

# ADULT COMMUNITY PROGRAMS

\*Participants must provide their own exercise mat.

## ABS & ARMS – Instructor: Alaina Cain

Eligibility: Ages 15 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: This class focuses on strengthening your core and toning your arms. Participants bring their own exercise mat.

Minimum: 5 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Oct. 19	<a href="#">Oct. 23</a>	Mon/Wed.	6–6:30 a.m.	\$25/\$45	6
Session II	Dec. 4	Jan. 4	Jan. 8	Mon/Wed.	6–6:30 a.m.	\$25/\$45	6
Session III	Jan. 16	Mar. 7	Mar. 11	Mon/Wed.	6–6:30 a.m.	\$25/\$45	6

## EARLY MORNING YOGA – Instructor: Marc Eaton

Eligibility: Ages 15 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

Additional Information: This yoga is Ashtanga Vinyasa styled. The class includes plenty of warm-up followed by Sun Salutations and Asana Postures. Instruction includes accommodations for beginners as well as for those more experienced in their practice. Participants bring their own exercise mat.

Minimum: 5 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 21	Oct. 5	<a href="#">Oct. 10</a>	Tues/Thur.	6–6:50 a.m.	\$45/\$65	6
Session II	Dec. 4	Jan. 5	Jan. 9	Tues/Thur.	6–6:50 a.m.	\$45/\$65	6
Session III	Jan. 16	Mar. 1	Mar. 5	Tues/Thur.	6–6:50 a.m.	\$45/\$65	6

## P90 REC – Instructor: Alaina Cain

Eligibility: Ages 15 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1/Gym Court C

Additional Information: This program combines cardio, strength training and endurance drills for an all-over body workout. The class offers a variety of unique and challenging moves that will slim, strengthen, tone, and firm. Also, includes many of the popular P90X moves, which will keep the workout challenging and fun! Participants bring their own exercise mat.

Minimum: 5 Maximum: 20

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Oct. 16	<a href="#">Oct. 19 (Thur)</a>	Tues/Thur.	6–6:45 a.m.	\$30/\$50	6
Session II	Dec. 4	Jan. 4	Jan. 9	Tues/Thur.	6–6:45 a.m.	\$30/\$50	6
Session III	Jan. 16	Feb. 29	Mar. 5	Tues/Thur.	6–6:45 a.m.	\$30/\$50	6

## DANCE AND TONE – Instructor: Jancil Wooge

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

Additional Information: A fun dance and tone fitness program. The class will emphasize muscle work along with rhythms. This combination of cardio and dynamic resistance exercises is an effective way to tone and shape the whole body. Participants bring their own exercise mat.

Minimum: 5 Maximum: 20

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session II	Sept. 11	Oct. 19	<a href="#">Oct. 24</a>	Tues/Thur.	9–10 a.m.	\$30/\$50	6
Session III	Dec. 4	Jan. 5	Jan. 9	Tues/Thur.	9–10 a.m.	\$30/\$50	6
Session IV	Jan. 16	Mar. 1	Mar. 5	Tues/Thur.	9–10 a.m.	\$30/\$50	6

## CORE BALANCE AND STRENGTH – Instructor: Jancil Wooge

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

Additional Information: This exercise program will focus on strengthening, stretching, balancing and realigning your body. Core exercises will enable your bones, muscles and joints to work together optimally. A head-to toe workout that will help you look great and feel terrific! Participants bring their own exercise mat.

Minimum: 5 Maximum: 20

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session II	Sept. 11	Oct. 19	<a href="#">Oct. 24</a>	Tues/Thur.	10:15 – 11:15 a.m.	\$30/\$50	6
Session III	Dec. 4	Jan. 5	Jan. 9	Tues/Thur.	10:15 – 11:15 a.m.	\$30/\$50	6
Session IV	Jan. 16	Mar. 1	Mar. 5	Tues/Thur.	10:15 – 11:15 a.m.	\$30/\$50	6

## POUND – Instructor: Becky Courts

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: POUND is a 45- minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full body workout. Using lightly weighted drumsticks, participants can burn anywhere from 500-900 calories in a class. Participants must provide their own exercise mat for classes.

