

**BRING A FRIEND TO CLASS AND GET A DISCOUNT ON YOUR NEXT MONTH'S CLASS.**

# Health & Fitness

## Fitness at a Glance

Class Title	Days of the Week	Time	Instructor	Cost per Month (Out-of-City/In-City)
Early Step	M/W/F	5:30-6:30am	Amy	\$47/\$35
Morning Step <b>C</b>	M/W/F	9:15-10:25am	Star	\$53/\$40
Cardio Dash	M/W	4:20-5:05pm	Kris	\$27/\$20
Interval Step	M/Th	5:20-6:20pm	Star	\$32/\$24
Rep Reebok	M/W	6:30-7:40pm	Star	\$36/\$27
Beginning Step	M/W	7:50-8:30pm	Sara	\$21/\$16
Muscle Tech II	Tu/Th	5:30-6:30am	Angela	\$32/\$24
Beginning Strength Training	Tu/Th	7:30-8:30am	Sara	\$32/\$24
Muscle Tech I <b>C</b>	Tu/Th	9:15-10:25am	Kris	\$36/\$27
Rep Reebok	Tu/Th	4:10-5:10pm	Sara	\$32/\$24
S.E.T.	Tu	5:20-6:20pm	Amy	\$16/\$12
Prenatal/Postnatal	Tu/Th	5:30-6:15pm	Kris	\$27/\$20 ■
Aerobic Pilates	Tu/Th	6:30-7:30pm	Andra	\$32/\$24
Pilates	Tu/Th	7:40-8:40pm	Andra	\$32/\$24
Afternoon Step	F	4:10-5:10pm	Sara	\$16/\$12
Chair Pilates	Sa	10-11am	Andra	\$16/\$12

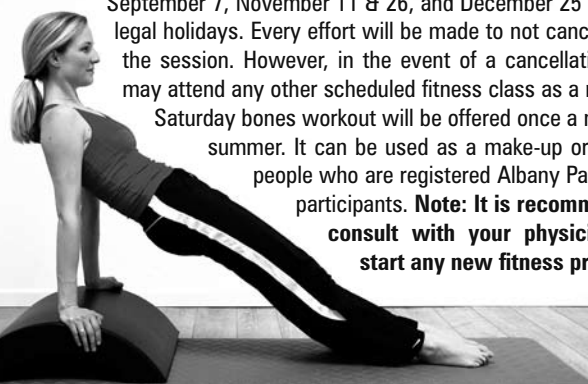
■ Not held at COOL! Swanson Park Action Center.

**C** Childcare provided for \$2/class/child for 1st child, \$1/class/additional child in same family.

HEALTH & FITNESS

## General Information

Registration for fall fitness classes begins immediately. Fall term will be set up in one-month continuous sessions. If you start after the first of the month, you may want to purchase a punch card for the remaining class days left in the month. You may join a class at any time; ask the instructor for assistance in learning new steps. Registration begins immediately for September 1-30, October 1-30, November 2-30, and December 1-31 classes. All classes have minimum and maximum enrollments. Classes that have not met their minimum enrollments by the end of the first week of the session will be canceled. Classes will be held at COOL! Swanson Park Action Center unless otherwise noted. Mats, weights, and steps are provided. No classes are scheduled for September 7, November 11 & 26, and December 25 in observance of legal holidays. Every effort will be made to not cancel a class during the session. However, in the event of a cancellation a participant may attend any other scheduled fitness class as a make-up. Also, a Saturday bones workout will be offered once a month during the summer. It can be used as a make-up or bonus class for people who are registered Albany Parks & Recreation participants. **Note: It is recommended that you consult with your physician before you start any new fitness program.**



## Childcare

We are happy to be able to provide childcare for some of our classes. Childcare is available for classes that have a **C** shown by the time. In order to provide a safe environment for your children we try to maintain an adequate number of staff. It is necessary for us to pass the costs associated with childcare on to those utilizing the service. All childcare participants will be required to remain in the childcare room during the fitness session. Please check the schedule for times childcare is provided. The cost for childcare will be \$2/child/class. Due to the size of the space in which we will be located we will only be able to serve the first 15 children who register for this service.

