

# ADULT SPORTS

## ADULT TENNIS LESSONS



Please bring your own tennis racquet.

**MAKE-UPS:** If outdoor courts are not playable, classes will be canceled. For cancellation information, please call the Recreation Department after 4:00 p.m. on the day of your class. We will make up all rained-out classes before the end of each session on an alternate day of the week. Your instructor will inform you of dates and times for make-up classes.

**Adults (age 18 & up), \$37 (5 weeks), Location: Simonds Park Tennis Courts, Instructor: Rob Newton**

Adult Tennis is limited to one session per person until May 18.

### Tuesdays

May 12 - June 9

LEVEL	TIME	ACTIVITY#
Beginners	6:00 - 7:00 p.m.	410113-A
Adv. Beginners/ Low Intermediate	7:00 - 8:00 p.m.	410133-A
Adv. Beginners/ Low Intermediate	8:00 - 9:00 p.m.	410133-B

### Thursdays

May 14 - June 11

LEVEL	TIME	ACTIVITY#
Beginners	6:00 - 7:00 p.m.	410113-B
Adv. Beginners/ Low Intermediate	7:00 - 8:00 p.m.	410133-C
Adv. Beginners/ Low Intermediate	8:00 - 9:00 p.m.	410133-D

June 16 - July 14

LEVEL	TIME	ACTIVITY#
Beginners	6:00 - 7:00 p.m.	410113-C
Adv. Beginners/ Low Intermediate	7:00 - 8:00 p.m.	410133-E
Adv. Beginners/ Low Intermediate	8:00 - 9:00 p.m.	410133-F

June 18 - July 16

LEVEL	TIME	ACTIVITY#
Beginners	6:00 - 7:00 p.m.	410113-D
Adv. Beginners/ Low Intermediate	7:00 - 8:00 p.m.	410133-G
Adv. Beginners/ Low Intermediate	8:00 - 9:00 p.m.	410133-H

July 21 - August 18

LEVEL	TIME	ACTIVITY#
Beginners	6:00 - 7:00 p.m.	410113-E
Adv. Beginners/ Low Intermediate	7:00 - 8:00 p.m.	410133-I
Adv. Beginners/ Low Intermediate	8:00 - 9:00 p.m.	410133-J

July 23 - August 20

LEVEL	TIME	ACTIVITY#
Beginners	6:00 - 7:00 p.m.	410113-F
Adv. Beginners/ Low Intermediate	7:00 - 8:00 p.m.	410133-K
Adv. Beginners/ Low Intermediate	8:00 - 9:00 p.m.	410133-L

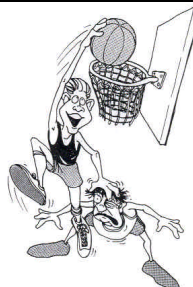
## ADULT KAYAKING LESSONS

(Beginner or Experienced)

Kayaking programs start at Woodbury Beach in Lynch Park, Beverly; and depending on wind and weather, explore the many coves, islands and harbors in Salem Sound. There is no experience needed, and all of our staff at the Kayak Learning Center are carefully chosen for their boat skills and all are Certified YMCA or American Red Cross lifeguards with CPR and First Aid certification. Basic stroke technique, safety drills and seamanship will be taught.

DATE	TIME	ACTIVITY#
Sat., July 25	10:00 a.m. - 12:00 noon	415803-A
Sat., August 15	10:00 a.m. - 12:00 noon	415803-B

**Adults, \$28, Location: Lynch Park, Beverly, Instructor: Kayak Learning Center staff, Fee required to park in Lynch Park.**



## 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. Please bring a white shirt and a dark colored shirt each time you play.

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

# GOLF / ADULT FITNESS

## 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.

**May 16 - June 13**

DAY	TIME	ACTIVITY #
Saturdays	11:30 a.m. - 12:30 p.m.	410613-A

**May 20 - June 17**

DAY	TIME	ACTIVITY #
Wednesdays	5:30 - 6:30 p.m.	410613-B

**July 9 - August 6**

DAY	TIME	ACTIVITY #
Thursdays	6:00 - 7:00 p.m.	410613-C

**Adults (all abilities), \$142 (5 Lessons), Instructor: Barrie Bruce, PGA Golf Pro, Location: Billerica Country Club**

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

## ADULT GOLF

(9 holes)

The Recreation Department, in conjunction with Swanson Meadows Golf Course, is offering golf June - August. This 10-week 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. Swanson Meadows has a clubhouse and restaurant.

