

# 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.



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

TITLE	DAY	TIME	ACTIVITY #	LOCATION	FEE
A.M. Aerobics	Monday	8:30 – 9:30 a.m.	310043-A	Recreation Gym	\$29
	Wednesday	8:30 – 9:30 a.m.	310043-B	Recreation Gym	\$34
	Friday	8:30 – 9:30 a.m.	310043-C	Recreation Gym	\$34
Body Sculpting	Monday	5:00 - 6:00 p.m.	310083-A	Recreation Gym	\$29
	Wednesday	5:00 - 6:00 p.m.	310083-B	Recreation Gym	\$34
Butts & Guts	Tuesday	5:45 – 6:45 a.m.	314303-A	Recreation Gym	\$28
	Thursday	5:45 – 6:45 a.m.	314303-B	Recreation Gym	\$28
Cardio Core	Monday	6:00 – 7:00 p.m.	310013-A	Recreation Gym	\$29
	Wednesday	6:00 – 7:00 p.m.	310013-B	Recreation Gym	\$34
Flex & Stretch	Wednesday	7:00 - 8:00 p.m.	310173-A	Recreation Gym	\$40
Get Fit with Pilates	Thursday	7:15 - 8:15 p.m.	311333-A	Function Rooms 1 & 2	\$52
Pilates & Strengthening	Monday	7:00 – 8:00 p.m.	311303-A	Recreation Gym	\$44
	Tuesday	9:00 - 10:00 a.m.	311303-B	Function Rooms 1 & 2	\$44
PiYo	Thursday	5:00 - 6:00 p.m.	318803-A	Recreation Gym	\$52
Boot Camp	Wednesday	5:45 – 6:45 a.m.	311133-A	Recreation Gym	\$40
	Saturday	7:00 - 8:00 a.m.	311133-B	Recreation Gym	\$13
Strength, Stretch & Tone	Tuesday	12:00 - 1:15 p.m.	311903-A	Recreation Gym	\$52
Zumba / Cardio Dance	Tuesday	5:45 - 6:45 p.m.	316403-A	Recreation Gym	\$40
	Tuesday	7:00 – 8:00 p.m.	316403-B	Recreation Gym	\$40
	Thursday	6:00 - 7:00 p.m.	316403-C	Recreation Gym	\$40
	Thursday	7:00 - 8:00 p.m.	316403-D	Recreation Gym	\$40
	Saturday	8:00 - 9:00 a.m.	316403-E	Recreation Gym	\$33
	Sunday	8:00 - 9:00 a.m.	316403-F	Recreation Gym	\$36
Zumba Gold	Tuesday	11:00 a.m. - 12:00 p.m.	316407-A	Recreation Gym	\$4
Zumba for Kids	Tuesday	4:00 - 5:00 p.m.	310602-A	Recreation Gym	\$34

## FIT CLUB

Fit Club offers participants an opportunity to pay one discounted fee and attend a number of classes in a variety of Recreation Department fitness programs. The fitness classes that are included in Fit Club are as follows: Butts & Guts, Body Sculpting, A.M. Aerobics, Cardio Core, Flex & Stretch, Power Up and Zumba. **Fit Club members may only select two zumba classes.** When registering, please fill out Fit Club form indicating what classes you'll be attending.



**Adults, April - June, \$110, Activity #318003-A, Recreation Center**

## 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.

## WOMEN'S SELF-DEFENSE

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, April 9, 4:00 - 5:00 p.m., \$18, Activity #313703-A, Location: Steve Nugent's Institute, 207F Cambridge Street. Instructor: Steve Nugent and staff**

# ADULT FITNESS

## BUTTS AND GUTS

Wake up the muscles with this core muscle conditioning class. This is a full hour of total body conditioning, targeting large muscle groups, such as the abdominals, glutes, chest, quads, and shoulders. By using various apparatus to add resistance, you will tone muscles and take inches off your measurements. You will also improve your posture and confidence! Come check out all the fun this class has to offer. Butts and Guts is suitable for any level of fitness, since modifications can be made to any exercise. Please bring a mat, hand weights, and water.

