

Fitness Session Classes

Yoga Flow

(Ages 16+)

Yoga strengthens, stretches and unites our bodies, minds and spirits. Flow means to move with ease and grace. Yoga Flow is a flowing dynamic Vinyasa style of yoga that can strengthen the body, increase suppleness, and focus your mind. From gentle to vigorous, Yoga Flow allows each member to practice according to their level and intensity. Instructor, Susan Lindow, is certified through YogaFit Training Systems Worldwide. Please bring mat if possible.

REC Center Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE(S)	TIME	FEE
310710-01	Tues.	8/31-10/19	7:00-8:00 p.m.	\$48/\$72
310710-02	Tues.	10/26-12/14	7:00-8:00 p.m.	\$48/\$72

*Registration deadline is one week prior to start date

**Drop-in fee: \$7 resident / \$10 non-resident

*****Check out special pricing for multiple session classes**

Pilates

(Ages 16+)

Pilates can transform the way your body looks, feels and performs. This mat based Pilates class can help build strength without excess bulk, creating a sleek, toned body while improving flexibility, body awareness and good posture. Pilates is a safe and sensible exercise class that will help you look and feel your very best. No matter what age or condition, it can work for you. Instructor, Susan Lindow, is certified through the Physical Mind Institute. Second session runs for 5 weeks only

REC Center Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE(S)	TIME	FEE
310712-01	Sat.	9/18-11/6	7:45-8:45 a.m.	\$48/\$72
310712-02	Sat.	11/13-12/18	7:45-8:45 a.m.	\$30/\$45

NO CLASS 11/27

*Registration deadline is one week prior to start date

**Drop-in fee: \$7 resident / \$10 non-resident

*****Check out special pricing for multiple session classes**

SPECIAL PRICING FOR YOGA FLOW & PILATES IN SAME 8-WEEK SESSION

You must register in person if taking multiple session classes.

WITH Fitness Center, Group Fitness or Ultimate Fitness Membership:

1 class per session: \$30/\$45
Both classes per session: \$45/\$67

WITHOUT Fitness Center, Group Fitness or Ultimate Fitness Membership:

1 class per session: \$48/\$72
Both classes per session: \$80/\$120

Belly Dancing for Fitness

Shimmy your way to a better you! Belly dancing offers full-body toning targeting the upper arms, the core abdominal muscles, hips and thighs. Other benefits include increased flexibility, improved posture and less stress. Join instructor, Natalie Hansen-Block and learn the basic movements and transitions of the oldest form of dance. Belly dancing is low-impact so people of all ages and health levels can reap the benefits. Hip scarf and/or veils are recommended, more information will be given at the first class. Second session runs for 7 weeks only.

REC Center Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE(S)	TIME	FEE
310340-01	Thurs.	9/2-10/21	7:00-8:00 p.m.	\$55/\$80
310340-02	Thurs.	10/28-12/16	7:00-8:00 p.m.	\$48/\$73

NO CLASS 11/25

*Registration deadline is one week prior to start date

****Special pricing does not apply to this class**

Calling all seniors 55 and better...

Lite & Lively

Join this aerobic conditioning class that helps maintain strength and flexibility. Participants will do chair and standing exercises. Each exercise allows you to work at your own pace. This class is ongoing, year-round.

Monday, Wednesday and Friday
10:30-11:30 a.m.

REC Center Dance Studio

\$5 drop-in fee or purchase a Lite & Lively membership
\$222/\$18.50 per month

Dance Classes



Center Stage Dance Academy offers a fun and energetic program to develop your child's dance technique, self-esteem, and confidence. Our program offers classes from age 3 through adult. Classes are based on age and ability level. If you have any questions as to what class your child should be in, please contact Center Stage Dance Academy at (847) 848-3529.

TO RECEIVE A SIBLING DISCOUNT, REGISTRATION MUST TAKE PLACE IN PERSON. OLDEST CHILD MUST BE REGISTERED FIRST AND YOUNGER CHILD WILL RECEIVE THE SIBLING DISCOUNT.