**June 27 - August 29**  
**8:00 a.m. - 2:00 p.m.**

DAY	FEE	ACTIVITY #
Monday - Friday	\$17 / Time	410663-A
Saturday	\$20 / Time	410663-B

**Registration fee \$3**

## 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! **\*Last 15 minutes will be abs and back. Please bring a mat.**

**Adults, Thursdays, June 25 - August 27, 7:00 - 8:15 p.m., \$44 (10 weeks), Activity # 410053-A, Location: Recreation Center Gym, Instructor: Erin Schroeder**

## 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.

**July 7 - September 8**

DAY	TIME	ACTIVITY #
Tuesdays	5:45 - 6:45 a.m.	414303-A

**July 9 - September 10**

DAY	TIME	ACTIVITY #
Thursdays	5:45 - 6:45 a.m.	414303-B

**Adults, \$24 (10 weeks), Recreation Center Gym, Instructor: Julie Conley**

## 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, July 8 - September 9, 5:45 - 6:45 a.m., \$34 (10 weeks), Activity # 410093-A, 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 wildfire, and has positioned itself as the single most influential movement in the industry of fitness.

**Adults, Tuesdays, June 23 - August 25, 7:00 - 8:00 p.m., \$33 (10 weeks), Recreation Center Gym, Activity # 416403-A, Instructor: Penny DePlacido**

## 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, Yagalates, Cardio-kickboxing, Fit, Firm & Fun, and all Yoga classes are not included in this offer.

**Adults, July - September, \$100, Activity # 418003-A**

# 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.

**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:** Dates: July 1 - September 29 (Not September 7)

TITLE	DAY	TIME	ACTIVITY #	LOCATION	FEE
A.M. Aerobics	Monday	8:00 – 9:00 a.m.	410043-A	Rec. Center	\$15
	Wednesday	8:00 – 9:00 a.m.	410043-B	Rec. Center	\$17
	Friday	8:00 – 9:00 a.m.	410043-C	Rec. Center	\$15
Low Impact	Monday*	6:00 – 7:00 p.m.	410013-A	Rec. Center	\$15
	Wednesday*	6:00 – 7:00 p.m.	410013-B	Rec. Center	\$17

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

TITLE	DAY	TIME	ACTIVITY #	LOCATION	FEE
Butts & Guts	Tuesday	5:45 – 6:45 a.m.	414303-A	Rec. Center	\$24
	Thursday	5:45 – 6:45 a.m.	414303-B	Rec. Center	\$24
Boot Camp	Wednesday	5:45 – 6:45 a.m.	410093-A	Rec. Center	\$33
Zumba & Cardio Dance	Tuesday	7:00 – 8:00 p.m.	416403-A	Rec. Center	\$33
Fit, Firm & Fun	Thursday	7:00 – 8:15 p.m.	410053-A	Rec. Center	\$44
Fitness Fusion	Saturday	7:45 - 9:15 a.m.	411503-A	Rec. Center	\$38
Pilates & Strength Training	Monday	7:00 - 8:00 p.m.	411303-A	Rec. Center	\$44
	Tuesday	7:00 - 8:00 p.m.	411303-B	Rec. Center	\$44
Change It Up	Wednesday	7:00 - 8:15 p.m.	415703-A	Rec. Center	\$54
Stability Ball with Yogalates	Tuesday	12:00 - 1:15 p.m.	418403-A	Rec. Center	\$36



## CHANGE IT UP

This class will offer yoga and pilates. You will combine the two practices. This approach will keep the practice interesting, exciting, and challenging. Yoga is a transformative practice which strengthens and tones all the muscles of the body, calms the mind and creates balance and harmony. Pilates works all the core abdominal muscles. Changing it up will provide you with a full body workout which will create a leaner, stronger, toned body.

**Adults, Wednesdays, June 24 - August 26, 7:00 - 8:15 p.m., \$54 (10 weeks), Activity # 415703-A, Location: Recreation Center Gym, Instructor: Joan Howard**

**Rec. Center**

Burlington Recreation Center  
Center for Human Services  
61 Center Street



## 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 car-dio 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), hand weights, and water.

**Adults, Saturdays, June 27 - September 26 (Not July 4 or September 5), 7:45 - 9:15 a.m., \$38 (12 weeks), Recreation Center Gym, Activity # 411503-A, Instructor: Alison Gnerre**

# ADULT FITNESS

## 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!

**Mondays  
(Not September 7)**

DATES	TIME	ACTIVITY#
July 6 - Oct. 5	6:30 - 7:15 p.m.	411403-A

**Wednesdays**

DATES	TIME	ACTIVITY#
July 8 - Sept. 30	7:00 - 7:45 p.m.	411403-B

**Adults, \$95 (13 weeks), Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff**

## 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, Thursdays, June 11 - August 20 (not July 2), 5:45 - 7:00 p.m., \$54 (10 weeks), Recreation Center Gym, Activity # 411263-A, Instructor: Joan Howard**

## 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.

**Adults, Saturdays, June 20 - Aug. 29 (Not July 4), 9:30 - 11:00 a.m., \$54 (10 weeks), Recreation Center Gym, Activity # 411203-A, Instructor: Joan Howard**

## 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. Also, periodic health awareness programs and screenings are offered to walkers by Lahey Clinic.