DAY	DATES	ACTIVITY #
Tuesdays	April 5 – June 21	314303-A
Thursdays	April 7 – June 23	314303-B

**Adults, \$28 (12 weeks), 5:30 - 6:30 a.m., Recreation Center Gym, Instructor: Julie Conley**

## CARDIO CORE (FORMERLY LOW IMPACT AEROBICS)

A high energy class combining low and high impact choreography followed by core work. Geared to all fitness levels because you choose your own intensity. Participants must provide their own weights and floor mat.

DAY & DATES	ACTIVITY
Mon., April 4 - June 20 (Not April 18 & May 30)	310013-A
Wed., April 6 - June 22	310013-B

**Adults, 6:00 - 7:00 p.m., Mondays - \$29 (10 weeks) Wednesdays - \$34 (12 weeks), Location: Recreation Center Gym, Instructor: Alison Gnerre**

## FLEX & STRETCH

This hour-long class incorporates the best of Pilates, body conditioning, and basic stretching. The first 30 minutes will be resistance training using free weights, bands, and tubes. In the second 30 minutes you will complete a full body stretch to increase flexibility and muscle elasticity. Stretching is essential in preventing exercise-induced injuries of muscles and tendons. A broad range of fitness participants will enjoy this class because it is moderately paced and safe, yet effective.

**Adults, Wednesdays, April 6 – June 22, 7:00 - 8:00 p.m., \$40 (12 weeks), Recreation Center Gym, Activity #310173-A, Instructor: Alison Gnerre**

## STRENGTHEN, STRETCH & TONE WITH THE STABILITY BALL

The stability ball is one of the most versatile piece of equipment used today in fitness settings. It has long standing success and effectiveness in developing balance and core strength. The unique thing about the stability ball is that it utilizes the neuromuscular system in a way that no other piece of equipment can. This class will integrate fundamental core strengthening with dynamic stretching and toning. You will experience a total body conditioning workout like never before. Come try this class and have a ball! Please bring a yoga mat and stability ball. The class is appropriate for all levels of fitness.

**Adults, Tuesdays, April 5 - June 21, 12:00 - 1:15 p.m., \$52 (12 weeks), Recreation Center Gym, Activity #311903-A, Instructor: Joan Howard**

## 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, April 7 – June 23, 7:15 - 8:15 p.m., \$52 (12 weeks), BHS Dance Studio, Activity #311333-A, Instructor: Barbara Hospod**

## BODY SCULPTING

Tired of that dancing, jumping and jazzing? Seeing more sweat than shape? Then try Body Sculpting, a strength training workout that combines flexibility and cardiovascular conditioning. Body Sculpting is highly recommended to those enrolled in a weight loss program because it helps retain lean muscle tissue while boosting the metabolism. Any fitness level can enroll. Strong, toned muscles increase your metabolism and burn calories far more than aerobic dance sessions, walking or stair climbing. Body Sculpting also helps to prevent osteoporosis. Bring a mat and water bottle.

DAY	FEE	ACTIVITY #
Mondays	\$29 (10 weeks)	310083-A
Wednesdays	\$34 (12 weeks)	310083-B

**Adults, Mondays: April 4 - June 20 (not April 18, May 30), Wednesdays: April 6 - June 22, 5:00 - 6:00 p.m., Recreation Gym, Instructor: Michelle Flaherty**

## TAI CHI CHUAN ADVANCED

Tai Chi is something that you benefit from practicing it everyday in your whole life, and you always know there's a higher and better realm ahead. In this advanced Tai Chi course, besides learning the senior session of the traditional Yang Style Tai Chi, Master Yong Zhang will help everyone to find their state of relaxation by performing Tai Chi meditation, and correcting all postures and movements. We will do our best to make everybody in the class really benefit from Tai Chi.

**Adults, Saturdays, April 16 - July 23 (Not April 23, May 28, July 2), 5:00 - 7:00 p.m., \$68 (12 weeks), Activity #312103-A, Function Room 1 & 2, Instructor: Yong Zhang**

NEW

## MOTHER & DAUGHTER ZUMBA

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participant to dance away their worries. It is based on the principle that a workout should be fun and easy to do. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It's fun and the type of exercise you'll want to do everyday. So, mom's introduce your daughter to a program that will excite them and keep them fit.

