



# Meri Lou Murray Recreation Center

Washtenaw County Parks & Recreation Commission

[washtenaw.org/parks](http://washtenaw.org/parks)

Credit: Fred Golden Photography



## Rates (Effective July 1, 2013; subject to change)

Individual 16-61 • (Y) Youth 3-15 • (S) Senior 62+  
(D) Disabled (with doctor's note)

	County Resident	Non-Resident
<b>Daily Fees</b>		
Individual	\$8	\$9
Y/S/D	\$6	\$7

	County Resident	Non-Resident
<b>Annual Passes</b>		
Individual	\$230*	\$345*
Y/S/D	\$180*	\$270*
Family	\$495*	\$745*
Over 80	\$60	\$60

\*Renew before your Annual Pass expires to receive a \$10 discount. (Does not apply to "Over 80")

	County Resident	Non-Resident
<b>6 Month Passes</b>		
Individual	\$175	\$265
Y/S/D	\$135	\$205
Family	\$370	\$555

	County Resident	Non-Resident
<b>30-Day Pass</b>	\$45	\$45

**Fitness/Instructional Swim Classes**  
See pages 6-8 for class registration fees †

	County Resident	Non-Resident
<b>Fitness Class "Drop-In" Rates †</b>		
Individual	\$8/class	\$9/class
Senior	\$6/class	\$7/class

† Registered fitness participants are allowed to make up their absences in any class priced at **equal or lesser value** of the class in which they are registered. Non-registered individuals may drop in to Fitness classes when space is available. There are no make ups for missed swim lessons.

## About Us

### Facilities & Programs

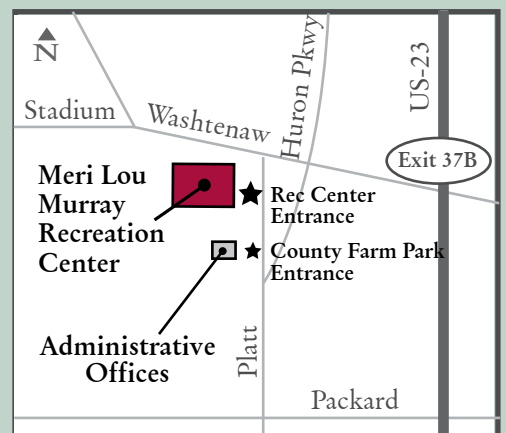
- Track (1/12 mile)
- Gymnasium
- Heated Pool (Barrier-free)
- Cardio Training Equipment
- Strength Training Equipment
- Locker Rooms
- Assisted Care Locker Room
- Personal Trainers
- Swim Instruction
- Fitness Classes

### Building Hours

Mon-Fri, 6am-10pm  
Sat-Sun, 8am-6pm  
*Thanksgiving, November 28 - Closed*

### Visit Us!

2960 Washtenaw Avenue  
(entrance on Platt Road)  
Ann Arbor, Michigan  
(734) 971-6355



# Group Fitness Classes

Online Registration: 9/8 - 10/5

Walk-in Registration: 9/9 - until filled

(\$2 registration late fee after class begins)

Classes Run: 10/6 - 12/21

No Classes: 11/28

## CARDIO

**Aerobic Interval #13200**  
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 #13210**  
Slower paced, entry-level workout for all ages. 40 min. aerobics, 20 min. conditioning & stretch.

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

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

**Step It Up! #13220**  
Basic step class designed for older adults who still love 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 \$44 (Sr. \$35)

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

**Boot Camp #13230**  
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 #13240**  
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 #13250**  
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)

### 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)

## CONDITIONING

**Aerobics and Strength #13300**  
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 #13310**  
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)

**Body Sculpt #13320**  
Blending easy aerobic activities and strength training. Hand weights used to tone and firm entire body. This class will focus on all major muscle groups.

