

Group Fitness Classes

.....
 Online Registration: 6/2 - 6/22
 Walk-in Registration: Until filled
 (\$2 registration late fee after class begins)
 Classes Run: 6/23 -9/28
 No Class: 7/4, 8/19-9/2

CARDIO

Aerobic Interval #43200
 Combination of aerobic conditioning and muscle work using weights, bands, balls and steps. This is a great cardiovascular workout!

Th 9:40-10:40a A \$53 (Sr. \$43)

Basic Aerobics #43210
 Slower paced, entry-level workout for all ages. 40 min. aerobics, 20 min. conditioning & stretch.

M 9:15-10:15a A \$53 (Sr. \$43)
 F 9:15-10:15a B \$58 (Sr. \$47)

Step It Up! #43220
 Basic step class designed for anyone who loves to move! Class includes light weights and bands. Get those hearts moving and step along with us. No prior step instruction required.

M 8:15-9:00a A \$40 (Sr. \$32)
 W 8:15-9:00a B \$44 (Sr. \$35)

Boot Camp #43230
 Ready to kick your workout routine up a notch? Come experience this high-energy, whole body workout! This class can be adapted to most fitness levels and is sure to generate results.

W 6:10-7:10a A \$58 (Sr. \$47)

Advanced Step #43240
 Targets lower extremities, excellent fat burner. Advanced choreography and/or intensity.

T 6:45-8:00a A \$73 (Sr. \$59)
 Th 6:45-8:00a B \$66 (Sr. \$53)
 Sat 8:05-9:05a C \$58 (Sr. \$47)

Step Interval #43250
 Combination of aerobic conditioning using step and muscle work through weights, bands, and/or ball. This is a great cardiovascular workout!

F 4:00-5:00p A \$58 (Sr. \$47)

CONDITIONING

Aerobics and Strength #43300
 Tone, strengthen and firm your entire body! Bands, weights, resistance tubes, floor mats provided.

T 5:35-6:35p A \$58 (Sr. \$47)

Basic Sculpt & Condition #43310
 Slower paced entry level workout for all ages. Hand weights and tubes strengthen and tone muscles, while improving flexibility and balance.

T 8:30-9:30a A \$58 (Sr. \$47)
 Th 8:30-9:30a B \$53 (Sr. \$43)

Sculpt & Condition #43330
 This class offers a little of everything and is designed to increase balance, flexibility, coordination, agility, and strength. In this class participants will use weights, bands, and various equipment. A chair is used for seated or standing support.

Sat 9:20-10:20a A \$58 (Sr. \$47)

Mindful Movement #43350
 Energize your brain with aerobic movement, yoga, pilates and develop your mind-body connections through meditation. This class focuses on form, alignment, inner focus, breathing, and body awareness.

Sat 10:30-11:30a A \$58 (Sr. \$47)

CYCLING

Studio Cycling #43600
 Experience the high gear cardio energy of this indoor cycling class! Blast calories, build muscle, and increase endurance. **Drop-ins not permitted when class is at capacity.**

T 12:05-1:05p A \$77 (Sr. \$66)
 F 6:15-7:15a B \$77 (Sr. \$66)

DANCE

Dance & Tone #43700
 A blend of different dance and aerobic intervals (salsa, cha-cha, line dancing, etc.) combined with full body toning and sculpting work. A great fitness activity for those who enjoy dancing, aerobics, and having a good time!

T 9:40-10:40a A \$58 (Sr. \$47)

MIND & BODY

Balanced Yoga #43400
 Use yoga movements and breathing techniques to relax and strengthen your mind and body, while increasing flexibility and working core muscles.

Th 5:15-6:15p A \$53 (Sr. \$43)

Fitness Pilates #43430
 Increase core strength and flexibility of the spine, improve posture, alignment and mind-body connection.

M 6:45-8:00a A \$66 (Sr. \$53)

Matwork Pilates #43440
 Benefits include increased overall flexibility, abdominal strength and an overall sense of well being. Feel stronger and leaner as you develop your core.

M 10:30-11:30a A \$53 (Sr. \$43)
 W 10:30-11:30a B \$58 (Sr. \$47)

PiYo #43460
 Mix of Pilates & yoga that increases flexibility and core strength. All fitness levels welcome.

M 11:45a-12:45p A \$53 (Sr. \$43)

Stretch and Strengthen #43480
 This class is for all ages to strengthen and stretch all major muscle groups at their own level. Core work and balance will be addressed.

T 10:50-11:50a A \$58 (Sr. \$47)
 Th 10:50-11:50a B \$53 (Sr. \$43)
 M 5:30-6:30p C \$53 (Sr. \$43)

Yoga #43490
 Class includes breath control, meditation, and the adoption of specific bodily postures to increase health and relaxation.

F 5:20-6:20p A \$58 (Sr. \$47)



Credit: Bryan Mitchell

Personal Trainers!

If you're looking for that extra boost of motivation, personal trainers are available. Photos and bios of each trainer are available on the bulletin board at the facility and our website at washtenaw.org/parks.



Credit: Bryan Mitchell

MARTIAL ARTS & SELF DEFENSE

Tae Kwon Do

Learn the technique, strength and proficiency of this martial arts style under the instruction of Grand Master B.C. Yu.

