

# U.S.D. 244 RECREATION

1110 Shea, Burlington, Kansas 66839  
(620) 364-8484

## ADULT INTEREST

Publication Date: FALL 2009

*Indistrict registration begins Sept 10. Out of district registration begins September 15, 2009.*

### FOLK ART

Whether you are an experienced painter or one who's never touched a paintbrush, this is the class for you! Nancy Storrer will help you pick out a project and teach you how to have a finished project you will be proud of. For more information or to register, call Nancy at 620-964-2631.

Nancy Storrer  
Mondays: 1:00 – 3:30 p.m.  
Beginning Sept. 7  
Fee: \$6/class (fee should be paid to Nancy Storrer at each class)

### AARP SAFETY DRIVING PROGRAM

Age does all sorts of things to us! Come to this class to learn how to adjust your driving in response to age related physical changes and declining perceptual skills. You will also learn how medication can cause problems while behind the wheel and how older drivers can compensate for hearing loss. Rules of the road, local driving problems, and safety tips will also be discussed. This class is sponsored by Burlington Lions Club.

**NOTE:** You must attend both sessions to get your certificate of completion.

Rev. William H. Winter  
November 5 & 6  
10 am 12 noon and 1-3 p.m. both days  
Register at the Rec Center at 364-8484  
Fee: \$10 (pay at first class)

### PERSONAL FINANCIAL PLANNING 101

This class is designed to give you an introduction into the financial planning

process. Upon completion you will have an understanding of the four cornerstones of

financial planning as well as a better understanding of your own financial situation. Richard Croll with Legacy Financial will lead this free informational workshop and will be happy to answer questions you may have.

Thursday, October 15, 7 p.m.  
Fee: Free, but please pre-register by Oct. 12 so we know if there is enough interest to hold the class.  
Conference Room



### HEALTH & FITNESS

#### OKINAWAN KARATE & TOMIKI-RYU AIDIDO

Learn traditional forms of katas, blocks, and kicks. Learn and gain balance, self-discipline, confidence, and endurance. You will learn equal left and right motor skills and much, much more. Sensei Michael Cofer has had over 20 years of experience. Those interested in taking this class can stop by before or after class to talk to the instructor. For more information call Michael at 364-2882 or 913-683-0072.

Tuesdays & Thursdays ongoing  
Ages 6 – 12: 6:30 – 7:05 p.m.  
Ages 13 – Adults: 7:05 – 8 p.m.  
Limit: 12/class  
Fee: Youth \$10/month; Adults \$16/month

NOTE: Fee must be paid at the beginning of each month. Those not paid by the 10<sup>th</sup> of the month will be assessed a \$5 late fee.

*Fee is payable to Burlington Rec Center.*

### **AQUA FITNESS – A.M.**

Water workouts are easy on your joints, fun, social, and a great way to gain fitness and flexibility. This is a class for all levels of fitness. You are encouraged to work at your own pace.

Monday, Wednesday, Friday at 8:30 a.m.

FEE: \$1/class (purchase a fitness card at the front desk)

### **ARTHRITIS EXERCISE CLASS**

Take control of your arthritis by participating in this class geared just for you. It will increase your flexibility and mobility, reduce pain and increase strength and endurance. Don't miss the fun of exercising with your friends and with those who have similar aches and pains.

Monday & Thursdays  
2-3 p.m.

September 21 – November 23

Fee: \$30

### **WATER WORKOUT – P.M.**

A workout in the water is a great aerobic/resistance workout while being easy on the joints. By working at your own pace, you will be able to get a great aerobic workout. The first 45 minutes will be basic exercises in the shallow water. The next 30 minutes will be exercises in the deep water for those who would like a little extra workout.

Amanda Fagan

Monday & Thursday

5:30 p.m.

Session I: Sept. 14 – Oct. 22

Session II: Oct. 26 – Dec. 7

Fee: \$24/session

### **CYCLE REEBOK**

Join a cycle class. It is a great workout and has several benefits such as: 1) work at your own pace; 2) easy on the joints; 3) no impact; 4) set to music; 5) instructor led. It is the most effective workout with the lowest risk of injury. All participants must take the required introductory class before signing up.