Th 6:35-7:35p A \$53 (Sr. \$43)

**Sculpt & Condition #13330**  
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)

## CYCLING

**Studio Cycling #13600**  
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.

Sun 8:30-9:30a A \$77 (Sr. \$66)

F 6:15-7:15p B \$77 (Sr. \$66)

## DANCE

**Dance & Tone #13700**  
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)

### 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](http://washtenaw.org/parks).

## MIND & BODY

**Balanced Yoga #13400**  
Use yoga movements and breathing techniques to relax and strengthen your mind and body, while increasing flexibility and working core muscles.

Th 5:35-6:35p A \$53 (Sr. \$43)

**Beginning Pilates #13410**  
Pilates with resistance bands for whole body conditioning. Strength training, stability work, and gentle stretching will improve core strength, posture, balance and flexibility.

Sat 11:45a-1:00p A \$73 (Sr. \$59)

**Fitness Pilates #13430**  
Increase core strength and flexibility of the spine, improve posture, alignment and mind-body connection.

M 6:45-8:00a A \$73 (Sr. \$59)

**Matwork Pilates #13440**  
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 \$58 (Sr. \$47)

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

**Pilates Core #13450**  
Improve flexibility, build strength and develop control and endurance in the entire body. This class emphasizes alignment, breathing, developing a strong core and improving coordination and balance.

Th 6:35-7:35p A \$58 (Sr. \$47)

**Pilates Plus #13455**  
Benefits include increased flexibility, core strength, and an overall sense of well-being. All levels welcome.

F 8:15-9:00a A \$40 (Sr. \$32)

**PiYo #13460**  
Mix of Pilates & yoga that increases flexibility and core strength. All fitness levels welcome.

M 11:45a-12:45p A \$58 (Sr. \$47)

Th 6:40-7:40p D \$53 (Sr. \$43)

**Stretch and Strengthen #13480**  
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 \$58 (Sr. \$47)

**Yoga #13490**  
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)

# REC CENTER BRIEFS

## 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		#13500
10/2-10/30	A	\$54
11/3-11/27	B	\$48
12/1-12/22	C	\$42
Adult (Ages 12 and up) T/Th 7:45-8:45p		#13501
10/1-10/31	A	\$60
11/5-11/26	B	\$42
12/3-12/26	C	\$42

### Tai Chi

#13510

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

T 6:40-7:40p	A	\$58 (Sr. \$47)
Sun 10:30-11:45a	B	\$73 (Sr. \$59)

### Tai Chi for Fall Prevention

#13530

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)
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### Commando Krav Maga

#13520

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	\$78
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## WATER AEROBICS

### Water Aerobics

#12000

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	\$58 (Sr. \$47)
M 6:00-7:00p	B	\$58 (Sr. \$47)
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®

#13110

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	\$58 (Sr. \$47)
F 6:30-7:30p	B	\$58 (Sr. \$47)
Sat 10:35-11:35a	C	\$58 (Sr. \$47)

### Zumba Gold®

#13120

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 10:20-11:20a	A	\$58 (Sr. \$47)
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### Zumba Toning®

#13130

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 12:00-1:00p	A	\$58 (Sr. \$47)
W 6:30-7:30p	B	\$58 (Sr. \$47)

### Zumba Step®

#13140

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	\$58 (Sr. \$47)
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Credit: Bryan Mitchell



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## Welcome Back!

Shutdown was a busy time for Rec Center Staff! We spent time coordinating a variety of projects from inventory management, sprinkler system repair and lighting configurations to annual cleaning and preventive maintenance of building systems. In addition, new equipment was added to the Exercise Rooms, Gymnasium and Aquatic Center. Including three new Matrix Treadmills, a Matrix Climbill, an Aura Seated Row Strength Machine for our exercise rooms, two adjustable height basketball goals for the East side basketball court, and new lap lane lines for the pool.

