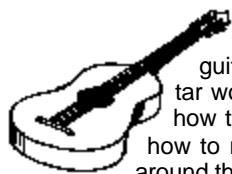


YOUTH / SPECIAL NEEDS

INTRODUCTION TO GUITAR



tar.

Are you interested in learning the basics of guitar playing? Participants will learn how the guitar works, how to play chords, how to play melody, how to play with others, different guitar techniques, how to read music, and basic music theory centered around the guitar. **Students must bring their own guitar.**

Grades 6 - 12, Tuesdays, October 7 - December 2 (not Nov. 11), 7:00 - 8:00 p.m., \$61 (8 weeks), Recreation Meeting Room, Activity # 141001-A, Instructor: Brian Grzelak

GUITAR LEVEL 2

This class is for students who have taken Introduction to Guitar and/or students who understand the basics of guitar. We will focus on playing songs, scales, advanced chords, gaining speed, and building more advanced techniques. We will also work on strengthening your music reading skills. This class can help you have fun with your guitar and give you the tools to start learning your favorite songs. **Students must bring their own guitar.**

Grades 6 - 12, Wednesdays, October 8 - December 3 (not Nov. 26), 7:00 - 8:00 p.m., \$74 (8 weeks), Recreation Meeting Room, Activity # 141111-A, Instructor: Brian Grzelak



NEW

MIXED MARTIAL ARTS

Train like a UFC fighter! Mixed martial arts is an intense and evolving sport that includes jiu-jitsu, judo, karate, boxing, kick-boxing, wrestling and other strategic and tactical practices. UFC competitors are among the best-trained and conditioned athletes in the world. This class has it all! Equipment will be provided.

Ages 16 and up, Mondays, September 15 - December 8, 8:00 - 9:00 p.m., \$159 (13 weeks), Location: Steve Nugent's Institute, 160 Cambridge Street, Instructor: Steve Nugent and staff

BROCHURE MAILED EACH SEASON

Recreation Department program brochures are mailed to residents in August, November, February and May. It is a good idea to keep your copy of the brochure after you have registered for programs so that you can refer to it for class dates, times, locations, and other important information.

SPECIAL NEEDS SPORTS

The Recreation Department and several volunteers are offering street hockey, basketball, and softball for special needs adults who live in Burlington and neighboring communities.

The street hockey program is offered in the fall; basketball is held in a school gym during the winter months; and Special Olympics softball will be offered in the spring and summer.

Please contact the Recreation Department if you are interested in any of these special needs sports programs.

STREET HOCKEY

(Special Needs Adults)

For the third year, a street hockey program, organized by volunteers, will be offered for adults with special needs. The program will be held one evening per week in the fall.

Each 90-minute session will feature 45 minutes of skill development followed by a 45-minute no-checking game with a referee. Players will learn to shoot, pass, and carry the ball up and down the rink. Offensive and defensive strategies will be taught.

Participants will be responsible for providing their own equipment. Mandatory equipment includes: street hockey stick, elbow pads, gloves, helmet with shield, knee pads, and sneakers.

Age 18 and up, Tuesdays, September 9 - October 21, 6:30 - 8:00 p.m., \$15 (includes game jersey), Marshall Middle School sports complex, Floyd Street (route 129), Billerica, Instructors: Jim O'Neill, Dave O'Neill, Mike O'Neill, Activity #122509-A

SPECTACULAR SATURDAYS

(Special Needs Adults)

Again we will be offering our full day of activities on Saturdays for adults and young adults with special needs. Karate, bowling and creative programs such as art and drama are scheduled for this year. Don't forget our ever-popular Kitchen Science component where participants create weekly menus and help to prepare a great lunch for all.

A separate brochure and registration form will be available. Please contact the Recreation Department for details.

Spectacular Saturdays will be directed by Lydia Brown.

OUT AND ABOUT (Special Needs Adults)

Our popular summer evening program for adults with special needs will be continuing through the year! We will see movies, dine out, attend sports events, musical performances and local theater events. We will meet twice per month on Friday evenings and occasionally on Thursday evenings. A calendar of events will be available. Sign up for them all or select the outings of interest! Please contact the Recreation Department for details.

Out and About will be directed by Lydia Brown.

ADULT SPORTS / FITNESS

CLUB 55 +

The Recreation Department Club 55+ Program Committee has announced the following program schedule for active senior citizens. Most programs are ongoing; others start in September.