**Childcare providers needed!** FREE 3 day/week fitness class in return for providing childcare 1 hour and 30 minutes/week. Call Theresa at 917-7767 for more information.



## Lebanon

Do you live in the Lebanon area? Then you should check out our Fitness classes held in Lebanon at Cascade Performing Arts. We have a Rep Reebok and a Step class. For more information, visit cityofalbany.net/parks.

Get a \$5 discount on the registration fee of the next month's class. Or, if you are a punch card user, get one free punch.

# Health & Fitness

## Payment Options



### Monthly Class Fee

Just pay the class fee for your one, two, or three day per week class.



### Punch Cards

Fitness that works on YOUR schedule! \$4.00 per punch for in-city residents \$5.00 per punch for out-of-city residents



### 5-Day Combination Offer

Register for any combination of up to 5 class units in a week. \$50 for in-city residents \$66 for out-of-city residents. That's at least a \$6 or more savings!



### Unlimited Offer

Take as many class units in a week as you like and pay one low price per month! \$55 for in-city residents or \$73 for out-of-city residents

### EARLY STEP

What better way to start your day than with a fun and energetic step workout. This class has all the components of a well-rounded exercise program. This class begins with step followed by a brief strength and core training segment.

### MORNING STEP

How about increasing your cardio fitness? In this 70 minute morning class Star will challenge and encourage you to get the most out of your workout. Childcare is available for this class.

### CARDIO DASH

This class is a fun, energy-packed opportunity to bring diversity and intensity to your workout routine. Now, two days per week, this fast-paced class is great for people who are short on time, but seeking a higher level of fitness training. Get ready to burn off those calories with a great cardiovascular workout.

### INTERVAL STEP

Want a great overall body workout? This class will help you accomplish your fitness goals by incorporating muscle conditioning (using weights and resistance bands) within the aerobic portion of the class. Members of the class will work aerobically to burn calories and fat and will tone muscles during the conditioning segments.

### REP REEBOK

Come and see what all the excitement is about! REP REEBOK is a pre-choreographed group strength training program designed to use a step platform and free weights. It is resistance training at its best and is a simple, effective way to improve muscular strength, function, shape, and definition. All fitness levels are welcomed and encouraged.

### BEGINNING STEP

Have you felt a little intimidated to take a Step class? Here's the perfect opportunity for you to learn this fun form of aerobic exercise. In this beginning class you will start a little slower and spend a little more time learning the steps. You'll still get a good workout in a slower paced atmosphere.

### MUSCLE TECH I

Take strength training up another notch. Let triathlete Angela Smith help you build strength and endurance without building bulk. This early morning workout is great for both men and women and can be modified to meet your training needs.

### BEGINNING STRENGTH TRAINING

Has it been a long time since you exercised, are you recovering from an injury, or are you an older adult who wants to build back your strength and muscle tone? Go at your own pace as you build yourself back up and get back into the swing of things with this beginning strength training class.

### MUSCLE TECH I

Don't forget to add resistance training to your workout schedule. Take advantage of this 70 minute class designed to increase your muscle endurance. This strength training workout utilizes hand weights, body bars, resistance tubing, fit balls, and individual body resistance to improve muscle strength in all major muscle groups. All fitness levels are welcome. Childcare is available for this class.

### READY, S.E.T., GO!

Strength Endurance Training (S. E. T.) is the way to reach your personal best and boost your physical endurance. Participants use multiple strength techniques incorporating bars, resistance bands, and hand-weights alternated with cardio endurance drills for a well-rounded workout.