For walking hours and other information about the Walk for Wellness program, please stop by Simon Marketplace (customer service desk) 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.



## 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, June 27, 2:30 - 3:30 p.m., \$18, Activity # 413703-A, Location: Steve Nugent's Institute, 207F Cambridge Street, Instructor: Steve Nugent and staff**

## 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 September 7)**

DATE	TIME	ACTIVITY#
July 6 - Sept. 28	12:00 - 1:00 p.m.	417003-A

**Tuesdays, Thursdays and Saturdays**

DATE	TIME	ACTIVITY#
July 7 - Sept. 26	8:00 - 9:00 a.m.	417003-B

**Adults, \$72 (12 weeks), Curves, 166 Cambridge Street, Instructor: Vicky Kustov and staff**

**Tuesdays and Thursdays ONLY**

DATE	TIME	ACTIVITY#
July 7 - Sept. 24	2:00 - 3:00 p.m.	417003-C

**Adults, \$51 (12 weeks), Curves, 166 Cambridge Street, Instructor: Vicky Kustov and staff**

\*Curves will be open during the holidays.

# ADULT FITNESS / SPECIAL NEEDS

## 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 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. Students must bring their own stability ball.

**Adults, Tuesdays, June 16 - Aug. 25 (not July 14), 12:00 - 1:15 p.m., \$36 (10 weeks), Activity # 418403-A, Recreation Center Gym, Instructor: Joan Howard**

## PATHWAYS YOGA SYSTEMS

Yoga classes that address the needs of the whole person and establish a fundamental understanding of "mind, body, and spirit". Instruction in breathing and relaxation, guided imagery and meditation practices, (as well as physical exercises), is an integral part of every class. This system teaches how to approach total wellness and gives the tools needed to motivate individuals to accept responsibility for their own health. Wear loose comfortable clothing and bring a yoga mat, towel and blanket to class

### PYS BODY AWARENESS

In this class we will work with mental focus, movement and synchronic breathing to create a form of meditative movement. Over the course of the session you will learn how to gain core strength, increase flexibility, reduce stress and achieve an overall sense of well-being. This class is intended to be slow paced and meditative to allow each participant time to focus on their mind/body connection.

**Angela Wasson - Beginner PYS Students**  
Function Room 2

DAY	TIME	ACTIVITY#
Wednesday	6:15 - 7:30 p.m.	411223-A

**Angela Wasson - Returning PYS Students**  
Function Room 2

DAY	TIME	ACTIVITY#
Wednesday	7:30 - 8:45 p.m.	411223-B

**Adults, Wednesdays, June 17 - August 26 (Not July 1), \$54 (10 weeks)**

### PYS BODY AWARENESS BASICS

New Students

For those who are new to Pathways Yoga Systems.

**Adults, Wednesdays, June 17 - August 26 (Not July 1), 5:00 - 6:15 p.m., \$54 (10 weeks), Function Room 2, Activity # 411223-C, Instructor: Angela Wasson**

### 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 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

## PILATES & 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.

**Instructor:** Renee Russell  
**Location:** Recreation Center Gym

DAY	DATES	ACTIVITY #
Monday	June 29 - August 31	411303-B

**Instructor:** Susan Pilaud  
**Location:** Recreation Center Function Rooms 1 & 2

DAY	DATES	ACTIVITY #
Tuesday	June 23 - August 25	411303-A

**Adults, \$44 (10 weeks), 7:00 - 8:00 p.m.**

## SPECIAL OLYMPICS SOFTBALL

A Special Olympics softball team is offered by the Recreation Department in cooperation with Burlington Rotary and community volunteers. Our team will have weekly practices and will be entered in regional and state Special Olympics competitions. 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



## COLUMBUS VOYAGE

Set sail with us on Columbus Voyage, a summer program for teens and young adults with special needs. Our goal is to provide a highly social and recreational summer experience for participants. Games, sports, arts and crafts, special events and trips will be included. All who register will be asked to complete an application and meet eligibility requirements. There is some flexibility in age groups. Please contact the Recreation Department if you have any questions about age groupings or eligibility. This program will be open to non-residents as of June 1.

DATES	ACTIVITY#
August 3 - 7	460439-A
August 10 - 14	460439-B
Aug. 17 - 21	460439-C

**Ages 13 - 22, Monday - Friday, 9:00 a.m. - 3:00 p.m., \$99 per week Location: Recreation Center**