ACTIVITY	DAY	TIME
Ice Skating	Mon. - Thurs. (Sept.)	12:00 - 1:20 p.m.
Walking	Mon. - Fri.	8:00 a.m.
Bowling	Tuesdays (Sept.)	10:00 a.m.
Swimming	(Call for schedule)	
Golf	(Now - October)	
Bocce	(Now - October)	
Horseshoes	(Now - October)	
Tennis	(Now - October)	

Most activities are free, and those that require a fee will be on a pay-as-you-attend basis. Please call the Recreation Department to register and become a Club 55+ member. For more information call 781-270-1695, Monday through Friday, 8:30 a.m. - 4:30 p.m.

SENIOR STRENGTH AND STRETCH

Seniors, it is never too late to build muscle! Strength training is very important in maintaining lean body mass, HDL levels, bone density, and allowing you to keep doing the things you enjoy. Join us for this class designed for seniors to work major muscle groups, work on balance and posture, as well as flexibility. Please bring weights and wear sneakers and comfortable clothing.

Seniors, Fridays, October 3 - December 19 (not Nov. 28), 10:00 - 10:45 a.m., \$26 (11 weeks), Recreation Center Gym, Activity # 111807-A, Instructor: Trish Marfione and Alison Gnerre

PICK-UP BASKETBALL

Moderately competitive pick-up basketball games for adults who live or work in Burlington. Locker and shower facilities are provided.

Adults, Sundays, October 5 - December 14 (not Oct. 12, Nov. 30), 5:00 - 7:00 p.m., \$25 residents / \$35 non-residents, Recreation Center Gym, Activity # 111933-A

LUNCH-HOUR BASKETBALL

Moderately competitive pick-up basketball games for adults who live or work in Burlington. Guests are welcome to play on a space-available basis. Registrations are accepted year 'round, and the fee is reduced quarterly for late registrants. Locker and shower facilities are provided. Players should bring a light-colored and a dark-colored shirt each day

Adults, Monday, Wednesday, Friday, 12:00 - 1:30 p.m. \$52 annual registration, Recreation Center Gym, Activity # 510803-A

VOLLEYBALL

Enjoy the friendly competition of "pick-up" volleyball games. Please wear sneakers.

Adults, Mondays, September 29 - December 15 (not Oct. 13), 8:15 - 10:15 pm, \$26 (11 weeks), Recreation Center Gym, Activity # 110703-A

ADULT GOLF (9 holes)

The Recreation Department, in conjunction with Swanson Meadows Golf Course, is offering golf June - September. This program is designed so that you only pay if you play. A \$3 fee is required upon registration. **Swanson Meadows Golf Course** is a 2243-yard, nine-hole executive course located in North Billerica.

**September - Closing
8:00 a.m. - 2:00 p.m.**

DAY	FEE	ACTIVITY #
Monday - Friday	\$16 / Time	110673-A
Saturday	\$20 / Time	110673-B



ADULT GOLF LESSONS (Golf School II)

Golf lessons will include five 1-hour lessons. Short game will include chipping, club selection, putting, green etiquette and two review lessons.

September 13 - October 11

DAY	TIME	ACTIVITY #
Saturdays	10:00 a.m. - 11:00 a.m.	110663-A

September 17 - October 15

DAY	TIME	ACTIVITY #
Wednesdays	5:30 - 6:30 p.m.	110663-B

Adults (all abilities), \$143 (5 lessons), Location: Billerica Country Club, Instructors: Barrie Bruce Golf School

ADULT OUTDOOR SOCCER

Moderately competitive pick-up soccer games for adults who live or work in Burlington. Please bring a light and dark colored shirt in order to differentiate teams.

Adults, Sundays, September 7 - November 16 (not Oct. 12), 5:00 - 7:00 p.m., \$22 (10 weeks), Location: Francis Wyman, Activity # 114503-A

Time Change: 4:00 - 6:00 p.m. beginning October 5

ADULT SPORTS / FITNESS

ADULT INDOOR SOCCER

Moderately competitive pick-up soccer games for adults who live or work in Burlington. Please bring a light and dark colored shirt in order to differentiate teams.