### FIT FOR TWO: A PRENATAL/POSTNATAL FITNESS CLASS

Stay fit and comfortable during your pregnancy with exercise classes designed especially for your changing body. This 'all around' workout is designed to make labor easier and recovery quicker! Kris will help you strengthen muscles, relieve back pain, prepare for labor, improve body mechanics, and enhance confidence. You can begin anytime during your pregnancy...and once the baby is here, use this workout to get your body back in shape until you are ready to take on a more strenuous exercise program. This class will be held at the Albany Senior Center, 489 Water Ave. NW.



### AEROBIC PILATES

Receive the benefits of aerobic exercise with this low-impact style. No bouncing, jumping, or stepping is involved. We will use simple Pilates movements in a very active atmosphere using repetition and moving quickly from one movement to another. Reach all your fitness goals: strength training, endurance, toning flexibility, and heart health, without irritation to ankles, knees, or back. Now is the time to get healthy again!

# Health & Fitness



*Creating opportunity for healthy, active lifestyles*

Healthy Albany Partnership is a coalition of agencies, organizations, and businesses in the Albany area working to create opportunities for healthy, active lifestyles. The community events and happenings listed here are designed to promote physical activity and good nutrition.

For a full listing of other HAP member events, go to:

**[albanyparksandrecreation.org/hap](http://albanyparksandrecreation.org/hap)**

## PILATES

Pilates is a low-impact exercise program emphasizing core strength, flexibility, and concentration. It's great for recovering from injuries, promoting weight loss, and improving overall fitness. Pilates can be adapted to suit any need and is often recommended by the medical community.

## AFTERNOON STEP

Join Sara for a great Friday afternoon workout before you head into your weekend. With an aerobic workout and strengthening exercises at the end, you'll be ready for fun and sun this summer.

## CHAIR PILATES

You'd like to get into shape but how can you get started when it even hurts to walk? You can't jump around in an aerobic class, or get up and down off the floor for Pilates or Yoga, and the thought of putting on a swimsuit makes you shudder! This class is for you. It is a great starting place for those with very limited mobility due to inflammation, pain, or size. You will learn how to strengthen muscles to relieve pain and become more self-sufficient. What would you do if you could move better? Let Andra help you reach that goal.

## SATURDAY BONUS WORKOUT

Did you miss a workout? Do you want to try something different? Use this Saturday workout as a make-up class or as a bonus class. Registration for any fitness class entitles you to attend the Saturday class. Time varies from week to week; please note scheduled time in fitness room.

# Get Cash Back.

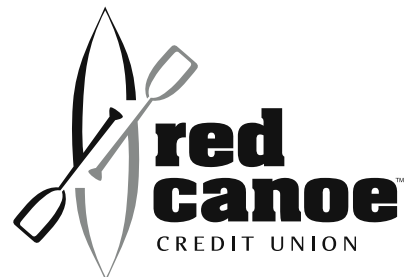
◆ On your everyday purchases.



**Buying groceries? Filling up the car?  
Getting a bite to eat?**

Get cash back every time you use your debit card with a new Simply Smart Checking Account.


**[www.simplysmartchecking.com](http://www.simplysmartchecking.com)**



Registration for these classes is available immediately on a first-come, first-served basis. In this section, the fees listed at the right reflect a reduced price for Albany residents. Those who live outside the city limits pay full tuition. You may purchase an Out-of-City User's Card for \$40 for an individual or \$80 for a family which is good for a year and you pay the in-city rate for all classes and services. Register for these classes at Albany Parks & Recreation office in City Hall, 333 Broadalbin SW, or by calling 917-7777. Note: You cannot use your fitness punch card for the following classes in this section.