Minimum: 5 Maximum: 14

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Oct. 19	<a href="#">Oct. 23</a>	Mon/Wed.	12:15 – 1 p.m.	\$30/\$50	6
Session II	Dec. 4	Jan. 5	Jan. 8	Mon/Wed.	12:15 – 1 p.m.	\$30/\$50	6
Session III	Jan. 16	Mar. 7	Mar. 11	Mon/Wed.	12:15 – 1 p.m.	\$30/\$50	6

## EVENING YOGA – Instructor: Thea Vincenti

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: All levels welcome! Yoga is a great class to find relaxation during the busy week. The class will focus on deep stretches, alignment and breath. Participants supply their own yoga mat.

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session II	Sept. 11	Oct. 26	<a href="#">Oct. 30</a>	Mon/Wed	4:45 – 5:45 p.m.	\$45/\$65	6
Session III	Dec. 4	Jan. 5	Jan. 8	Mon/Wed.	4:45 – 5:45 p.m.	\$45/\$65	6
Session IV	Jan. 16	Mar. 7	Mar. 11	Mon/Wed.	4:45 – 5:45 p.m.	\$45/\$65	6

## TONING AND CONDITIONING – Instructor: Jancil Wooge

Eligibility: Ages 14 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

Additional Information: Intense exercise class for all fitness levels with low impact moves and minimal choreography. Use of elastic resistance bands, weights and body-supported exercises and flexibility training for muscle strengthening, endurance and sculpting. Participants must provide their own exercise mat for classes.

Minimum: 5 Maximum: 20

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Oct. 19	<a href="#">Oct. 23</a>	Mon/Wed	5:15 - 6 p.m.	\$30/\$50	6
Session II	Dec. 4	Jan. 4	Jan. 8	Mon/Wed.	5:15 – 6 p.m.	\$30/\$50	6
Session III	Jan. 16	Mar. 14	Mar. 18	Mon/Wed.	5:15 – 6 p.m.	\$30/\$50	6

## **BUILD & BURN – Instructor: Matt Grimes**

Eligibility: Ages 14 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: This full body workout will be a high energy, strength-building and full-body cardio workout. We will use free weights and body weight exercises to help every participant meet their fitness goals. Participants must provide their own exercise mat for classes.

Minimum: 5 Maximum: 20

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session II	Sept. 11	Oct. 26	<a href="#">Oct. 30</a>	Mon/Wed.	6 – 7 p.m.	\$30/\$50	6
Session III	Dec. 4	Jan. 4	Jan. 8	Mon/Wed.	6 – 7 p.m.	\$30/\$50	6
Session IV	Jan. 16	Mar. 7	Mar. 11	Mon/Wed.	6 – 7 p.m.	\$30/\$50	6

## **WALKING IN MOTION – Instructor: Bethany Nuckols**

Eligibility: Ages 14 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

Additional Information: Enjoy this new low-impact indoor total body walking exercise class! What usually prevents you from walking outside? Darkness? Weather? Traffic? With this WALKING IN MOTION class you can walk up to three miles and never go outside. Exciting, motivating music, along with easy- to-follow steps, makes this class fun and suitable for all fitness levels.

Minimum: 9 Maximum: 30

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Oct. 19	<a href="#">Oct. 23</a>	Mon/Wed.	6:30 – 7:15 p.m.	\$30/\$50	6
Session II	Dec. 4	Jan. 4	Jan. 8	Mon/Wed.	6:30 – 7:15 p.m.	\$30/\$50	6
Session III	Jan. 16	Mar. 14	Mar. 18	Mon/Wed.	6:30 – 7:15 p.m.	\$30/\$50	6

## **CARDIO/WEIGHT TRAINING – Instructor: Diane Thompson**

Eligibility: Ages 16 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: An intense cardio and weight-training workout. Participants must provide their own exercise mat for classes.

Minimum: 5 Maximum: 20

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Mini	Sept. 1	Nov. 10	<a href="#">Nov. 14</a>	Tues/Thur.	5:45 – 6:45 p.m.	\$13/\$33	2
Session I	Dec. 4	Jan. 4	Jan. 9	Tues/Thur.	5:45 – 6:45 p.m.	\$30/\$50	6
Session II	Jan. 16	Feb. 29	Mar. 5	Tues/Thur.	5:45 – 6:45 p.m.	\$30/\$50	6

## **ZUMBA – Instructor: Natalia Pizarro/Tamia Dallas**

Eligibility: Ages 14 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

Additional Information: The Zumba program combines Latin rhythms with easy to follow moves to create a one-of-a-kind fitness program.

