

Brought to you by Clarkston Community Education

# Adult Fitness Classes

## Winter 2018



All classes will be located at the  
Clarkston Community Education Center  
6558 Waldon Rd, Clarkston 48346



All class descriptions are on the back of the flyer

## Mondays

### Core Conditioning

AW18-F2A • January 22-March 19 (Omit Feb 19)  
6:30-7:30pm • \$55 • Cafeteria

### Yoga

AW18-F14A • January 22-March 12 (Omit  
Feb 19) • 7:15-8:00pm • \$65 • Fitness

## Tuesdays

### POUND Rockout Workout

AW18-F4 • January 16-March 13 (Omit Feb. 20)  
• 7:00-8:00pm • \$75 • Cafeteria

### WERQ

AW18-F10A • January 23-March 20 (Omit  
Feb 20) • 6:00-7:00pm • \$80 • Cafeteria

### Karate for Teens-Adults: Purple belts and higher

AW18-F12 • January 23-May 15 (Omit Feb 20 & April 3) • 7:40-8:40pm • \$122 • Gym

## Wednesdays

### REFIT Revolution

AW18-F6 • January 17-March 7 • 7:00-8:00pm • \$60 • Cafeteria

## Thursdays

### WERQ BreakDown

AW18-F9B • January 25-March 15 • 5:00-  
5:45pm • \$60 • Cafeteria

### WERQ

AW18-F10B • January 25-March 15 • 6:00-  
7:00pm • \$80 • Cafeteria

### STRONG by Zumba

AW18-F8 • January 25-March 15 • 7:00-8:00pm • \$75 • Cafeteria

## How To Register

Please make checks payable to Independence Township

**Walk-In or Mail-In:** Independence Township Parks, Recreation & Seniors, 6483 Waldon Center Dr. Clarkston, 48346

**Phone-In:** 248-623-4326 and press 1 for a registration attendant.

**Online:** Registration is available for most programs at [www.itprs.org](http://www.itprs.org) and click on the "sign on" icon.

To request a new user account, email Danielle at [dlwescott@clarkston.k12](mailto:dlwescott@clarkston.k12)

# Adult Fitness Class Descriptions

## Core Conditioning

Combines Yoga, Pilates, and light weights to provide an all over workout, concentrating on strengthening the core. Bring a mat, a towel, light weights and a water bottle to class. Dress comfortably, this workout can be done in good shoes, socks or even barefoot.

## Karate for Teens-Adults: Purple belts and higher

This martial arts program is designed for the modern teen and adults. It will deal with all levels of self-defense, physical fitness, and how to defend yourself. Stop by and see how our trained certified black belts can increase your flexibility while mastering balance, coordination and awareness skills. *\*All parents and participates must sign AMAA Disclaimer form before students can participate in the first class.*

## POUND Rockout Workout

POUND is the fastest growing group fitness format in the world! This full body workout is a mix between workout exercises and drumming to amazing music to relieve stress. Participates will use ¼ lb Rip Stix designed to get you ripped while burning up to 900 calories per class! No experience is necessary. ALL levels of fitness will fall in love with this fun addictive workout. Bring a mat and plenty of water! *\*Personal Rip Stix are available to purchase for \$20 payable directly to the instructor.*

## REFIT Revolution

This is a fitness experience that changes people from the inside out, and is accomplished by focusing on the heart as a muscle AND soul. Our workouts are designed for everyone regardless of age, shape, or ability. REFIT creates a powerful, uplifting fitness experience that last well beyond the workout. So what exactly happens in a REFIT class? It combines several elements of fitness into one hour. While the focus is structured around Cardio Dance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout.

## STRONG by Zumba

With most workout programs music is an afterthought. The music in STRONG was crafted to drive the intensity in a challenging progression that provides a total body workout. The results? A group fitness experience like no other! STRONG by Zumba uses the HITTZ program. This tempo driven class will challenge your muscles and cardio system to find power, strength, speed, stamina, and mobility. Optimize your workout and make every minute count as you push to achieve your fitness goals faster. You do not need to have dancing experience or any Zumba experience for this class.

## WERQ BreakDown!

WERQ classes are designed so a first time student can jump in and enjoy the class, have a great time and a great work-out. But sometimes people like the steps broken-down to really rock their moves. Each WERQ song has 3 or 4 sequences of moves that repeat throughout the song. WERQ BreakDown will teach each sequences at a slower pace, and then put it all together. WERQ BreakDown will walk you through two or three new dances that will be used that same day in the immediately following WERQ class. You DO NOT have to take WERQ BreakDown before a full WERQ class but if you want to... we'd will be happy to Break it Down.

## WERQ

WERQ is the fiercely fun dance fitness workout class based on pop and hip hop music taught by Certified Fitness Professionals. The WERQ warm-up previews the dance steps used in class and the WERQ cool-down includes balance and yoga-inspired poses. Get ready to WERQ!

## Yoga

Yoga is an ancient practice for creating unity between the body, mind, and spirit. Using traditional postures and stretches, we focus on total body movement, with attention to alignment, strength and flexibility. Our yoga instructor is eclectic, with emphasis on precision of alignment, breath awareness, and present moment awareness. Quiet your mind – reduce your stress!

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