Adults, Sundays, November 23 - April 26 (not Nov. 30, Dec. 21, 28, Jan. 18, Feb. 15, April 12, 19), 7:00 - 9:00 p.m., \$67 (16 weeks), Location: Francis Wyman School, Activity # 214503-A

WALKING AND CYCLING ADVENTURES

Short walking and cycling adventures for adults will be offered by Burlington residents, Lee and Bob Evans, through their Get Up 'N Go Adventures program. Both are certified by the League of American Bicyclists as cycling instructors. All participants in cycling programs must wear ANSA approved helmets and ride either hybrid or mountain bikes in good working condition. Routes are not appropriate for child carriers or tag-a-longs. Only Burlington residents may sign up through the Recreation Department and receive the special discounted rates. Programs begin the week of September 12 and run for eight weeks. For more information, please visit www.getupngoventures.com.

Fall Walking and Cycling Adventures

**Soft Sole'n (easy walking adventures)
Wednesdays, \$54, Activity # 116503-A**

**Sole Search'n (intermediate walking adventures)
Wednesdays, \$86, Activity # 116603-A**

**Soft Spoke'n (relaxed and social bicycling adventures)
Tuesdays, \$86, Activity # 116703-A**

**Out Spoke'n (intermediate bicycling adventures)
Tuesdays, \$86, Activity # 116903-A
Fridays, \$86, Activity # 116903-B**

**Super Spoke'n (advanced bicycling adventures)
(Wellesley, Wayland, Weston area)
Register directly with Get Up 'n Go Adventures**

CARDIO KICK-BOXING

A great cardiovascular and muscle-strengthening class, using techniques of professional kick-boxers. You will use speed bags, heavy bags, wave masters, jump ropes, and focus mitts. This is a great weight loss and toning class. Be prepared to sweat!

Adults, Wednesdays, October 1 - December 31 (not Dec. 24), 7:00 - 7:45 p.m., \$81 (13 weeks), Activity # 111403-A, Location: Steve Nugent's Institute, 160 Cambridge Street, Instructor: Steve Nugent and staff

ADULT SELF-DEFENSE

(Steve Nugent's Institute)

Learn simple yet effective ways to defend yourself. No need to be in shape, this class is designed to work for anyone. Please wear comfortable clothes without zippers.

Adults, Saturday, December 13, 2:30 - 3:30 p.m., \$15, Activity # 113703-A, Location: Steve Nugent's Institute, 160 Cambridge Street, Instructor: Steve Nugent and staff

NEW

FITNESS FUSION

Mix it up with a combination of cardio, strength training, and core conditioning. Cardio includes a mix of hi/low, cardio ball, and cardio kick boxing. Strength and core work uses free weights, stability ball, tubes, bands, and discs. Focus is on proper form and execution of movement. Bring a mat, an appropriately sized stability ball (please refer to chart), mat, hand weights, and water.

Adults, Saturdays, October 4 - December 20 (not Oct. 11), 7:45 - 9:15 a.m., \$35 (11 weeks), Recreation Center Gym, Activity # 111503-A, Instructor: Alison Gnerre

FIT CLUB

Fit Club offers participants an opportunity to pay one discounted fee and attend an unlimited number of classes in a variety of Recreation Department fitness programs. Please contact the Recreation Department for an up-to-date list of classes included. The Pilates, Piloga with Gliding, Cardio-kickboxing, Fit Firm & Fun, and all Yoga classes are not included in this offer.

Adults, October- December, \$100, Activity # 118003-A, Recreation Center

CARDIO MUSCLE MADNESS

This class is a combination of cardio and muscle work. It is a class dedicated to sculpting and targeting those troublesome zones using weights, medicine balls, dyna-bands, and jump ropes. This unique combination will sculpt your physique to perfection.

September 22 - December 15 (not Oct. 13)

DAY	TIME	ACTIVITY#
Mondays	4:15 - 5:15 p.m.	116803-A

September 24 - December 17 (not Nov. 26)

DAY	TIME	ACTIVITY#
Wednesdays	4:15 - 5:15 p.m.	116803-B

Adults, \$40 (12 weeks), Recreation Center Gym, Instructor: Michelle Flaherty

BOOT CAMP

Campers will combine drill-like calisthenics with strength-building muscle conditioning. This combo creates an intense, fast-paced work-out. What makes Boot Camp suitable for everyone is that modifications can be made to change the intensity. Since the moves are simple, it's even appropriate for those with two left feet. Please bring along a set of hand weights, mat, a stability ball and water.

