ 913.683.0072

DEEP WATER AEROBICS

This is a Tuesday/Thursday morning class which will be led by Justin. Join him in the pool for some deep water aerobics and to get a great water workout!

Questions or to register contact BRC @ 620.364.8484

VINYASA FLOW YOGA

This style of yoga melds breathing with poses as you move with control & focus tying body to mind. Pre-registration deadline is August 30.

Questions or to register contact Darla Dale @ 620.364.9638

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.

Questions or to register contact Darla Dale @ 620.364.9638

GENTLE YOGA

A gentle relaxing yoga sequence with focus on breath & letting go. This is a great way to wind down at the end of your Monday.

Questions or to register contact Darla Dale @ 620.364.9638

AQUATICS FOR ARTHRITIS

This Arthritis Foundation Aquatic Program is designed to reduce fatigue, pain and stiffness and improve mobility, muscle strength, and coordination. The course will be led by instructor, Justin Logan.

Questions or to register contact BRC @ 620.364.8484

