

## 2017 Fall and Holiday Session for Group Fitness Land and Aquatic Classes

### GENERAL INFORMATION

Welcome new and returning participants. All registrations are taken at the Lied Activity Center. Please bring completed form and payment to the Lied Center Front Desk during business hours Monday-Sunday. Payments will be processed at the time of registration.

#### Scheduled Sessions for all Programs

Fall Session September 5 – October 28, 2017

Registration Period August 14 – September 9, 2017

Holiday Session October 30 – December 22, 2017

Registration Period October 23 – November 4, 2017

No Class November 22, 23, 24, 25, 2017

Try it on us for free. The Lied Activity Center invites all members and guests to try up to two classes for free. Pick up your complimentary pass at the front desk along with your activity waiver.

Pay per Class Options: Try before you buy! If not registered for a current session, you may pay a drop-in class fee of \$8.00 for members and \$10.00 for non-members. Payment for single must be made before each class at the front desk. You will be issued a class form for admittance to your group fitness class and must be turned in to the instructor. You may also purchase multiple classes.

The facility has the right to add/drop/change classes/instructors to meet program and minimum class participation requirements of six paid registrations not including Unlimited Pass and BPS Staff Unlimited pass. Fitness programs are designed for ages 16 & up. Participants younger than 19 must have a legal guardian or parent's written consent.

For questions contact Sonja at 402-980-7321 or [Sonja@fitinthecity.com](mailto:Sonja@fitinthecity.com)

Cancellation policy: If your program is cancelled due to not meeting minimum class participation of six paid registrations, not including Unlimited Pass and BPS Staff Unlimited Pass, you may transfer into another class or request a refund.

If you are cancelling your enrollment for any other reason you must cancel prior to the second scheduled class for which you are registered. Refunds will not be given after second class has been conducted.

If you are cancelling due to a medical issue, you must provide documentation from your medical care provider stating that you are to refrain from physical activity, and submit the documentation to Ryan Shultz, Director of the Lied Activity Center. Registrations may be credited up to *six months*.

Inclement Weather / Holiday Closing Policy / Missed Class: If Bellevue Public Schools close due to inclement weather or a scheduled holiday the facility will also be closed. If you miss a scheduled class, you are encouraged to make up the missed class (es) during the CURRENT SESSION.

For current information concerning inclement weather closures at the Lied Activity Center contact the Lied Activity Center 402-293-5000.

Please Note: There are no prorates for missed classes or late registrations and there is no transfer of classes to another person. See pricing schedule for late registrations.

#### Program pricing for Group Fitness Land and Aquatic Classes

\*Pricing may change without notice

Pricing during Registration period	Member	Non-Member		Pricing After Registration period has ended	Member	Non-Member
1 class per week	\$55.00	\$70.00		1 class per week	\$70.00	\$85.00
2 classes per week	\$85.00	\$100.00		2 classes per week	\$100.00	\$115.00

3 classes per week	\$105.00	\$120.00	3 classes per week	\$120.00	\$135.00
4 classes per week	\$125.00	\$140.00	4 classes per week	\$140.00	\$155.00
5 classes per week	\$145.00	\$160.00	5 classes per week	\$160.00	\$175.00
Unlimited Pass (Age 62 & older)	\$130.00	\$145.00	Unlimited Pass (Age 62 & older)	\$145.00	\$160.00
BPS Staff* Unlimited	\$100.00		BPS Staff*Unlimited	\$115.00	
MEMBER DROP IN PER CLASS	NON- MEMBER DROP IN PER CLASS				
\$8.00	\$10.00				

**Unlimited Pass (Age 62 & older)**

Attend an unlimited number of aquatic and/or group fitness classes during the session. Confirmed class schedule will be posted at end of second week of the current session.

**BPS Staff Unlimited Pass:** Attend an unlimited number of aquatic and/or group fitness classes during the week.  
\*Staff Rate- includes teachers, administrators and all support staff and BPS retirees-No other discounts apply.

**CLASS POLICY:** The facility has the right to add/drop/change classes/instructors to meet program and minimum class participation requirements of six paid registrations not including Unlimited Pass and BPS Staff Unlimited Pass. If your program is cancelled due to not meeting minimum class participation of six paid registrations you may transfer into another class or request a refund.

If a session class is cancelled due to low enrollment it will be posted at the facility by the second week of the current session.

**ADULT WELLNESS CLASSES**

**OPEN TO MEMBERS/NON-MEMBERS 16 YEARS +**

All classes conducted by nationally certified instructors. Our wellness programs offer multiple benefits regardless of your fitness level. Our instructors provide modifications to increase or decrease the difficulty of the moves, and you're always free to go at your own pace.

**Fit Camp-** Join this early morning class that offers change to your physique with challenging boot camp style workouts. You will be driven and coached by your instructor to complete intense cardiovascular intervals, perform dynamic strength patterns, creative core combos, and team/partner challenges.

**Yoga-** Find physical harmony through foundational yoga poses that work strength, flexibility and balance, all while bringing awareness to your mental harmony through conscious breath and relaxation techniques.

**NEW Pilates-** Based on Pilate's principles of control, precision and coordination; learn to strengthen your "powerhouse" through mat exercises that focus on the deep abdominal and low back muscles, creating strength from the inside-out.

**WELLNESS PROGRAMS Real Fitness 55+**

These classes focus on Functional Training to help maintain a healthy lifestyle for the active older adult.