Adults, Wednesdays, September 10 - December 17, 5:45 - 6:45 a.m., \$49 (15 weeks), Activity # 110093-A, Recreation Center Gym, Instructor: Julie Conley

NEW

ADULT FITNESS

The Recreation Department's exercise classes provide workouts geared to strengthening and tightening up for men and women (ages 16 and up) of all fitness levels. Participants should wear sneakers and comfortable clothing, and bring a towel or mat to sit on.

BODY SCULPTING: A muscle conditioning program designed to increase muscular strength and endurance. Develop a shapelier physique and boost your metabolism as you work all the major muscle groups. Participants must provide their own hand-held weights and floor mat.

AEROBICS: Both the A.M. and the low impact aerobics programs offer a great fat-burning cardio-vascular workout. Most classes consist of low impact aerobics, weights (optional) and floor work. Participants must provide their own weights and floor mat. Classes may vary by level of intensity and choreography.

DATES: September 29 - December 20 (not Oct. 13, Nov. 27 & 28)

TITLE	DAY	TIME	ACTIVITY #	LOCATION	FEE
Body Sculpting	Monday	5:30 – 6:10 p.m.	110083-A	Rec. Center	\$11
	Wednesday	5:30 – 6:10 p.m.	110083-B	Rec. Center	\$13
A.M. Aerobics	Monday	8:30 – 9:30 a.m.	110043-A	Rec. Center	\$15
	Wednesday	8:30 – 9:30 a.m.	110043-B	Rec. Center	\$17
	Friday	8:30 – 9:30 a.m.	110043-C	Rec. Center	\$17
Low Impact	Monday*	6:00 – 7:00 p.m.	110013-A	Rec. Center	\$15
	Wednesday*	6:00 – 7:00 p.m.	110013-B	Rec. Center	\$17
Fitness Fusion	Saturday	7:45 – 9:15 a.m.	111503-A	Rec. Center	\$35

Dates vary for the programs listed below. See individual write-ups for details.

TITLE	DAY	TIME	ACTIVITY #	LOCATION	FEE
Cardio Muscle Madness	Monday	4:15 – 5:15 p.m.	116803-A	Rec. Center	\$40
	Wednesday	4:15 – 5:15 p.m.	116803-B	Rec. Center	\$40
Butts & Guts	Tuesday	5:45 – 6:45 a.m.	114303-A	Rec. Center	\$32
	Thursday	5:45 – 6:45 a.m.	114303-B	Rec. Center	\$32
Boot Camp	Wednesday	5:45 – 6:45 a.m.	110093-A	Rec. Center	\$49
Zumba / Cardio Dance	Tuesday	7:00 – 8:00 p.m.	116403-A	Rec. Center	\$40
Fit, Firm & Fun	Monday	7:00 – 8:15 a.m.	110053-A	Rec. Center	\$52
	Thursday	7:00 - 8:15 p.m.	110053-B	Rec. Center	\$52
Stability Ball w/ Yoyalates	Tuesday	12:00 – 1:15 p.m.	118403-A	Rec. Center	\$42
Stability Ball	Wednesday	7:00 – 8:00 p.m.	116203-A	Rec. Center	\$40
Ultimate Stretch	Thursday	5:30 – 6:45 p.m.	117103-A	Funct. Rm 1	\$52
Pilates & Toning	Monday	7:00 – 8:00 p.m.	116303-A	Rec. Center	\$40
Step Interval	Tuesday	6:00 - 7:00 p.m.	110063-A	Rec. Center	\$52

* classes overlap for abdomen and lower back work.

Rec. Center	Burlington Recreation Center Center for Human Services 61 Center Street
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ADULT FITNESS

BUTTS AND GUTS

Need to tone up? This muscle conditioning class will give you everything you need. This is a full hour of total body conditioning, targeting large muscle groups, like abs, glutes, chest, shoulders, quads and, as time permits, working smaller muscles, too. Toning is a great way to take inches off your measurements. You will also improve your posture and feel better. Please bring a mat, a set of weights, water, and a smile. Afraid of the time? Remember that exercising in the morning revs up your metabolism. You'll be burning more calories throughout the day.