Ballet/Tap/Jazz Level 1

(Grades K-2)

This fun and energetic class will teach the basic techniques in jazz, ballet, and tap along with current dance trends using across the floor and center floor combinations. Don't miss this chance to sign up for our new weekday dance classes to enrich and entertain your child through dance. Students must have Leotard, tights, ballet or jazz shoes and tap shoes. Hair must be pulled back at all times.

Mackeben School		Minimum 6 / Maximum 15			
<u>CODE</u>	<u>DAY</u>	<u>DATE(S)</u>	<u>TIME</u>	<u>FEE</u>	
310722-01	Mon.	9/13-10/25	3:40-4:40 p.m.	\$77/\$87	
310722-02	Mon.	11/1-12/13	3:40-4:40 p.m.	\$77/\$87	

*10/11 class held at Center Stage Dance Studio

Chesak Elementary School		Minimum 6 / Maximum 15			
310722-03	Tues.	9/7-10/26	4:10-5:10 p.m.	\$88/\$98	
310722-04	Tues.	11/2-12/14	4:10-5:10 p.m.	\$77/\$87	

Center Stage Dance Studio		Minimum 6 / Maximum 15			
310722-05	Mon.	9/13-10/25	5:00-6:00 p.m.	\$77/\$87	
310722-06	Mon.	11/1-12/13	5:00-6:00 p.m.	\$77/\$87	

Hip Hop/Jazz Level 1

(Grades K-2)

Looking to jump into the newest dancing trend and try something more modern? Come and join this fun and energetic class that will teach basic jazz technique and current dance trends in clean hip-hop (street jazz) and popping. Students must have t-shirt, dance or exercise pants (must cover the knees for floor work) and jazz or hip hop sneakers. Hair must be pulled back at all time.

Hannah Martin School		Minimum 6 / Maximum 15			
<u>CODE</u>	<u>DAY</u>	<u>DATE(S)</u>	<u>TIME</u>	<u>FEE</u>	
310724-01	Tues.	9/7-10/26	3:25-4:25 p.m.	\$88/\$98	
310724-02	Tues.	11/2-12/14	3:25-4:25 p.m.	\$77/\$87	

Senior/Adult Tap

(Ages 55+)

For all you dancers 55 and over – come on out and bring a friend for this fun and energetic tap class and learn all the basics in tap technique, exercise and have a good time. Class level based on the average skill level of the participants.

REC Center Dance Studio		Minimum 6 / Maximum 30			
<u>CODE</u>	<u>DAY</u>	<u>DATE(S)</u>	<u>TIME</u>	<u>FEE</u>	
310730-01	Tues.	9/7-10/26	11:45-12:30 p.m.	\$48/\$58	
310730-02	Tues.	11/2-12/14	11:45-12:30 p.m.	\$42/\$52	

Beginner Level Class

310730-03	Tues.	9/7-10/26	12:35-1:20 p.m.	\$48/\$58	
310730-04	Tues.	11/2-12/14	12:35-1:20 p.m.	\$42/\$52	

Hip Hop with Alvin

(Ages 7-Adult)

Come and join this fun and energetic class to will teach current dance trends. Students much have t-shirt, long shorts, dance or exercise pants (must cover the knees for floor work) and hip hop sneakers or clean sneakers. Hair must be pulled back at all times. Come join our new award-winning hip hop instructor, Alvin Ramirez from Xtreme Dance, for this high energy class. Alvin is one of the top hip-hop choreographers in the area!

Center Stage Dance Studio		Minimum 6 / Maximum 15			
<u>CODE</u>	<u>AGES</u>	<u>DAY</u>	<u>DATE(S)</u>	<u>TIME</u>	<u>FEE</u>
310723-01	7-9	Thurs.	9/9-10/28	6:15-7:15 p.m.	\$88/\$98
310723-02	7-9	Thurs.	11/4-12/16	6:15-7:15 p.m.	\$66/\$76
310723-03	10-12	Thurs.	9/9-10/28	7:15-8:15 p.m.	\$88/\$98
310723-04	10-12	Thurs.	11/4-12/16	7:15-8:15 p.m.	\$66/\$76
310723-05	13-17	Thurs.	9/9-10/28	8:15-9:15 p.m.	\$88/\$98
310723-06	13-17	Thurs.	11/4-12/16	8:15-9:15 p.m.	\$66/\$76
310723-07	Adult	Thurs.	9/9-10/28	9:15-10:15 p.m.	\$88/\$98
310723-08	Adult	Thurs.	11/4-12/16	9:15-10:15 p.m.	\$66/\$76