# Health & Fitness

## Specialty Fitness At A Glance

Class Title	Days of the Week	Time	Instructor	Cost per 5-week class (OUT-OF-CITY/IN-CITY)		
				2 day/wk	1 day/wk	Drop-in
Zumba Gold	M/W	5:30-6:30pm	CJ	\$67/\$50	\$37/\$28	\$7
	Tu/Th	9:30-10:30am	CJ	\$67/\$50	\$37/\$28	\$7
Zumba Plus Toning	M/W	6:35-7:35pm (full hour)	CJ	\$67/\$50	\$37/\$28	\$7
	M/W	6:35-7:05pm (1/2 hour)	CJ	\$37/\$28	—	\$4
	M/W	7:05-7:35pm (1/2 hour)		\$37/\$28	—	\$4
Zumba 	Tu/Th	11am-Noon	CJ	\$67/\$50	\$37/\$28	\$7
Zumba	Th/Sa	6:35pm-7:35pm/ 10:30am-11:30am	CJ	\$67/\$50	\$37/\$28	\$7
Zumba Basics	F	5:20pm-6:20pm	CJ	—	\$37/\$28	\$7
Gentle Yoga	M	11:30am-12:20pm	Rose	—	\$78/\$59	\$9
Hatha Yoga	W	11:30am-12:20pm	Rose	—	\$78/\$59	\$9

YOU CANNOT USE FITNESS PUNCH CARDS FOR ANY OF THE CLASSES ABOVE  Childcare available at Fitness Experience for \$2/child/class.

### PERSONAL FITNESS PRESCRIPTION

Interested in starting an exercise program but you're not quite sure what class or program would be best for you? Make an appointment with our personal fitness trainer. As a certified fitness instructor, swim coach, and triathlete, she will provide an hour's fitness consultation including a fitness evaluation and a recommendation of what would best help you reach your fitness goals. Call 917-7777 to make your appointment.

**\$53/\$40**    **Date & time varies**                      **Elke**

### GENTLE YOGA

Yoga will strengthen, tone, and reshape your body as it reduces stress. In this nine-week class you will build stamina, balance, and graceful flexibility. Please bring a yoga mat or beach towel and a blanket.

**M**            **11:30am-12:20pm**                      **9/28-11/23**  
**\$78/\$59**    **City Hall**                                      **Rose**  
**\$9 Drop-in**    **333 Broadalbin SW**

### HATHA YOGA

Yoga will strengthen tone and reshape your body as it reduces stress. Yoga builds stamina, balance, and brings a graceful flexibility to your body. Please bring a yoga mat or beach towel and a blanket.

**No class on 11/11.**

**W**            **11:30-12:20pm**                      **9/30-12/2**  
**\$78/\$59**    **City Hall**                                      **Rose**  
**\$9 Drop-in**    **333 Broadalbin SW**

## FLINN BLOCK HALL

*Albany's Premier Ballroom*



Lovely wood dance floors, newly refinished

Tables & chairs included with rental • Seats 200+

*Make an appointment to see our beautiful facility for yourself!*

222 First Avenue West • Albany, OR 97321  
 541-791-3900 • anni@flinnblockhall.com

# Health & Fitness

## ZUMBA™

Ditch the routine and join the party! Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective workout. It's exercise in disguise because it is so much fun you won't even know you're working out. The Tuesday/Thursday class is being co-sponsored with Fitness Experience and the Thursday/Saturday class is being co-sponsored with The Flinn Block.

**Session 1: 9/8-10/8; Session 2: 10/13-11/12; Session 3: 11/17-12/17**

**Tu/Th 11am-Noon CJ**  
Fitness Experience  
1715 Hill St. SE

**Session 1: 9/10-10/10; Session 2: 10/15-11/14; Session 3: 11/19-12/19**

**Th/Sa 6:35-7:35pm-Th**  
**10:30-11:30am-Sa**  
The Flinn Block  
222 1st Ave SW

**\$67/\$50 (2 days/week); \$37/\$28 (1day/week); \$7 Drop-in fee**

## ZUMBA GOLD™

Zumba Gold is designed for participants with very little experience exercising, those that have physical limitations, or inactive older adults. The system was created to be easier than the regular Zumba classes, but just as much fun. The moves have been carefully designed to be easy-to-follow by individuals of any size or age. Two class times have been scheduled your convenience. This class is being co-sponsored with the Flinn Block.