September 9 - December 16 (not Nov. 11)

DAY	TIME	ACTIVITY #
Tuesdays	5:45 – 6:45 a.m.	114303-A

September 11 - December 18 (not Nov. 27)

DAY	TIME	ACTIVITY #
Thursdays	5:45 – 6:45 a.m.	114303-B

Adults, \$32 (14 weeks), Recreation Center Gym, Instructor: Julie Conley

ZUMBA / CARDIO DANCE

Spice up your exercise program with Zumba and Cardio Dance. Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do. This class will be an absolute blast in one exhilarating hour of calorie-burning, heart-racing, muscle-pumping, body-energizing movements meant to engage and captivate for life. Zumba has spread like wild-fire, and has positioned itself as the single most influential movement in the industry of fitness.

Adults, Tuesdays, September 23 - December 16 (not Nov. 11), 7:00 - 8:00 p.m., \$40 (12 weeks), Recreation Gym, Activity # 116403-A, Instructor: Penny DePlacido

FIT, FIRM & FUN

Exercise can be fun and accessible to everyone. This class will be like an aerobic class with many dance-like moves. The instructor will break down the moves into simple steps that a beginner can follow. You won't even know you are exercising because you'll be having so much fun. You will be movin' and groovin' the whole time to upbeat dance music, exercising in a way you never have before! You don't need dance experience to join the fun, just energy and a whole lot of attitude!

DAY	TIME	ACTIVITY#
Monday	7:00 - 8:15 a.m.	110053-A
Thursday	7:00 - 8:15 p.m.	110053-B

**Adults, Mondays, Sept. 22 - Dec. 15 (not Oct. 13)
Thursdays, Sept. 25 - Dec. 18 (not Nov. 27), \$52 (12 weeks),
Location: Recreation Center Gym, Instructor: Erin Schroeder**

NEW

STABILITY BALL WITH YOGALATES

Stability ball fitness is an exciting new way to get in shape. It is a fun and versatile class based on the principles of yoga and pilates. The stability ball is an innovative and highly effective approach to getting and staying in shape. The class will include basic stretching and resistance movements that can help you improve strength, coordination, balance and flexibility. Using the stability ball is one of the most effective methods of developing core strength. This class is for beginners up to advanced levels. It will be safe, fun and challenging for everybody. Students must bring their own stability ball.

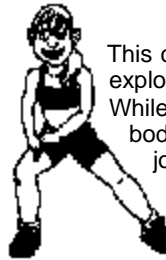
Adults, Tuesdays, September 23 - December 16 (not Nov. 11), 12:00 - 1:15 p.m., \$42 (12 weeks), Recreation Center Gym, Instructor: Joan Howard, Activity # 118403-A

STABILITY BALL

A multi-muscle workout using inner strength to stabilize and tone the body. This class will strengthen your entire body, focusing on balance, stability and core strength. Students must bring their own stability ball and mat.

Adults, Wednesdays, September 24 - December 17 (not Nov. 26), 7:00 - 8:00 p.m., \$40 (12 weeks), Recreation Center Gym, Instructor: Alison Gnerre, Activity # 116203-A

ULTIMATE STRETCH



This class will guide the student through a calm, relaxed exploration of the vast inner landscape of one's being. While connecting to the easy flow of breath through the body we will slowly stretch and lengthen every muscle, joint, and ligament in the body. We will move slowly from the bottom of our feet to the top of our heads. This class will gently open the body and calm the mind. All levels of fitness are welcome. Each participant will move safely at his or her own pace to tone the physical body and relax the mind.

Adults, Thursdays, September 25 - December 18 (not Nov. 27), 5:30 - 6:45 p.m., \$52 (12 weeks), Function Room 1, Activity # 117103-A, Instructor: Joan Howard

NEW

STEP INTERVAL

This class will get you motivated and moving. This cardio-class combines power stepping with intervals of resistance training along with cardio drills on the step to get you sweating. This is the ultimate body shaping, fat burning, and strength training class. Participants must bring their own step.

Adults, Tuesdays, September 30 - December 16 (not Nov. 11), 6:00 - 7:00 p.m., \$52 (12 weeks), Activity # 110063-A, Recreation Gym, Instructor: Michelle Flaherty

PLAY IT SAFE...!

Participants must recognize that all classes of a physical nature involve some risk, and by attending such a class, there is an assumption of risk by the participant. Prior to starting any type of fitness program, it is best to check with your doctor. For your own safety, you need to know your own limitations.