**Mother & Daughter (age 8 and up), Saturday, May 7, 8:00 - 9:00 a.m., \$5, Activity #316404-A, Location: Rec Center Gym, Instructor: Gina Manganiello**

# YOGA

## HATHA YOGA

Hatha yoga is the most commonly practiced tradition of yoga. Hatha yoga is an entire philosophy of being with the goal of achieving peace, harmony and union of breath, body and mind, creating the union of mind, body and spirit. It is an ancient, time tested practice of well being and calm abiding. This class will incorporate four basic yoga principles: centering and relaxation to calm the mind; yoga postures to stretch, strengthen and tone the body; breathing techniques to increase lung capacity, strengthen internal organs and deepen one's ability to relax; and meditation practice as a means to reduce stress and achieve spiritual self-enlightenment. Please bring a mat and wear loose, comfortable clothing. This class is appropriate for beginners to advanced practitioners as each person works at his or her own pace.

**Function Room 2**  
**April 6 – June 22 from 7:30 - 8:45 p.m.**

DAY	FEE	ACTIVITY #
Wednesdays	\$64 (12 weeks)	311203-A

**Function Room 1**  
**April 7 – June 23 from 9:00 - 10:30 a.m.**

DAY	FEE	ACTIVITY #
Thursdays	\$64 (12 weeks)	311203-B

**Recreation Center Gym**  
**April 2 - June 18 (Not April 16 & May 28) from 9 - 10:15 a.m.**

DAY	FEE	ACTIVITY #
Saturdays	\$54 (10 weeks)	311203-C

**Adults, Instructor: Joan Howard**

## 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 from the mind as well as the body. If you're recuperating from an illness or surgery, if you suffer injuries such as chronic back pain, or if you're just starting out, this class won't over do you! This is an excellent class for beginners or if you're just beginning again. Please bring mat, blanket or large towel.

**Adults, Wednesdays, April 6 – June 22, 5:00 - 6:15 p.m., \$64 (12 weeks), Activity #311223-A, Function Room 1, Instructor: Angela Wasson**

## ADVANCED BEGINNER YOGA

A yoga class for those who have some experience with yoga and wish to pursue it further or those interested in a more challenging class. Students new to yoga are welcome and the class will be taught to accommodate multiple levels of ability. This is a traditional yoga class and will include breathing practices, physical postures and movements as well as relaxation techniques.

**Adults, Wednesdays, April 6 - June 22, 6:00 - 7:15 p.m., \$64 (12 weeks), Activity #311283-A, BHS Dance Studio, Instructor: Caroline Mallard**

## 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 bodies 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. This awakens the nucleus projection of every cell in the body. 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.

**Function Rooms 1 & 2**  
**Sundays, April 3 - June 19 (Not April 24 and May 29)**

FEE	TIME	ACTIVITY #
\$54 (10 weeks)	6:30 – 7:45 p.m.	311263-A

**BHS Dance Studio**  
**Thursdays, April 7 - June 23**

FEE	TIME	ACTIVITY #
\$64 (12 weeks)	5:45 – 7:00 p.m.	311263-B

**Adults, Instructor: 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.

**Mondays, April 4 - June 20 (Not April 18 and May 30)**

FEE	TIME	ACTIVITY #
\$54 (10 weeks)	10:30 – 11:45 a.m.	311223-B

**Wednesdays, April 6 - June 22**

FEE	TIME	ACTIVITY #
\$64 (12 weeks)	6:15 – 7:30 p.m.	311223-C

**Adults, Function Room 1, Instructor: Angela Wasson**

## VINYASA FLOW YOGA

The word vinyasa means breath synchronized movement. This vinyasa flow class is a progressive series of postures linked to the inhalation and exhalation of breath. Movement through the asanas purifies the physical body, while mastery of the breath, through concentration, quiets the mind. The class will begin with centering and quieting of the mind-body, move through a powerful flow of sequenced asanas, and end with a meditation.

