

FOREST LAKES FITNESS CLASS SCHEDULE

JANUARY 2012

GENERAL FITNESS

Tuesday/Thursday

9:00 - 10:00 am Women's
Strength &
Conditioning

8:00 - 9:00pm Building Better
Bodies for Women

VARIOUS TIMES

Workout with Missy
See Reverse for Details

ZUMBA!

January Classes with Cindy Parnell

Sundays 4:00pm
Tuesdays 6:30pm
Thursdays 6:30pm

January Classes with Jennifer Pinnata

Mondays 7:30pm-8:30pm
Thursdays 1:15pm – 2:15pm

*See reverse for contact and pricing info for
all Zumba classes*

NIA

Fridays

10:00 - 11:00am All levels

YOGA +

Monday & Wednesday

9:15am-10:15am 30/30 option:
30 minutes Kettlebells
30 minutes deep core
Training inspired by
Yoga/Pilates

6:15 pm-7:15pm Tech and Flow I

Wednesday

5:30 – 6:00pm Kettlebells

Saturday

7:45 – 8:45am Tech and Flow II

CORE BARRE

Monday/Thursday 5:00pm

See reverse for contact and pricing info.

TABLE TENNIS

Saturday

9:00-10:30 am Womens' Drop In
3:00 – 5:00pm Mens' Drop In

The Forest Lakes Fitness Center is located at the South Pool area, 1650 Ashwood Boulevard. It is open to all Forest Lakes residents 7 days per week, 24 hours a day. Key access cards are assigned to each home. Please remember that children under 12 years old are not permitted to use the fitness center equipment and are not allowed in the gym. Children ages 12-15 may use the equipment ONLY if being directly supervised by a parent or adult. Youth ages 16-18 may use the equipment independently provided they follow posted policies. Please respect the equipment and fellow gym patrons. Thank you for your cooperation.

GENERAL FITNESS

For Building Better Bodies for Women, contact personal trainer Patty Mouring at 806-8408 to get started.

For the Strength and Conditioning class, contact ACE certified personal trainer Randi Marshall at 960-1168 or email her at srmarshall31@embarqmail.com. An exercise ball is required.

WORKOUT WITH MISSY

ACE Certified Personal Trainer, Missy Kent is offering one-on-one and small group training at the Forest Lakes Fitness Center. Missy can give you a personal "Equipment 101" session to teach you how to use the fitness equipment correctly and maximize your workouts. Or if you prefer, she offers personal training in the small exercise room and/or equipment room. Get more out of your workout with effective exercises and burn more calories by cross-training. Start the new year out right with Missy!

Contact Missy by email,
Missy@workoutwithmissy.com
Website: www.workoutwithmissy.com

YOGA+

Tech and Flow I – Moderate flow of yoga poses concentrating on alignment and technique. Fifteen minutes of Kettlebells at beginning of class.

Tech and Flow II – Continuation of Tech and Flow I with deeper work in the poses.

Kettlebells – 30 minutes of invigorating bone building and aerobic work using technical alignment with a combo of the old Russian-style method and its Westernization.

30/30 option – 30 minutes of Kettlebells as described above followed by 30 minutes of deep core training. Opt to take either 30 minute segment or both for the full hour.

Please call Karen @ 962-2208 for more information and to pre-register. Please click on the Recreation link on the Forest Lakes website for pricing.

NIA

Nia is fun fusion fitness combining movements and concepts from Jazz, Modern Dance, Tai Chi, Tae Kwon Do, Aikido, Yoga and other movement forms. Enjoy the music and sound you and the class make! Cost: \$40 for 4 classes. For more information or to register call Antje at 296-5909 or email her at antjekohrshsd@earthlink.net.

ZUMBA!

The Latin-inspired easy-to-follow, dance fitness workout uses all the major muscle groups in a high energy cardio blast that leaves all participants invigorated, refreshed and full of life. Zumba classes feature exotic rhythms like salsa, merengue, cumbia and calypso set to Latin beats and international rhythms such as Latin hip hop, reggaeton, and bellydance. No previous dance experience is necessary. Whether this is your first-ever dance class or if you already know all the moves, you are guaranteed to have an exhilarating workout.

To register with Cindy Parnell email her at cindyparnell@gmail.com or call 975-4582.

To register with Jennifer Pinnata, email her at forestlakeszumba@gmail.com or call her at: 973-9285 or 631-664-8033.

CORE BARRE

Core Barre is a high energy, low impact, fat burning workout. Its focus is on intensive movements that sculpt the thighs, tone and firm the glutes, flatten the abdominals and define the arms. Focused and isolated stretching to lengthen, tone and increase joint flexibility compliments a total body workout. It incorporates current principles of pilates, ballet and general fitness concepts and is available to all fitness levels for those that safely want to change their appearance and have fun doing so. Classes are 55 minutes long, First Class is Free! Individual classes Are \$20, 10 pack for \$180. First 10 pack purchased is \$150. No experience is necessary. For more information, contact Suzette Buck at 531.8596 or playtolearn@earthlink.net.

TABLE TENNIS

How are you planning on keeping actively engaged through the winter months this year? How about coming out to play some round robin ping pong in the Forest Lakes South Exercise Facility. Two ping pong tables will be set up in the "community room" every Saturday, starting Jan. 7th, so that the residents of Forest Lakes can drop in and enjoy some fun table tennis, meet and socialize with new neighbors, get some exercise and starts their weekend off right. You don't need to be a ping pong champion to play. Adults of all skill levels welcome. Women's drop in session will be from 9 am - 10:30 am, Men's Drop in session will be from 3pm- 5pm. Just come on out and enjoy the fun. If you have questions, please contact Christine Shaw at cshaw41@yahoo.com or Mike Shaw at tennisshaw@yahoo.com