NO CLASS 11/25

Adults / Seniors

Senior Volleyball

(Ages 55+)

Join us for some good volleys, laughs and great exercise! No pressure when this group plays. Great fun and atmosphere! Bring a friend. Participants registered for October-December will be able to renew their participation for January-March 2011 for only \$10. Details will be in the Winter/Spring 2011 guide published in December.

REC Center Gym Minimum 12 / Maximum 48

CODE	DAY	DATE(S)	TIME	FEE
310666-01	T/Th	10/5-12/23	8:00-11:00 a.m.	\$25/\$38

NO CLASS 11/4 AND 11/25

Pickleball

(Ages 18+)

You will feel like a winner and a champion playing this exciting paddle game called Pickleball. Now you and your friends can join many other people who are playing this net court game. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using paddle racquets and a plastic, poly baseball with holes. Pickleball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages. A two-hour free lesson is available covering the basic rules and how to play the game. Lessons must be pre-arranged by contacting the Huntley Park District at 847-669-3180 ext. 317.

REC Center Gym Minimum 15 / Maximum 60

CODE	DAY	DATE(S)	TIME	FEE
210668-01	M-F	6/4-9/3	2:00-4:00 p.m.	\$25/\$38
310668-01	M-F	9/7-11/26	2:00-4:00 p.m.	\$25/\$38
310668-02	M-F	11/29-2/25	2:00-4:00 p.m.	\$25/\$38

No class 9/23, 9/24, 9/27, 11/25, 12/24 and 12/31

Huntley Senior Citizens

(Ages 50+)

Individuals 50 and over are invited to join in on the action! A potluck luncheon is enjoyed every 4th Thursday of the month at the REC Center. The lunch will begin at noon with a short meeting following. In addition, there is usually a presentation on interesting topics or entertainment. Dues are \$5 a year and include the Senior Lounge membership. Huntley Senior Citizens has over 100 members and has been meeting for over 30 years!

We also plan trips throughout the year. For more information on the trips, please contact Jan at 847-515-2275.

**A Fireside Christmas
Wednesday, November 10**

Senior Lounge

(Ages 50+)

Meet new people and become friends! Social interaction, a friendly game of cards, a billiard game or just a place to relax away from home.

Amenities include: TV, billiard room, relaxing area, card table, mini-book library, board games, and more.

Gather your friends and stop in and meet new ones; it will be the place to be. Fitness membership and recreational programs sold separately.

BINGO

Join us for some fun and socialization. Bingo will be held the first Tuesday of each month at the REC Center Theater. Cards are provided and donations are accepted. Light refreshments are served. Doors open at 9:00 am and games are from 9:30-11:00 am.

Dates are: September 7, October 5, November 2, and December 7.

Sponsors are: Eastgate Manor of Algonquin, Visiting Angels-South Elgin, Citizens First National Bank, Northwest Home Health & Rehab, Heritage Woods of Huntley, and The Fountains at Crystal Lake.

Adult Acrylics & Water-Soluble Painting

(Ages 16+)

Come paint in Acrylics or Oils. We will discuss composition, color, light & shadow. Bring your own supplies and a photo to paint from. If you do not have supplies a list will be available 2 weeks prior to session start date. All skill levels welcome.

* Please bring an oversized shirt or smock to wear over or clothes.

REC Center Multipurpose Room Minimum 5 / Maximum 10

CODE	DAY	DATE(S)	TIME	FEE
310309-01	Tue.	9/7-10/12	9:00-12:00 p.m.	\$54/\$81
310309-02	Tue.	10/26-11/30	9:00-12:00 p.m.	\$54/\$81