**Adults, Sundays, April 3 - June 19 (Not April 24 and May 29), 9:00 - 10:15 a.m., \$54 (10 weeks), Function Rooms 1 & 2, Activity #312003-A, Instructor: Joan Howard**

# ADULT FITNESS

NEW

## POWER VINYASA YOGA

This class will offer powerful breath with dynamic, flowing movements. This style is often referred to as meditation in motion. Vinyasa cultivates strength, endurance, flexibility, balance, focus and serenity. Vinyasa means that poses will flow from one to another in conjunction with the breath. A combination of strength and power to sculpt and tone your muscles while freeing your mind and using your breath. Power Vinyasa will radically change your body and awaken the sacred within your soul. All levels are welcome to participate in this challenging free form of yoga.

**Adults, Mondays, April 4 - June 20 (Not April 18 and May 30), 5:30 - 6:45 p.m., \$54 (10 weeks), Function Rooms 1 & 2, Activity #312013-A, Instructor: Karen Pickette**

NEW

## PIYO

Relax and Stretch? No thanks; I'm a cardio junky! Don't worry PiYo is all about strength training and core conditioning for people who want to sweat their way to sculpted abdominals, increased core strength and greater stability. This class is for those who color outside the lines. It's the perfect fusion equaling strength building, rhythmic movement and power with a foundation in Pilates and yoga that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progression to challenge the more advanced; either way, you'll get results. Perfect for all fitness levels. Please bring a sticky mat.

**Adults, Thursdays, April 7 - June 23, 5:00 - 6:00 p.m., \$52 (12 weeks), Recreation Center Gym, Activity #318803-A, Instructor: Joie Walsh**

## A.M. AEROBICS

A.M. aerobics offers a great cardio-vascular workout. Most classes consist of low impact aerobics, weights, dyna-bands, and floor work. Participants must have their own weights and floor mat. Classes may vary by level of intensity and choreography.



**April 4 - June 20 (not April 18, May30)**

DAY	FEE	ACTIVITY #
Mondays	\$29 (10 weeks)	310043-A

**April 6 - June 22**

DAY	FEE	ACTIVITY #
Wednesdays	\$34 (12 weeks)	310043-B

**April 8 - June 24**

DAY	FEE	ACTIVITY #
Fridays	\$34 (12 weeks)	310043-C

**Adults, 8:30 - 9:30 a.m., Recreation Center Gym, Instructors: Judy Landers & Patricia Marfione**



## CURVES

Curves specializes in a 30-minute total body work-out 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**

April 1 - June 17

FEE	TIME	ACTIVITY#
\$71 (34 sessions)	12:00 - 1:00 p.m.	317003-A

**Tuesdays, Thursdays and Saturdays**

April 2 - June 18

FEE	TIME	ACTIVITY#
\$71 (34 sessions)	8:00 - 9:00 a.m.	317003-B

**Tuesdays and Thursdays ONLY**

April 5 - June 16

FEE	TIME	ACTIVITY#
\$47 (22 sessions)	12:00 - 1:00 p.m.	317003-C

**Adults, Curves, 166 Cambridge Street, Instructor: Vicky Kustov and staff**

## PILATES AND STRENGTH TRAINING

This program is designed to help you create the fabulously fit, long, lean, strong body you would love to achieve. Pilates is a great compliment to weight training, producing strength without bulk. Combining sculpting, balance and flexibility exercises, you get the best of each discipline in less time. We begin the workout with a warm-up and weight training. In the second portion, we work with the ball and on the mat with core-strengthening moves taken from traditional pilates, and end with a tension-releasing cool down. Throughout the class we focus on correct breathing and proper alignment, helping you develop body awareness and control. Please bring a mat, hand weights, and stability ball.

