

WINTER ADULT REDFORD TOWNSHIP LEISURE SERVICES CLASSES



12121
Hemingway
Redford MI
48239

387-2650
*All ages are
16 & older unless
otherwise noted*

Fit Ball Workout

The ball is used to boost the intensity and effectiveness of classic exercises. It is also used for pure cardio and toning. You get a strong focus on balance and building core strength. But you'll also work on your entire body with moves from classic overhead presses and ab curls.

Items required for class: Stability ball

Mondays 6-7pm 8 weeks \$40
January 30-March 26, 2012
(No class 2/20)

Kickboxing Aerobics

Belinda combines low-impact aerobic favorites with kickboxing moves. It's a non-stop fat burner designed to keep you physically challenged. Each combo starts with familiar, large-muscle group moves like repeaters, jogs and jumping jacks. That's followed by explosive bursts of kickboxing: squat thrusts, jump lunges and side kicks. It's all driven by Belinda's contagious energy and great music.

Items required for class: Exercise mat

Mondays 7-8pm 8 weeks \$40
January 30-March 26, 2012
(No class 2/20)

Zumba® w/Elements of Exercise

Zumba® is a fusion of Latin and International music-dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba® utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. Dance your way to fit. Join the Party...Ditch the workout!

Free class January 24, 2012

Tuesdays OR Thursdays (new day)
6-7pm 10 weeks \$60 (\$10 Drop in space permitting)
Tues: January 31-April 10, 2012 (no class 2/7)
Thurs: February 2-April 12, 2012 (no class 2/9)

Lean and Mean Kettlebell Class w/Elements of Exercise

Kettlebells are the hottest fitness trend today! Kettlebells resemble cannon ball shaped weights with a handle on top. In Kettlebell training you target every aspect of fitness using functional movements. Training with Kettlebells you will gain tighter legs, glutes, backs, arms and abdominals. It is the ultimate core workout, while developing your cardiovascular conditioning, power, stability, flexibility, balance and agility. This is truly a total body workout! Focusing on form and technique, the Kettlebell class will work on foundation exercises like the swing, clean and press, snatch, as well as some great combinations, guaranteed to burn fat and build muscle. Our unique approach makes the class challenging but flexible enough for individuals of all fitness levels. In combination with plyometrics, body weight exercises and other drills, you will get lean in no time!

*Kettlebell needed for class: Women 5-10lb recommended and men 10-20lb recommended.

Tuesdays 7-8pm 10 weeks
\$60 (\$10 drop in space permitted)
January 31- April 10, 2012 (no class 2/7)

Belly Dancing w/Abida

Join us to learn the ancient art of belly dance! All fitness levels welcome- no experience necessary!

January 24- March 13, 2012

Cardio Belly Dance

We will use authentic belly dance moves to tone and strengthen our legs, arms, core and uns. Gently increase heart rate to burn calories and boost metabolism!

Tuesdays 6-7pm 8 weeks

Belly Dance Technique

We will focus on improving basic and advanced techniques for performance quality. Moves will be broken down in detail and variations explored. We will learn a choreographed dance to practice and perform at home. Beginners may benefit from taking in combination with "Cardio Belly Dance".

Tuesdays 7-8pm 8 weeks
Fee: \$45/cardio \$45/Technique OR \$75/Both

Total Stretch and Relax

The Total Stretch & Relax class includes three separate stretch styles: standing, seated in a chair and lying down. You'll stretch every muscle from multiple positions and angles. They're designed to lengthen your muscles, increase flexibility and open you joints.

Items required for class: Exercise mat

Wednesdays 6-7pm 8 weeks \$40
February 1- March 21, 2012

Total Body Sculpting with Weights

A straight forward program totally focused on upper and lower body-toning with the use of dumbbells and resistance bands. The instructor uses every possible variation of proven body-sculpting moves (squats: regular, pulsing, push-ups and ab curls). You'll get maximum results in minimum time by working multiple muscle groups at once (lunges and bicep rows). The cueing is friendly and easy to follow.

Wednesdays 7-8pm 8 weeks \$40
February 1-March 21, 2012

Pilates-Yoga Fusion w/Elements of Exercise

Pilates-Yoga Fusion offers a unique blend of Pilates and Yoga. Through this invigorating workout, you will learn to utilize your "powerhouse" while including a series of postures and breathing exercises practiced to achieve control of the body, mind and breath. The aforementioned skills promote good health, strength, flexibility and tranquility. This program offers exercise progressions that cater to all fitness levels.

Free class January 25, 2012

Wednesdays 6-7pm 10 weeks
\$60 (\$10 drop in space permitting)
February 1- April 4, 2012

Take any two Elements of Exercise classes and receive a \$10 discount

Office Hours:
M-F 8:30am-4:30pm
We accept cash, Visa, MasterCard, Discover and checks made payable to "Redford Township"
Due to class minimums, everyone must register and pay at least one week prior to the first class.

Refund Policy: There are no refunds on any special events or one-day classes. Also, no refunds will be given after the second scheduled class. An administrative fee of \$10 will be withheld on all refunds plus the prorated cost of the first class. Only classes canceled by Leisure Services will be refunded in full. A \$20 additional fee will be charged on all checks returned for insufficient funds. Payment for insufficient funds must be paid in full by cash only.