## Friendly Reminders

- Age Restriction** - 12-15 year-olds must complete an Orientation before using the weight or cardio rooms. Must be over 13 to be in the building without an adult. Please make sure to bring a school ID for age verification purposes.
- Building Hours** - Sunday Building Hours beginning September 2 are 8:00 am - 6:00 pm. Updated copies of the Fall/Winter/Spring gym and pool schedules are available online and at the front desk.

## Halloween Bash

### Saturday, October 26, 6:30-8:30pm

Put on your Halloween garb, and join us as the gymnasium is transformed into a Halloween Haven! Get ready for some tricks, some treats, tons of fun, and an amazing balloon drop! Cost: \$6/person, \$22/family of 4 and \$3 each additional child; register online at [parksonline.ewashtenaw.org](http://parksonline.ewashtenaw.org).

## Coming Soon!

- 3v3 Basketball Tournament** - Sunday, October 13, 2019, All Day. Team registration begins, Tuesday, September 3rd!
- Family Fun Nights** - Bring the family to MLM and let the kids (ages 5-12) participate in structured activities (East Gym) while you take time to use the facility. \*Parents/guardians must stay in the facility at all times.

## Class Registration Options

### In person • Online

- Desk staff will be able to assist you with registration at the Meri Lou Murray front desk.
- Meri Lou Murray Recreation Center
- 2960 Washtenaw Ave., Ann Arbor, MI 48107-8645
- Online registration at: [parksonline.ewashtenaw.org](http://parksonline.ewashtenaw.org).

## Class Fee 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 1<sup>st</sup> class only with letter from doctor for medical disability or from employer indicating transfer from the area.

# Instructional Swim

Registration Required

Online Registration: 8/18 - 9/14  
 Walk-in Registration: 9/3 - 9/14  
 (\$5 late fee per class for registration after 9/9)  
 Lessons Run: 9/15 - 10/26

Online Registration: 10/20 - 11/2  
 Walk-in Registration: 10/21 - 11/2  
 (\$5 late fee per class for registration after 10/28)  
 Lessons Run: 11/3 - 12/14  
 No Classes: 11/28, no make-up

**NEW LESSON DAYS & TIMES!  
 6 WEEK SESSIONS!**

## GROUP SWIM LESSONS

### YOUTH

**Parent Tot 1 \$48 #11010**  
 (6 mos-18 mos with adult) With adult participation, infants and toddlers learn to enjoy water activities. Songs and games teach the children water comfort. One adult per child.

	Session I	Session II
Sun 11:00-11:25a	A	D
Sat 11:00-11:25a	B	E
Sat 12:30-12:55p	C	F

**Parent Tot 2 \$48 #11020**  
 (18 mos-3 yrs with adult) Through songs and games, and with adult help, pre-school aged children learn water comfort and simple water skills. One adult per child.

	Session I	Session II
Sun 12:00-12:25p	A	D
Sat 10:30-10:55a	B	E
Sat 12:00-12:25p	C	F

**Preschool 1 \$48 #11040**  
 (At least 4 yrs) Great for beginners! Children with little or no water experience will learn water comfort, supported floating/kicking, basic arm movement.

	Session I	Session II
Sun 10:30-10:55a	A	E
Sun 12:30-12:55p	B	F
Sat 10:00-10:25a	C	G
Sat 12:00-12:25p	D	H

**Preschool 2 \$48 #11050**  
 (4-5 yrs) Children already comfortable in the water will practice swimming skills without support. Floating, kicking, front crawl and back crawl will be taught.

	Session I	Session II
Sun 10:00-10:25a	A	E
Sun 12:30-12:55p	B	F
Sat 10:30-10:55a	C	G
Sun 12:30-12:55p	D	H

**Level 1 \$54 #11060**  
 (At least 5 yrs) Fundamental aquatic skills for children who can fully submerge head, float and kick on both front and back without support to begin to complete their strokes.