**Mondays, April 4 - June 20 (Not April 18 and May 30)**

LOCATION	TIME	ACTIVITY #
Recreation Gym	7:00 - 8:00 p.m.	311303-A

**Tuesdays, April 5 - June 7**

LOCATION	TIME	ACTIVITY #
Function Room 1	9:00 - 10:00 a.m.	311303-B

**Adults, \$44 (10 weeks), Instructor: Alison Gnerre**

## 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.

**Age 16 and up, Mondays, April 4 - June 27 (Not May 30), 6:30 - 7:15 p.m., \$111 (12 weeks), Activity #317703-A, Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff**

# ADULT FITNESS / SPECIAL NEEDS

## 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, April 6 – June 29, 7:00 - 7:45 p.m., \$95 (13 weeks), Activity #311403-A, Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff**

## BOLLYWOOD DANCE

Add some Indian spice to your workout! Bollywood Dance, a fusion of Indian and Western dance forms, offers an aerobic warm-up followed by dynamic and energetic choreography. Bollywood dancing is one of the hottest dances around! It's ideal for novices who are looking for a light-hearted workout! Please wear comfortable clothes and bring a water bottle.

**Adults, Wednesdays, April 13 - June 22 (Not April 27, May 25, and June 1), 7:15 - 8:15 p.m., \$44 (8 weeks), Activity #310153-A, BHS Dance Studio, Instructor: Amulya Deepak**

## 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.

**Tuesdays, April 5- June 21  
\$40 (12 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
5:45 - 6:45 p.m.	Tisha Wilson	316403-A
7:00 - 8:00 p.m.	Tisha Wilson	316403-B

**Thursdays, April 7 - June 23  
\$40 (12 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
6:00 - 7:00 p.m.	Lauren Mattson	316403-C
7:00 - 8:00 p.m.	Marcia Nguyen	316403-D

**Saturdays, April 9 - June 25 (Not May 7 and 28)  
\$33 (10 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
8:00 - 9:00 a.m.	Gina Manganiello	316403-E

**Sundays, April 10 - June 26 (Not April 24 and May 29)  
\$33 (10 weeks)**

TIME	INSTRUCTOR	ACTIVITY #
8:00 - 9:00 a.m.	Lauren Mattson	316403-F

**Adults. Recreation Center Gvm**

## BOOT CAMP (FORMERLY POWER UP)

This early morning class will have you energized the whole day long. You'll get a cardio work-out in this fun class full of calisthenics, drills, and team activities. If weather permits, be prepared to hit the great outdoors. Please bring a mat, weights, and water.

**Wednesdays, April 6 – June 22**

TIME	FEE	ACTIVITY #
5:30 - 6:30 a.m.	\$40 ( 12 weeks)	311133-A

**Saturdays, May 7 - 21**

TIME	FEE	ACTIVITY #
7:00 - 8:00 a.m.	\$13 ( 3 weeks)	311133-B

**Adults, Location: Recreation Center Gym, Instructor: Julie Conley**

## WALK FOR WELLNESS AT BURLINGTON MALL

With more people walking for their health or just for pleasure, Burlington Mall offers its first floor as a comfortable place to walk regardless of weather conditions.

For walking hours and other information about the Walk for Wellness program, please stop by Guest Services at Burlington Mall or call the Mall office at 781-272-8668.

The Walk for Wellness program is sponsored by Burlington Mall, Lahey Clinic and Burlington Recreation Department.

## SPECTACULAR SATURDAYS (Adults with a Disability)

Again we will be offering our full day of activities on Saturdays for adults and young adults with a disability. 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. **Director: Lydia Brown**

## OUT AND ABOUT (Adults with a Disability)

A popular evening program for adults with a disability! We will see movies, dine out, attend sports events, musical performances, and local theater events. We will meet twice per month on Friday 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. **Director: Lydia Brown**

## SPECIAL OLYMPICS SOFTBALL

A Special Olympics softball team is being formed this winter in preparation for the spring softball season. Indoor practices will start in April at a public school gym in Burlington. Adults with a disability from Burlington and neighboring communities are welcome to participate. The program will be run by volunteer coaches and helpers.



For more information, please contact:  
Lydia Brown 781-272-0420  
Mark Landers 781-564-0004

# aDULT SPor ts

## GOLF LESSONS SHORT GAME (3 Lessons: Irons, woods, short game)



Each school consists of (3) one-hour lessons and will focus on a specific area of instruction. These schools are directed toward those who are playing on the course on a regular basis.