Redford Leisure Services Adult Winter Classes

Zumba® Gold w/ Elements of Exercise

Gold takes our ZUMBA® basic program and makes it accessible to active older adults, de-conditioned individuals, and those recovering from injuries. Zumba® is a fusion of Latin and International music-dance themes that create a dynamic, exciting, effective fitness system! Zumba Gold class is given standing and seated. It incorporates fun music and Latin and international dance rhythms. It's a great way to give more excitement to your workout. Great for all Fitness Levels!

*Free class January 25, 2012

**Wednesdays 9:30-10:15am 10 weeks \$50 (\$8 drop in space permitting)
February 1- April 4, 2012**

Intermediate/Advanced Co-Ed Volleyball (Ages 18 & up)

If you are looking for a great place to play competitive volleyball with friends on a weekly basis this is the place for you. Participants will be divided each week into teams depending on the number of people attending.

***PLEASE NOTE, this group is designed only for the
intermediate to advanced skill level only***

Wednesdays 7:30-9:30pm 11 weeks \$30

January 25- April 18, 2012 (no class 2/22 & 4/11)

*Classes held at Beech Elementary (formerly Pearson Education Center)

R.I.P.P.E.D w/ Elements of Exercise- The One Stop Body Shock™

This class is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. Thus regular R.I.P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes (based on two years of data collection from heart rate monitors and doFit exerspy of students taking R.I.P.P.E.D. classes). This total body high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D.—Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

Free Class January 26, 2012

**Thursdays 7:00-8:00pm 10 weeks \$60 (\$10 drop in space permitting)
February 2- April 12, 2012 (no class 2/9)**

Line Dancing III

Exercise to the most popular line dancing steps. Styles will include the hustle, cha cha, swing, salsa, country and more. Each week participants will learn a different style of dance. There is no better way to exercise than dance to your favorite music while burning calories and having fun! In this class you will be dancing to up Tempo faster music to the top 10 dances.

Thursdays 6-7pm 5 weeks \$25

Winter Session I: February 2- March 8, 2012 (no 2/23)

Winter Session II: March 22- April 26, 2012 (no 4/12)

Classes held at Beech Elementary, formerly Pearson Education Center

(313) 387-2650 www.redfordtwpparksandrec.com

Ballroom Dancing

So you want to learn like dancing with the stars? Now is your chance, join us for a night of fun. This class will teach the basic fundamentals of dancing you can use at any occasion or just for fun. Participants will learn specified dances, beat recognition, how to lead and follow properly and have a night out for fun. This class is for both the beginner and experienced.

PARTNERS ARE NEEDED FOR THIS CLASS

Thursdays 7-9pm 5 Weeks \$60/couple

Winter Session I: February 2- March 8, 2012 (no 2/23) Cha Cha & Lindy Dances

Winter Session II: March 22- April 26, 2012 (no 4/12) Polka & Samba Dances

Drop in Ballroom Dancing

Come and join our drop in ballroom dancing every Tuesday beginning January 31, 2012 for loads of fun and basics of ballroom.

Every Tuesday 10am-Noon Beginning January 31, 2012 \$5/drop in

Yoga

This class is designed for both beginning and intermediate students. Our experienced instructor has been teaching in Redford for over 10 years and will work with students for a full body workout. All students are welcome, please come to class with a yoga mat, neck tie and/or towel.

Saturdays 9:30-10:45am 10 weeks \$60

January 21- March 24, 2012

Training Series by Bonnie

Circuit Training

Start the New Year with this challenging co-ed class. Circuit training burns a high amount of calories in a short amount of time by keeping the heart rate elevated after the cardio stations and throughout the weight lifting stations. You will use a variety of equipment to work your entire body which will propel you to your next fitness level.

Thursdays 6-7:15pm 5 Weeks

\$50 new participants/ \$40 returning participants*

Must have taken 2011 Weightroom & Endurance to receive discount

Discount Rate: Bring a NEW friend and YOU pay \$35 (friend pays \$50) or Two newbies sign up together and pay only \$95.

2011-2012 Detroit Red Wings and Redford Leisure Services Partnership

Take advantage of special discounted tickets for selected games below. For every ticket sold the Red Wings Organization will donate a part of the proceeds to Redford Leisure Services.

Seating: Sections 201-204,225-228 & 211-218

Premium Seating: Rows 5-12 General Seating: Rows 13-25

Red Wings vs. St. Louis Blues: Tues Dec 27th 7:30pm

MRPA tickets: \$25 general seating or \$40 premium seating

Red Wings vs. Columbus Blue Jackets: Sat January 21st 7:00pm

MRPA tickets: \$30 general seating or \$45 premium seating

Red Wings vs. Anaheim Ducks: Fri February 10th 7:30pm

MRPA tickets: \$30 general seating or \$45 premium seating

Red Wings vs. Columbus Blue Jackets: Mon March 26th 7:30pm

MRPA tickets: \$30 general seating or \$45 premium seating

Red Wings vs. Florida Panthers: Sun April 1st 4:00pm

MRPA tickets: \$30 general seating or \$45 premium seating

For questions or to purchase tickets please call: Clark Rowekamp at (313) 394-7546

Purchase online at: www.DetroitRedWings.com/redford