ADULT FITNESS

YOGA QUICK LIST

TITLE	DAY	TIME	ACTIVITY #	LOCATION	INSTRUCTOR
Gentle Yoga	M	9:00 -10:30 a.m.	111223-A	Steve Nugent's Institute	Angela Wasson
	W	5:30 - 7:00 p.m.	111223-B	Function Room 2	Angela Wasson
Yoga	W	7:15 - 8:45 p.m.	111203-A	Function Room 2	Angela Wasson
	W	6:30 - 8:00 p.m.	111203-D	Function Room 1	Caroline Mallard
	Th	9:00 -10:30 a.m.	111203-B	Steve Nugent's Institute	Joan Howard
	Sat.	9:30 -11:00 a.m.	111203-C	Gym	Joan Howard
Piloga with Gliding	M	6:00 - 7:15 p.m.	112213-A	Function Rooms 1 & 2	Joan Howard
Kundalini Yoga	Sun.	6:30 - 7:45 p.m.	111263-A	Function Rooms 1 & 2	Joan Howard



YOGA

Yoga quiets the mind and energizes and aligns the body with a flowing series of postures that stretch and strengthen. Breathing and stretching are combined to challenge and relax the body. Yoga is an ancient practice that greatly reduces the stress of modern life. Wear loose, comfortable clothing and bring a mat, blanket, or large towel.

Instructor: Angela Wasson
Location: Function Room 2

DAY	TIME	ACTIVITY #
*Wednesday	7:15 - 8:45 p.m.	111203-A

Instructor: Caroline Mallard
Location: Function Room 1

DAY	TIME	ACTIVITY #
Wednesday	6:30 - 8:00 p.m.	111203-D

Instructor: Joan Howard
Location: Steve Nugent's Institute

DAY	TIME	ACTIVITY #
Thursday	9:00 - 10:30 a.m.	111203-B

Instructor: Joan Howard
Location: Gym

DAY	TIME	ACTIVITY #
Saturday	9:30 - 11:00 a.m.	111203-C

Adults, \$64 (12 weeks),
Wednesdays, Sept. 24 - Dec. 17 (not Nov. 26),
Thursdays, Sept. 25 - Dec. 18 (not Nov. 27),
Saturdays, Sept. 27 - Dec. 20 (not Oct. 11)

** Experienced Students Only*

GENTLE YOGA

A focus on mild to moderate stretching and muscle strengthening are key to this class. Learn to reduce stress and relax through exercise that will release tension through the mind as well as the body. If you are recuperating from an illness or surgery, if you suffer from chronic back pain, or are just starting out, this class won't overdo you! This is an excellent class if you are a beginner or getting started again. Please bring a mat, blanket or large towel.

Mondays, Sept. 22 - Dec. 15 (not Oct. 13)

TIME	LOCATION	ACTIVITY#
9:00 - 10:30 a.m.	Steve Nugent's Institute	111223-A

Wednesdays, Sept. 24 - Dec. 17 (not Nov. 26)

TIME	LOCATION	ACTIVITY#
5:30 - 7:00 p.m.	Func. Rm. 2	111223-B

Adults, \$64 (12 weeks), Instructor: Angela Wasson

PILOGA WITH GLIDING

This class will offer a unique blend of pilates, yoga, and gliding. Pilates concentrates on strength and power from the core. Yoga focuses on breathing, flexibility, and quieting the mind. Gliding is a cutting-edge mind-body workout. It is a fantastic fusion of yoga and pilates exercises using a small, round, gliding disc. Gliding incorporates smooth, consistent, free-flowing movements that will stretch, strengthen and tone the entire body. Gliding will transform classic yoga and pilates exercises into strong, fluid movements for a very effective workout. These movements will target every single muscle group. Disc will be provided.

Adults, Mondays, September 22 - December 15 (not Oct. 13),
6:00 - 7:15 p.m., \$64 (12 weeks), Function Room 1 and 2,
Activity # 112213-A, Instructor: Joan Howard

ADULT FITNESS

KUNDALINI YOGA

Kundalini yoga is the oldest known yoga practice. It has been practiced for over 7,000 years. The word Kundalini refers to the body's primal energy, which is housed in the spine. Through the practice of Kundalini yoga, one can unlock and tap into the body's energy, raising it from the base of the spine to the top of the skull. In this type of yoga, the experience is most important, not the form. You don't have to be able to twist yourself like a pretzel or be in great physical shape. Kundalini yoga works if you can breathe and move your body. Come unlock the creative potential within as you raise your Kundalini energy with this life-changing practice. Please bring a yoga mat, towel, or small blanket, and water.