	Session I	Session II
Sun 10:00-10:40a	A	I
Sun 10:50-11:30a	B	J
Sun 11:40a-12:20p	C	K
Sun 12:30-1:10p	D	L
Sat 10:00-10:40a	E	M
Sat 10:50-11:30a	F	N
Sat 11:40a-12:20p	G	O
Sat 12:30-1:10p	H	P

**Level 2 \$54 #11065**  
 (Must pass Level 1 or with permission) Learn to combine and coordinate basic swimming skills into complete strokes. Rhythmic breathing introduced; front and back crawls will improve.

	Session I	Session II
Sun 10:00-10:40a	A	I
Sun 10:50-11:30a	B	J
Sun 11:40a-12:20p	C	K
Sun 12:30-1:10p	D	L
Sat 10:00-10:40a	E	M
Sat 10:50-11:30a	F	N
Sat 11:40a-12:20p	G	O
Sat 12:30-1:10p	H	P

**Level 3 \$54 #11070**  
 (Must pass Level 2 or with permission) Deep water comfort is a must. Improved stroke technique and endurance is the focus. Children work on more distance with front and back strokes, along with intro to breaststroke and butterfly. Treading water for at least 30 seconds.

	Session I	Session II
Sun 10:00-10:40a	A	C
Sat 10:00-10:40a	B	D

**Level 4 \$54 #11075**  
 (Must pass Level 3 or with permission) Students will refine and improve strokes for those who can swim front and back crawl, and demonstrate breaststroke and butterfly. Must be able to tread water for 1 minute.

	Session I	Session II
Sun 10:50a-11:30p	A	C
Sat 10:50a-11:30p	B	D

**Level 5 \$54 #11080**  
 (Must pass Level 4 or with permission) Students work on stroke refinement for those who have coordinated freestyle, backstroke, breaststroke and butterfly.

	Session I	Session II
Sun 11:40a-12:20p	A	C
Sat 11:40a-12:20p	B	D

**Endurance Training \$54 #11090**  
 (Must pass Level 5 or with permission) Students work on building endurance and focus on stroke technique for swim club/team.

	Session I	Session II
Sun 12:30-1:10p	A	C
Sat 12:30-1:10p	B	D

### ADULT & TEEN

**Beginning Swimmer #11100**  
 (13+ yrs) Designed for those with little or no water experience. Class will focus on water comfort and introduction of strokes. Seniors 62 & Over will receive a \$10 discount.

	Session I	Session II
Th 6:30-7:30p	A (\$60)	B (\$50)

**Intermediate Swimmer #11110**  
 (13+ yrs) Designed for students with some water experience and swimming ability. Class will focus on stroke improvement, including correct breathing coordination.

	Session I	Session II
Th 6:30-7:30p	A (\$60)	B (\$50)



Credit: Bryan Mitchell

## PRIVATE SWIM LESSONS

**Private Swim Lessons \$120 #11000**  
 (4+ yrs) One-on-one instruction to fit individual needs. Six week sessions. A second person may be added to the same lesson for \$60. Thursday lessons in Session II will be discounted due to the holiday.

	Session I	Session II
Sun 10:00-10:30a	A	P
Sun 10:30-11:00a	B	Q
Sun 11:00-11:30a	C	R
Sun 11:30a-12:00p	D	S
Sun 12:00-12:30p	E	T
Sun 12:30-1:00p	F	U
Th 5:00-5:30p	G	V
Th 5:30-6:00p	H	W
Th 6:00-6:30p	I	X
Th 6:30-7:00p	J	Y
Th 7:00-7:30p	K	Z
Th 7:30-8:00p	L	A1
Sat 10:00-10:30a	M	A2
Sat 10:30a-11:00a	N	A3
Sat 11:30a-12:00p	O	A4

(734) 971-6355 x 0 | [dsk@washtenaw.org](mailto:dsk@washtenaw.org)

**No make-ups, refunds, or substitutions for missed instructional swim classes**

**Late registration for Instructional Swim will result in a \$5 late fee**