

2017 SPRING TWO AND SUMMER 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 Programming

Spring Two Session May 1 – June 24, 2017

Registration Period April 24 – May 6, 2017

No Class May 29, 2017

Summer Session June 26 – August 19, 2017

Registration Period June 19 – July 1, 2017

No Class July 3 & 4, 2017

The Lied Activity Center offers all members and guests, per calendar year, up to two free group fitness classes. Please complete individual class form with activity waiver at the front desk.

If not registered for a current class, you may pay a drop-in fee of \$8.00 per class for members and \$10.00 per class for non-members. Payment 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 into the instructor.

The facility has the right to add/drop/change classes/instructors to meet program and minimum class participation requirements of five paid registrations not including unlimited passes. 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

Cancellation policy: If your program is cancelled due to not meeting minimum class participation of five paid registrations, not including unlimited passes, you may transfer in to 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 physician or physical therapist** 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**.

Please Note: There are no prorates for missed classes or late registrations. See pricing schedule for late registrations.

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

Program pricing for Group Fitness Land and Aquatic Classes

*Pricing may change without notice

| Pricing during Registration period | | | Pricing After Registration period has ended | | |
|---------------------------------------|----------|------------|---|----------|------------|
| | Member | Non-Member | | 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 |

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|------------------------------------|----------|----------|------------------------------------|----------|----------|
| 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 | |

DROP IN RATES:

| | | | |
|-------------------------------------|-------------------------------------|--|---------------------------------|
| GUEST | MEMBER DROP IN PER CLASS | NON- MEMBER DROP IN PER CLASS | *See Front Desk for form |
| 2 Classes free per calendar year | \$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 first week of session.

BPS Staff Unlimited: 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 five paid registrations not including unlimited passes. If your program is cancelled due to not meeting minimum class participation of five paid registrations you may transfer in to 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.

Fusion – Practicing yoga along with Pilates may lead to a reduction in stress. Because of this feature, the practice of the two techniques is also employed as systems of physical rehabilitation. The benefit of both yoga and Pilates is the increased attainment of harmony and increased levels of mental and physical fitness.

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.

Yoga with Guided Meditation- Learn to relax and calm your mind with ease in this meditation style class. With instruction, you will complete yoga flow postures and will be guided to relax your mind, turn inward, observe your habits, increase your awareness, leading you away from the reactivity and toward more mindfulness.

WELLNESS PROGRAMS Real Fitness 55+ “Live Longer, Move Stronger”

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

Able Bodies Balance Training® – Achieving and maintaining balance involves many systems working together. In this class we will focus on the five components of Able Body Balance Training: flexibility, posture and core stability, strength for purpose, balance and mobility and cardio respiratory endurance. This a great program for those just starting a fitness regimen or those wanting to focus on balance training.

Tai Chi- “Meditation in Motion”. Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength and coordination. Movements are performed in a slow, gentle, focused manner.

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 Movement- Get up and go with a movement class that’s safe, heart healthy and gentle on the joints. The workout includes easy – to – follow low impact movement, upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

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.

H2O: Tabata– 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.

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
- A real 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, select Personal Training / BUY NOW, click on Personal Training in store. Contact renee@fitinthecity.com or 402-740-3282 for additional details.

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

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| MONDAY |
| TIME/CLASS |
| 6:00-7:00AM FIT CAMP |
| 8:30-9:15AM TAI CHI |
| 9:30 -10:15AM REAL FLEXIBILITY |
| 8:30-9:30AM H2O |
| 9:30-10:30AM AQUA AEROBICS |
| 5:30-6:30PM H2O |
| 6:00-7:00PM FUSION |
| TUESDAY |
| TIME/CLASS |
| 8:30-9:15AM H2O: TABATA |
| 8:30-9:15AM REAL STRENGTH |
| 9:30-10:15AM ABLE BODIES BALANCE TRAINING® |
| 9:30-10:30AM AQUA AEROBICS |
| 5:30-6:30PM AQUA AEROBICS |
| 6:00-7:00PM REAL STRENGTH |
| WEDNESDAY |
| TIME/CLASS |
| 6:00-7:00AM FIT CAMP |
| 8:30-9:15AM REAL MOVEMENT |
| 8:30-9:30AM H2O |
| 9:30-10:30AM AQUA AEROBICS |
| 6:00-7:00PM YOGA |
| THURSDAY |
| TIME/CLASS |
| 8:30-9:15AM H2O: TABATA |
| 8:30-9:15AM REAL STRENGTH |
| 9:30-10:15AM ABLE BODIES BALANCE TRAINING® |
| 9:30-10:30AM AQUA AEROBICS |
| 5:30-6:30PM AQUA AEROBICS |
| 6:00-7:00PM REAL STRENGTH |
| FRIDAY |
| TIME/CLASS |
| 6:00-7:00AM FIT CAMP |
| 8:30-9:15AM REAL FLEXIBILITY |
| 8:30-9:30AM H2O |
| 9:30-10:30AM AQUA AEROBICS |
| SATURDAY |
| TIME/CLASS |
| 9:00-10:00AM YOGA W/ GUIDED MEDITATION |
| 10:30-11:30AM AQUA AEROBICS |