Minimum: 5 Maximum: 11

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Mini	Sept. 11	Oct. 30	<a href="#">Nov. 2 (Thurs)</a>	Tues/Thur.	5:20 – 6:20 p.m.	\$23/\$43	4
Session II	Dec. 4	Jan. 11	Jan. 16	Tues/Thur.	5:20 – 6:20 p.m.	\$30/\$50	6
Session III	Jan. 22	Mar. 7	Mar. 12	Tues/Thur.	5:20 – 6:20 p.m.	\$30/\$50	6

**BARRE – Instructor: Bethany Nuckols**

Eligibility: Ages 14 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

Additional Information: Barre weaves together elements of dance, pilates, and yoga into one workout. Barre is not only great for improving posture and flexibility, but also strengthening your entire body. While Barre might look intimidating to those who don't have a dance background, it is an accessible form of exercise that caters to all fitness levels. Barre exercises are primarily bodyweight, and we target each major muscle group at a time, working with high reps and light resistance. Combined with stretching in between each section of work, you end up with flexibility, mobility, and strength training all in one class. Participants must provide their own exercise mat for classes.

Minimum: 9      Maximum: 20

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 21	Sept. 15	<a href="#">Sept. 19</a>	Tuesday	6:30 – 7:15 p.m.	\$30/\$50	6
Mini	Oct. 2	Nov. 9	<a href="#">Nov. 14</a>	Tuesday	6:30 – 7:15 p.m.	\$23/\$43	4
Session II	Dec. 4	Jan. 4	Jan. 9	Tuesday	6:30 – 7:15 p.m.	\$30/\$50	6
Session III	Jan. 16	Feb. 29	Mar. 5	Tuesday	6:30 – 7:15 p.m.	\$30/\$50	6

**ADULT TAP CLASS – Instructor: Kelly Stalvey**

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: Class is designed for any experience level, beginner to intermediate and anyone wanting to tap for fun. We will cover the basics and work our way to more advanced steps of rhythmic jazz tap. Please bring tap shoes or tennis shoes.

Minimum: 4      Maximum: 15

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 11	Oct. 18	<a href="#">Oct. 24</a>	Tuesday	7 – 8 p.m.	\$30/\$50	6
Session II	Dec. 4	Jan. 11	Jan. 16	Tuesday	7 – 8 p.m.	\$30/\$50	6
Session III	Feb. 1	Mar. 7	Mar. 12	Tuesday	7 – 8 p.m.	\$30/\$50	6

**TAI CHI FUNDAMENTALS – Instructor: Mathew Komelski**

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: This class teaches the basic movements and mindfulness skills needed to progress in Tai Chi practice. Students in this class will learn the traditional movement sets known as Hunyuan Gong (Essential Skills), Chansi Gong (Silk Reeling Skills) and the Tai Chi 13 Movement Form. These practices help to build and maintain functional strength and range of motion, while improving relaxation, balance, coordination and ease of movement.

Minimum: 5      Maximum: 20

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Oct. 19	<a href="#">Oct. 22</a>	Sunday	5:30 – 6:10 p.m.	\$40/\$60	8
Session II	Dec. 4	Jan. 24	Jan. 28	Sunday	5:30 – 6:10 p.m.	\$40/\$60	8
Mini	Feb. 1	April 10	April 14	Sunday	5:30 – 6:10 p.m.	\$20/\$40	4

**ADVANCED TAI CHI – Instructor: Mathew Komelski**

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: This class builds on material presented in the Tai Chi fundamentals class, introducing new movement sets and exercises based on traditional Chinese Martial arts. This class will progress individuals toward master of the Beijing Chen Style 24 Movement and Tai Chi Sword. This class will meet during the beginner class also, so the actual class time will be from 5:30 – 6:50 p.m.

Minimum: 5      Maximum: 20

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Oct. 19	<a href="#">Oct. 22</a>	Sunday	6:10 – 6:50 p.m.	\$55/\$75	8
Session II	Dec. 4	Jan. 24	Jan. 28	Sunday	6:10 – 6:50 p.m.	\$55/\$75	8
Mini	Feb. 1	April 10	April 14	Sunday	6:10 – 6:50 p.m.	\$28/\$48	4