**NEW Balance with Flexibility-** Achieving and maintaining balance involves many systems working together. Balance helps you stay on your feet and can help reduce the risk of falling while flexibility exercises, derived from yoga and Pilates, help to lengthen your muscles and prevent stiffness throughout the joints.

**NEW** Balance with Chi- Achieving and maintaining balance involves many systems working together. This class will center on posture and core stability by using functional balance exercises that incorporate Tai Chi movements to focus on balance, agility, strength and coordination.

**Real Strength-** Regular strength training is the key to improving bone health, joint flexibility and reducing the risk of age related diseases. This class is tailored to your ability with a variety of resistance exercises for upper, lower and core muscles. Equipment options: hand weights, barbells, stability balls, kettle bells, medicine balls, resistance tubing and bodyweight.

**Real Flexibility-** Join us for this low impact, gentle to the joints exercise. Real Flexibility will use the basic principles of yoga, tai chi and Pilates to improve overall flexibility and balance.

## AQUATIC CLASSES

**OPEN TO MEMBERS AND NON-MEMBERS**

Held in a heated zero depth entry pool.  
Swimmers and non-swimmers are welcome.

Classes conducted by nationally certified instructors. Our aquatic programs offer multiple benefits regardless of your fitness level. Our instructors provide modifications to increase or decrease the difficulty of the moves, and you're always free to go at your own pace. Working out in water provides equal resistance through your full range of motion, and allows you to strengthen your muscles without stressing vulnerable joints.

**Aqua Aerobics-** This class uses the natural resistance and buoyancy of water against your body to provide a variety of conditioning activities that will help increase your stamina and strength.

**Aqua Tabata NOW OFFERED 3X WEEKLY-** Tabata Interval Training timed work and rest intervals, is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple , yet intense exercises, allows each class to blast away the calories and provide noticeable results in a short amount of time.

**NEW Aqua Strength Moves-** This workout targets the entire body through the use of aquatic resistance equipment. A dynamic warmup, upper and lower body exercises, along with core work will be included with a cardiovascular component. Aqua Strength Moves provides a comprehensive functional strength program that challenge all abilities and fitness levels.

**H2O** – A step up in activity level from aqua aerobics, this class leads participants through higher intensity sport drills, circuits and interval training. You will be challenged to step outside your comfort level to improve your fitness level.

*All classes provide scaling options to increase or decrease the difficulty of the moves.*

## PERSONAL TRAINING

**MOTIVATION = RESULTS**

Fit In The City's certified and experienced trainers provide flexible options for today's busy individual. You have access to the most versatile and effective methods of training for the demands of today's active lifestyle.

**Personal Training Includes:**

- A 45 - 60 minute session with package options from 6-12 sessions.
- A nationally certified fitness expert to motivate you
- A fitness assessment
- Progress updates
- Comprehensive fitness program
- Education on how to exercise
- Solutions for how to reduce stress, anxiety, and how to create realistic goals

- Nutrition guidance and tips on how to eat healthy for life
- Contact with trainer via email, phone
- To register [www.fitinthecity.com](http://www.fitinthecity.com), select Personal Training / BUY NOW, click on Personal Training in store. Contact [renee@fitinthecity.com](mailto:renee@fitinthecity.com) or 402-740-3282 for additional details.

**OVERVIEW OF WEEKLY SCHEDULED CLASSES  
CLASS SCHEDULE SUBJECT TO CHANGE**

All classes are 50 minutes in length except for those noted with an \*

<b>MONDAY</b>	
<b>TIME/CLASS</b>	
6:00-6:50AM	Fit Camp
8:30-9:20AM	Balance with Flexibility <i>NEW</i>
8:30-9:20AM	Aqua Tabata <i>3X PER WEEK!</i>
9:30-10:20AM	Aqua Strength Moves <i>NEW</i>
5:30-6:20PM	H2O
6:00-7:00PM	Yoga* <i>NEW</i>
<b>TUESDAY</b>	
<b>TIME/CLASS</b>	
8:30-9:20AM	H2O
8:30-9:20AM	Real Strength
9:30-10:20AM	Aqua Aerobics
5:30-6:20PM	Aqua Tabata
6:00-6:50PM	Pilates <i>NEW</i>
<b>WEDNESDAY</b>	
<b>TIME/CLASS</b>	
6:00-6:50AM	Fit Camp
8:30-9:20AM	Balance with Chi <i>NEW</i>
8:30-9:20AM	Aqua Tabata <i>3X PER WEEK</i>
9:30-10:20AM	Aqua Strength Moves <i>NEW</i>
6:00-7:00PM	Yoga*
<b>THURSDAY</b>	
<b>TIME/CLASS</b>	
8:30-9:20AM	H2O
8:30-9:20AM	Real Strength
9:30-10:20AM	Aqua Aerobics
5:30-6:20PM	Aqua Strength Moves
<b>FRIDAY</b>	
<b>TIME/CLASS</b>	
6:00-6:50AM	Fit Camp
8:30-9:20AM	Real Flexibility
8:30-9:20AM	Aqua Tabata <i>3X PER WEEK</i>
9:30-10:20AM	Aqua Strength Moves <i>NEW</i>
<b>SATURDAY</b>	
<b>TIME/CLASS</b>	
10:30-11:20AM	Aqua Aerobics