**Adults, Saturdays, April 23 - May 7, 9:00 - 10:00 a.m., \$103 (3 Lessons), Location: Billerica Country Club, Activity # 310683-A, Instructor: Barrie Bruce, PGA Golf Pro**

## ADULT GOLF (9 holes)

The Recreation Department, in conjunction with Swanson Meadows Golf Course, is offering golf April - June. This 11-week program is designed so that you only pay if you play. A \$2 fee is required upon registration. **Swanson Meadows Golf Course** is a 2243-yard, nine-hole executive course located in North Billerica. Swanson Meadows has a clubhouse and restaurant.

**April 18 - June 25  
7:00 a.m. - 1:00 p.m.**

DAY	FEE	ACTIVITY #
Monday - Friday	\$17 / Time	310663-A
Saturday	\$20 / Time	310663-B

Registration fee \$2

## GOLF LESSONS (5 Lessons)

A professional golf instructor will help you with stance, grip, swing, short game, practice techniques, etiquette, and drills. Equipment and practice balls will be provided as needed.

**April 9 - May 7**

DAY	TIME	ACTIVITY #
Saturdays	1:00 - 2:00 p.m.	310613-A

**April 14 - May 12**

DAY	TIME	ACTIVITY #
Thursdays	5:30 - 6:30 p.m.	310613-B

**May 2 - May 30**

DAY	TIME	ACTIVITY #
Mondays	7:00 - 8:00 p.m.	310613-C

**Adults (all abilities), \$153 (5 Lessons), Instructor: Barrie Bruce, PGA Golf Pro, Location: Billerica Country Club**

Other days and times may be available; call for more information.

## VOLLEYBALL

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

**Adults, Mondays, April 25 - June 27 (not May 30), 8:15 - 10:15 pm, \$28 (9 weeks), Recreation Center Gym, Activity #310703-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**

## PICK-UP BASKETBALL



Moderately competitive pick-up basketball games for adults who live or work in Burlington. Locker and shower facilities are provided. Players should bring a light and dark colored shirt each evening.

**Adults, Sundays, April 17 - June 26 (not April 24 or May 29), 5:00 - 7:00 p.m., \$25 residents / \$35 non-residents, Recreation Center Gym, Activity #311933-A**

## KENDO

Cultivating your mind, body, and spirit through the way of the sword Kendo is a lightning fast sport that will build endurance and exercise discipline. If you are looking for a more historical approach, we will also teach techniques in Iaido and Kenjitsu. Both forms involve the art of drawing the sword in which you envision your attacking opponent. Iaido sharpens your mind by honing your focus. Kenjitsu specializes in practical sword fighting that the Samurai used in battle. Additional equipment purchase/lease is required.

**Adults, Tuesdays, March 29 - May 31, 7:00 - 8:00 p.m., \$154 (10 weeks), Activity #318503-A, Location: Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff**



## WALKING AND CYCLING ADVENTURES

Short walking and cycling adventures for adults will be offered by 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 and receive the special discounted rates. For more info., please visit [www.getupngoventures.com](http://www.getupngoventures.com).

### Spring Walking and Cycling Adventures

#### **Soft Spoke'n (relaxed and social bicycling adventures)**

Tuesdays, April 26 - May 31,  
\$65 (6 weeks), 12:00 - 1:45 p.m., Activity # 316703-A  
\*\*Starting Locations: Lexington, Burlington, Winchester

#### **Out Spoke'n (intermediate bicycling adventures)**

Tuesdays, April 26 - May 31,  
\$65 (6 weeks), 9:30 - 11:30 a.m., Activity # 316713-A

Wednesdays, April 27 - June 1  
\$65 (6 weeks), 9:30 - 11:30 a.m., Activity # 316713-B  
\*\*Starting Locations: Lexington/Weston area

Fridays, April 29 - June 3  
\$65 (6 weeks), 9:30 - 11:30 a.m., Activity # 316713-C