**Session 1: 9/7-10/7 or 9/8-10/8; Session 2: 10/12-11/11 or 10/13-11/12; Session 3: 11/16-12/16 or 11/17-12/17**

**M/W 5:30-6:30pm**  
**Tu/Th 9:30-10:30am CJ**  
The Flinn Block  
222 1st Ave SW

**\$67/\$50 (2 days/week); \$37/\$28 (1day/week); \$7 Drop-in fee**

## ZUMBA™ PLUS TONING

The first half hour will be a fun Zumba workout. The second half will complement that workout with a great muscle toning session. You will have a choice to sign up for the first or second half hour or both. This class is being co-sponsored with the Flinn Block.

**Session 1: 9/7-10/7; Session 2: 10/12-11/11; Session 3: 11/16-12/16**

**M/W 6:35-7:05pm, 7:05-7:35pm**  
The Flinn Block, 222 1st Ave SW CJ

**\$37/\$28 (1st half), \$67/\$50 (both), \$4 Drop-in fee (half hour) \$7 Drop-in (both)**

## ZUMBA BASICS™

Not sure you are ready for Zumba, but you'd like to get in on the action? Try Zumba Basics. It will be the same Latin music at a slightly slower pace. Have fun and get a good workout as you learn the Zumba steps. This class is being co-sponsored with The Flinn Block.

**Session 1: 9/11-10/9; Session 2: 10/16-11/13; Session 3: 11/20-12/18**

**F 5:20-6:20pm CJ**  
**\$37/\$28 The Flinn Block**  
**\$7 Drop-in 222 1st Ave SW**

## Free Zumba™ and Zumba Gold™ preview classes!

### Come try out Zumba at these sneak previews

Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective workout. It's exercise in disguise because it is so much fun participants won't even know that they have been working out.

### ZUMBA GOLD PREVIEWS

Tuesday, September 1, 9:30-10:30am and  
Wednesday, September 2, 5:30-6:30pm

### ZUMBA PREVIEW

Thursday, September 3, 6:35-7:35pm

All Zumba Previews will be held at  
Flinn Block West  
222 1st Ave SW  
(next to Clemenza's)

*Come early to get your place on the floor!*

## FITNESS INSTRUCTORS TRAINING CLASS

Have you ever thought about becoming a fitness instructor? This four week class which meets on Mondays and Thursdays, will give you an introduction to teaching step and muscle toning classes, and provide an overview of the basics of physiology and exercise science. This class concludes with practical and written certification. Class size is limited. Additional times may be set up for practicing for the practical test. This class will meet in the classroom space.

**M/Th 6:30-9:30pm 10/5-10/29**  
**\$100/\$80 COOL! Swanson Park Action Center Jan**  
**705 Railroad SE**

## BEGINNING HULA HOOP PARENT/CHILD WORKSHOP (Ages 6-adults)

What goes around, comes around, and this fun workshop is no exception. There's no experience necessary for this workshop. Using weighted hula hoops for a low-impact aerobic workout builds strength and fosters creativity. These larger, slightly heavier hoops are easy to use and loads of fun. In the first part of the workshop you will make a hula hoop. In the second part you will learn how to use the hula hoop, including basic waist hooping and some tricks. You will have a choice to register for the first part, second part, or both parts of the workshop. If you decide to only register for the second part, hoops will be available for you to use.

**Sa 12/5**  
**\$15(hoop)/\$12(hoop) - part 1 only, 10-11:30am**  
**\$7/\$5 - part 2 only, 11:30am-12:30pm**  
**\$20/\$15 - part 1 & 2, 10am-12:30pm**  
**COOL! Swanson Park Action Center Kris**  
**705 Railroad SE**

## RIGHT-BRAIN FITNESS WORKOUT

(See page 14 for information on a class that will help you improve your brain function.)