Adults, Sundays, September 21 - December 14 (not Oct. 12), 6:30 - 7:45 p.m., \$64 (12 weeks), Activity # 111263-A, Function Rooms 1 & 2, Instructor: Joan Howard

NEW

GET FIT WITH PILATES

This class will incorporate pilates mat work utilizing a mini ball and flex bands (provided in class). You will also make use of the stability ball (provided by participant) which will further target core while improving posture and balance. The class will focus on improving overall muscular endurance, with an emphasis on strengthening abdominals, and lower body (glutes and thighs). Enjoy a total body conditioning and stay in shape for winter! Please bring a mat and stability ball.

Adults, Thursdays, Sept. 25 - Dec. 18 (not Nov. 27), 7:15 - 8:15 p.m., \$52 (12 weeks), Function Rooms 1 & 2, Activity # 111333-A, Instructor: Barbara Hospod

PILATES AND TONING

A fitness program that will help you to create a longer, leaner body that promotes great posture. A complete exercise program that builds inner strength as well as flexibility, with a combination of a 30-minute ballet-tone workout and a 30-minute pilates workout. This class is great for toning the whole body! If you love pilates, then you will have to try this new class! Look and feel like a movie star!

Adults, Mondays, September 22 - December 15 (not Oct. 13), 7:00 - 8:00 p.m., \$40 (12 weeks), Recreation Center Gym, Activity # 116303-A, Instructor: Susan Pilaud

PILATES MAT BASIC I

Pilates is for everyone! Whether you want to improve posture, strengthen and tone, relieve back pain, or perform better athletically, these movements are designed to strengthen and stretch muscles without putting stress on the ligaments or joints. This class focuses on mastering the principles to perform the exercises with precision, quality and control in order to achieve the benefits of Pilates training. Please bring a mat.

Adults, Tuesdays, Sept. 23 - Dec. 16 (not Nov. 11), 6:30 - 7:30 p.m., \$52 (12 weeks), Function Room 1 & 2, Activity # 111303-A, Instructor: Trish Marfione

CURVES

Curves specializes in a 30-minute total body workout especially designed for women, proven to strengthen and tone muscles while improving cardiovascular health. 30 minutes, 3 days a week = An Amazing You!

Mondays, Wednesdays and Fridays (not Dec. 26)

DATE	TIME	ACTIVITY#
Oct. 20 - Dec. 29	12:00 - 1:00 p.m.	117003-A

**Tuesdays, Thursdays and Saturdays
(not Nov. 27 & Dec. 25)**

DATE	TIME	ACTIVITY#
Oct. 21 - Dec. 30	7:00 - 9:00 a.m.	117003-B

Adults, \$58 (11 weeks), Curves, 166 Cambridge Street, Instructor: Vicky Kustov and staff



ELIMINATE FOOD CRAVINGS FOREVER

Come and learn a simple yet powerful and effective method for eliminating cravings for junk food or other unhealthy substances. EFT (Emotional Freedom Technique) is a technique which works with meridians, those channels of energy which run through the body. It is similar to acupuncture except that we don't use needles. Instead, we tap with the fingertips to stimulate certain meridian energy points. Whether you want to lose weight or just eat healthy, you will find EFT to be an enormously helpful tool to curb cravings and break poor eating habits. This two-evening presentation will also include information pertinent to nutrition and food cravings. It will end with a group hypnosis session to instill healthy eating habits, so dress comfortably and bring a pillow, mat and blanket for comfort.

Adults, Wednesdays, October 1 and 8, 7:00 - 8:30 p.m., \$24, Senior Center, Leisure Room, Activity # 100155-A, Instructor: Terry Currier

THE TLC WEIGHT LOSS PROGRAM

This ten-week weight loss group builds upon the concepts of holistic health and weight loss presented in the Eliminate Food Cravings seminar. Information regarding nutrition, exercise, and emotional eating is combined with hypnosis and EFT to provide you with the ability to lose weight and keep it off. Please bring a pillow, blanket, and mat for comfort during the hypnosis sessions.

Wednesday, October 15 - December 17 (10 weeks), 7:00 - 8:30 p.m., \$104, Senior Center, Leisure Room, Activity # 100188-A, Instructor: Terry Currier