

FITNESS CLASSES

Zumba Gold®

Zumba fuses hypnotic musical rhythms and movements to create a dynamic workout system designed to be FUN! Enjoy salsa, merengue, belly dance, flamenco and MORE! This class is designed for the mature adult of all ages and anyone who needs to move at a modified pace. Enjoy all the music, movements and fun with modifications made to suit you. Wear comfortable and supportive shoes and bring water.

Term 1 6 Mondays, January 13-February 17

Term 2 6 Mondays, March 3-April 7

Term 3 6 Mondays, April 21-June 4

(No class May 26)

Time: 1:15-1:55 pm **Instructor:** Barb Labisch

Course Fee: \$23.50/per term

A Breath of Energy: T'ai Chi Ch'uan-For Continuing & Advanced Students

This class will continue expanding lessons using quiet, supple movements involving the entire body performed in a calm and peaceful manner, and cultivating the spirit and the body. The principles of T'ai Chi movement, Qigong exercises and part of the new Chen Long form will be taught.

Term 1

6 Tuesdays, January 14 -February 18

6 Fridays, January 17-February 21

Term 2

6 Tuesdays, March 4-April 8

6 Fridays, March 7-April 11

Term 3

6 Tuesdays, April 22-May 27

6 Fridays, April 25-May 30

Time: 9:00-9:50 am **Instructor:** Deb Solis

Course Fee: \$35.00/per 6 week class

A Breath of Energy: T'ai Chi Ch'uan-Beginner

An ancient Chinese health exercise. Quiet, supple movements involving the entire body are performed in a calm and peaceful manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Qigong exercises and part of the new Chen form will be taught.

Term 1

6 Tuesdays, January 14 -February 18

6 Fridays, January 17-February 21

Term 2

6 Tuesdays, March 4-April 8

6 Fridays, March 7-April 11

Term 3

6 Tuesdays, April 22-May 27

6 Fridays, April 25-May 30

Tuesday Time: 10:00-10:50 am

Friday Time: 10:45-11:35 am

Instructor: Deb Solis

Course Fee: \$35.00/per 6 week class

Beginning Yoga

Yoga is an exercise that can help increase flexibility, balance and coordination. It also can balance body, mind and spirit. Learn yoga positions and relaxation techniques through prescribed postures and controlled breathing. Bring a towel or floor mat and wear comfortable clothing. CFE coupons cannot be applied.

Term 1 6 Wednesdays, January 15-February 19

Term 2 6 Wednesdays, March 5-April 9

Term 3 6 Wednesdays, April 23- May 28

Time: 10:00-10:50 am

Instructor: Barb Labisch

Course Fee: \$35.00/per term

Intermediate Yoga

Yoga is a practice that can promote strength, balance and flexibility. It can also bring calm to the mind and balance to the whole body through poses, breathing, and mindfulness.

We will review basic yoga positions and learn new poses and breathing techniques. Bring a towel or floor mat and wear comfortable clothing. CFE coupons cannot be applied.

Term 1 6 Wednesdays, January 15-February 19

Term 2 6 Wednesdays, March 5-April 9

Term 3 6 Wednesdays, April 23-May 28

Time: 11:00-11:50 am

Instructor: Michelle Kreiter

Course Fee: \$35.00/per term

Walking in the Woods

Rediscover one of the pleasures of youth. Explore on foot and find features hidden in our urban woods and beyond. Participants will meet at CFE before the first walk of each term. The following walks will meet at the designated park to hike/walk, and rest a bit continue on the hike/walk and finish within two-hours time. No special abilities or experience needed, wear comfortable shoes and clothing. This is a unique experience. Carpooling is optional.

These walks are tentative; dates will be assigned in March. New walks may be chosen based on how our Wisconsin winter goes.

Tentative Walk Locations

The Forest Exploration Center, Wauwatosa; Jackson Park, Milwaukee; Endicott Park, Brookfield; Baderstcher Conservation Area, Muskego; Scout Lake Park, Greendale; Lapham Peak, Delafield

Mondays, April 21-June 2 (No Class May 26)

Time: 10:30 am-Noon

Guide: CFE Member Led

Course Fee: \$10.00

Course fee does not include entry fees to state parks nor gardens. CFE coupons cannot be applied.

AQUA FITNESS CLASSES

Work at your own pace in each class. No swimming skills are required. Please bring your own towel, swimsuit and lock. Water Shoes are strongly recommended. CFE is not responsible for lost, damaged, or stolen items. Warm Water Pool-temperature between 85°-88°. **CFE member coupons cannot be applied to water exercise classes.**

Therapeutic Aqua Walking

March and walk through the water to create resistance and improve your cardiovascular fitness, muscular endurance, and flexibility. Walking in water is an excellent cardio and resistance training exercise option. This class has no instructor and is at your own pace. Min. 4, Max. 12

Term 1-

6 Mondays, January 13-February 17

Term 2-

6 Mondays, March 3-April 7

Term 3-

6 Mondays, April 21-June 2 (No Class May 26)

Time: 8:30-9:30 am Instructor: Self Led

Session Fee: \$20.00/6 week Session

Aqua Fit I-Low Intensity Make the most of water's natural resistance that helps increase your flexibility and muscle strength. Low level, non-aerobic workout is safe and fun without impact to the joints. Even people with arthritis may want to give these classes a try! Max.12, min. 6.

Term 1-

6 Tuesdays, January 14-February 18 Low/Mod.

6 Thursdays, January 16-February 20 Low

Term 2

6 Tuesdays, March 4 -April 8 Low/Mod.

6 Thursdays, March 6-April 10 Low

Term 3-Registration for Term 3 Opens March 31

6 Tuesdays, April 29-June 3 Low/Mod.

6 Thursdays, May 1-June 5 Low

Time: 10:00-11:00 am

Instructor: Laura Haas

Course Fee: \$36.00/6 week class

Aqua Fit II-Moderate Intensity This is the perfect environment to stretch your muscles, get in some cardio workout and flex your joints. Movements are tailored for moderate speed, power, agility and strength. Geared to making you more fit without stressing your body. Max.12, min. 6.

Term 1

6 Tuesdays, January 14-February 18

6 Thursdays, January 16-February 20

Term 2

6 Tuesdays, March 4-April 8

6 Thursdays, March 6-April 10

Term 3-Registration for Term 3 Opens March 31

6 Tuesdays, April 29-June 3

6 Thursdays, May 1-June 5

Time: 11:00 am-Noon

Instructor: Laura Haas

Course Fee: \$36.00/6 week class