Youth (Ages 5-12)	Sun/W 4:10-5:10p	#43500
7/3-7/31	A	\$48
8/4-8/14	B	\$54
9/4-9/29	C	\$54
Adult (Ages 12 and up)	T/Th 7:45-8:45p	#33501
7/2-7/30	A	\$54
8/1-8/15	B	\$54
9/3-9/26	C	\$48

Tai Chi

#43510

Harmonize body & mind, better handle stressful situations, learn to release body energy to move with unified integrity using your structural alignment. All levels welcome. Instructed by Karla Groesbeck.

T	6:40-7:40p	A	\$58 (Sr. \$47)
---	------------	---	-----------------

Tai Chi for Fall Prevention

#43530

The Tai Chi for Fall Prevention Program is recommended by the CDC both as effective exercise for improving balance/preventing falls and a program designed to enhance general health and wellness for people with arthritis.

W	9:15-10:15a	A	\$58 (Sr. \$47)
---	-------------	---	-----------------

Commando Krav Maga

#43520

Commando Krav Maga is not traditional or sport-based martial art. There are no competitions, rules, or regulations. Instead, CKM is designed for the primary goal of survival in no rules environment.

M	7:45-9:15p	A	\$71
---	------------	---	------

WATER AEROBICS

Water Aerobics

#42000

Looking for a new and refreshing way to stay in shape? Water aerobics is a great low impact workout that can improve strength, flexibility, circulation and cardiovascular stamina. Workouts can easily be tailored to match your abilities. No swimming skills required.

M	9:00-10:00a	A	\$53 (Sr. \$43)
T	9:00-10:00a	C	\$58 (Sr. \$47)
T	10:00-11:00a	D	\$58 (Sr. \$47)
W	9:00-10:00a	E	\$58 (Sr. \$47)
W	6:00-7:00p	F	\$58 (Sr. \$47)
Th	9:00-10:00a	G	\$53 (Sr. \$43)
Th	10:00-11:00a	H	\$53 (Sr. \$43)
F	9:00-10:00a	I	\$58 (Sr. \$47)
Sat	9:00-10:00a	J	\$58 (Sr. \$47)

AEROBICS

Zumba Fitness®

#43110

This Latin-based aerobic fitness class uses easy, fast, and slow rhythms set to fun Latin and international music. A real “feel happy” cardio workout!

M	6:40-7:40p	A	\$53 (Sr. \$43)
F	6:30-7:30p	B	\$58 (Sr. \$47)

Zumba Gold®

#43120

Class combines zesty Latin and international rhythms with exhilarating, easy-to-follow moves and an invigorating party-like atmosphere. The pacing and moves are designed to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

F	10:25-11:25a	A	\$58 (Sr. \$47)
---	--------------	---	-----------------

Zumba Toning®

#43130

An innovative muscle training program using lightweight dumbbells in combination with Latin-inspired dance rhythms. It provides participants with a safe, effective, redefining total body workout.

Sun	12:10-1:10p	A	\$53 (Sr. \$43)
W	6:40-7:40p	B	\$58 (Sr. \$47)

Zumba Step®

#43140

Looking to strengthen and tone your legs and glutes? Step right up. This class combines the awesome toning and strengthening power of step aerobics, with the fun fitness-party of Zumba. Increase your cardio and calorie burning, while adding moves that sculpt your core and legs.

M	4:15-5:15p	A	\$53 (Sr. \$43)
---	------------	---	-----------------

Group Fitness Hotline

734-971-6355, #5

Call for daily, current class schedule; updated only to announce class cancellations. (Substitutes for regular instructors will not be recorded)



REC CENTER BRIEFS

Noteworthy News!

COMING IN SEPTEMBER! - Hours of operation on Sunday will change from 12pm - 10pm, to 8am - 6pm.

Friendly Reminders

Age Restriction - The minimum age for unsupervised participation in facility activities is 13. You must be 14, and have completed a weight room orientation for unsupervised use of the cardio or weight rooms. Following a fitness orientation, 12-13 year olds may be granted limited, supervised access to the fitness rooms. See front desk for more details.

Gym - To participate in drop-in basketball, first check the posted schedule for age restrictions. Upon entering the building for drop-in play, you must sign-in at the front desk and present a photo ID.

Annual Shut Down

The recreation center will be closed for the annual maintenance shut-down from 8/19 through Labor Day 9/2. In addition to floor refinishing, painting and general maintenance, we will be undertaking a large sprinkler system update in the natatorium and replacing/adding a few pieces of exercise equipment. Current MLM pass holders will have access to the YMCA and the City of Ann Arbor outdoor pools during this time.

Day Camp and Camp Big Heart

Summer Day Camp begins 6/17 and runs through 8/9. Camp Big Heart—A day camp for young people ages 13-30 with cognitive diversabilities, will take place 8/12 through 8/16. Registration is ongoing and will continue until all weeks are full. During this time the east side of the gym will be closed for day camp use and the pool schedule will be modified. Please pick up an updated summer gym and pool schedule at the front desk or view them online.

Class Registration Options

In person • Online

Online registration at: parksonline.ewashtenaw.org.
In person at the Meri Lou Murray Recreation Center 2960 Washtenaw Ave., Ann Arbor, MI 48104
Phone: 734-971-6355

For additional information, contact
Meri Lou Murray Recreation Center
Front Desk
(734) 971-6355 x0 | dsk@washtenaw.org

Fitness Class Refund Policy

Cancelled or full class	Full refund
Before class begins	Full refund less \$5 service fee
After class begins*	Pro-rated refund less \$5 service fee
Missed class	No refund

No cash refunds; credit card or check only.
*Refund after 1st class only with letter from doctor for medical disability or from employer indicating transfer from the area.