Helene Hall /Linda Hoch

### **CYCLE CLASSES**

5:30 a.m., Tuesdays & Fridays

5:30 p.m., Tuesdays & Thursdays

### **SESSIONS run the following weeks:**

SESSION I: Sept. 8 – Oct. 1

SESSION II: Oct. 6 – Oct. 29

SESSION III: Nov. 3 – Nov. 30

SESSION IV: Dec. 1 – Dec. 29

**FEE:** CYCLE: \$25/per session

### **PIYO**

Piyo is an athletic blend of Pilates, yoga, and so much more. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels of participants. Register through Misty Marchant at 364-5400.

Wednesdays, 5:30 – 6:15 p.m.

September 2 – October 7

Fee: \$20 (payable to Misty Marchant)

### **TURBO KICK**

Join this Turbo Kick class for a great head-to-toe workout while doing a combination of kickboxing and simple hip hop combinations. Maximize your workout with ab sculpting moves and fat burning cardio set to the hottest dance music. There will be a new class starting in mid-October at the completion of this class. Call Misty at 364-5400 to register.

Misty Marchant

Tuesdays & Thursdays

5:30-6:30 p.m.

Sept. 8 – Oct. 1

Fee: \$35 (payable to Misty Marchant)

Aerobics Room

## **ZUMBA**

Zumba is the latest workout craze sweeping the nation. It is a combination aerobic class and dance party where you can let your hair down and have fun, all while getting a great workout! All ages will enjoy this fun, Latin-inspired workout that is exercise in disguise!

### Zumba with Luis Madero

Tuesday & Thursday, 5:15 – 6:00 a.m.

September 8 – October 1

Fee: \$20. Call Luis at 832-928-9153 to register OR [browseriee@gmail.com](mailto:browseriee@gmail.com)

### Zumba with Alicia Helfrich

Wednesdays, 7 p.m.

September 9 – November 18

Fee: \$22 (register at the Rec Center)

Limit: 20

## **FLAB TO FAB**

Summer's over and it is time to get serious about getting back into shape. Join 'Flab to Fab' for a toning and strengthening class, to learn proper techniques, and to get a great workout. Call Darla Dale at 364-2168 to register.

Darla Dale

Monday & Wednesday

4:30 – 5:15 p.m.

September 14 – October 14

Fee: \$35 (payable to Darla Dale)

## **SUPER BODY SCULPTING**

Join this class designed to help build strength and endurance by using a variety of resistance. You will feel and see a difference after taking this class.

Darla Dale

Tuesday & Thursday, 7:30 a.m.

Sept. 15 – Oct. 22

Fee: \$50 (payable to Darla Dale)

## **CORE-SPIN PLUS**

Come for the complete workout. You will start with 15 minutes of core work followed by 45 minutes of cardio on the indoor cycles, and then end with a 15-minute total body stretch. If you only have a short amount of time to work out, then give this class a try for a total body workout.

Darla Dale

Mondays & Wednesdays

8:30 a.m.

October 5 – November 11

Fee: \$67.50 (payable to Darla Dale)

Minimum enrollment: 5

## **EARLY BIRD FITNESS GROUP**

For those who like to fit exercise into their schedule early in the day, this is for you. Participants take turns leading the class, which usually includes step, strength, stretching, and yoga. It is free and is open to everyone.

Ongoing

Monday, Wednesday, Fridays

5:15 a.m.

Aerobics Room

## **FIT HAPPENS**

Summer is a busy time and most people just don't have time to squeeze in exercise. But fall is here so how about doing something for you—join Fit Happens, a pedometer-based challenge. We are encouraging people to make a conscious effort to see how many steps they take each day. Those completing the following Step Challenge will get a long-sleeved t-shirt at the end of the program. Get a pedometer, stop by the Rec and pick up a fitness log, and get to steppin'!

**NOTE:** Completed fitness logs must be returned to the Rec Center by November 30 to be eligible to receive your t-shirt.

### Step Challenges:

50 & Under – 60,000 steps/week

51 – 60 – 55,000 steps/week

61 – 70 – 60,000 steps/week

71 – 80 – 45,000 steps/week

81 & Over – 40,000 steps/week

**Sept. 28 – Nov. 22**  
**Fee: \$10 per person**

