

## HEALTH, FITNESS, AND FUN

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### Dance

Participants are asked to register as early as possible for dance classes to avoid course cancellations. Fees are per person.

#### BEGINNING BALLROOM DANCING

**FEE: \$69**

Do you have a wedding or special event this season at which you would like to dance? Or would you like to dance like Richard Gere and Susan Sarandon in the movie *Shall We Dance?* We can't promise JLo, but we can promise that you will learn three to four basic step patterns in five to six of the most popular ballroom dances. Lead/follow and develop style as a couple or individual with confidence and grace.

PED S61-34, ETHS, 6 Mon., 6/16, 7-8:30 pm

CRN 50241

### Fitness Classes

*The following fitness classes are held at the Morton Grove Park District (Prairie View Community Center), 6834 Dempster Street, just east of Waukegan Road.*

*New!*

#### STRONG AND LONG

**FEE: Listed with section**

This class combines the best of resistance and flexibility training to get your heart beating, help manage weight, offset bone loss, and recover muscle mass lost due to aging or a sedentary lifestyle. Join us for a full body workout using calisthenics, balls, tubes, and dumbbells combined with lengthening and relaxation exercises. You will leave this class feeling great and glad you came!

PED E18-31, MGPD, 5 Fri., 5/30, 8:40-9:40 am, \$48

CRN 50377

PED E18-32, MGPD, 4 Mon., 6/2, 8:40-9:40 am, \$38

CRN 50222

PED E18-33, MGPD, 5 Mon., 7/7, 8:40-9:40 am, \$48

CRN 50223

PED E18-34, MGPD, 5 Fri., 7/11, 8:40-9:40 am, \$48

CRN 50225

#### GENTLE MOVES

**FEE: Listed with section**

This class is designed to help individuals get back into the game of "life." If your health is compromised due to being overweight, Type II diabetes, COPD, arthritis or high blood pressure, this class is for you! Through gentle movement we will help you improve your quality of life. You have the option of sitting or standing. There will be NO getting down on the floor and NO spandex.

PED B01-31, MGPD, 4 Wed. & Mon., 5/28, 7:15-8:10 pm, \$86

CRN 50200

PED B01-32, MGPD, 5 Mon. & Wed., 7/7, 7:15-8:10 pm, \$95

CRN 50201

#### ZUMBA

**FEE: \$49**

Zumba uses the principles of fitness interval training and resistance training to maximize caloric output, burn fat, and provide total body toning. Zumba employs a variety of music styles in its routines, including salsa, mambo, rumba, flamenco, calypso, and more. Both fast and slow rhythms are offered to help tone and sculpt the body. Have fun while taking the work out of "working out!"

PED S84-31, MGPD, 5 Fri., 5/30, 5:30-6:30 pm

CRN 50226

PED S84-32, MGPD, 5 Fri., 7/11, 5:30-6:30 pm

CRN 50227

#### SENIOR EXERCISE

**FEE: \$48**

This dynamic program is designed especially for seniors, emphasizing non-vigorous exercise while increasing joint mobility and flexibility. Age: 55+.

PED E53-31, MGPD, 5 Tue. 5/27, 9-10 am

CRN 50214

PED E53-32, MGPD, 5 Thu., 5/29, 9-10 am

CRN 50378

PED E53-33, MGPD, 5 Tue., 7/8, 9-10 am

CRN 50215

PED E53-34, MGPD, 5 Thu., 7/10, 9-10 am

CRN 50217

#### SPIN AND TONE

**FEE: Listed with section**

Get the best of both worlds! Part of the class is a great cardio workout on stationary bikes, and the second part is spent on toning all the major muscle groups. This class is easily modified to suit the beginner as well as the advanced athlete.

PED E03-31, MGPD, 5 Sat., 5/31, 7:30-8:20 am, \$72

CRN 50376

PED E03-32, MGPD, 4 Mon., 6/2, 7:30-8:20 pm, \$58

CRN 50208

PED E03-33, MGPD, 5 Mon., 7/7, 7:30-8:20 pm, \$72

CRN 50209

PED E03-34, MGPD, 5 Sat., 7/12, 7:30-8:20 am, \$72

CRN 50211

**PILATES****FEE: \$65**

Pilates is truly a phenomenon in the current world of fitness. Developed by Joseph Pilates in the early part of the 20th century, this method of exercise and physical movement is designed to stretch, strengthen, and balance the body. Benefits include improved posture and balance, increased lung capacity and circulation, greater strength and flexibility, and better body and mental coordination.

PED E04-31, MGPD, 5 Tue., 5/27, 7:30-8:30 pm

CRN 50212

PED E04-32, MGPD, 5 Tue., 7/8, 7:30-8:30 pm

CRN 50213

**THE NIA APPROACH TO MIND AND BODY FITNESS****FEE: \$65**

Bring your fitness routine into the 21st century with NIA (Neuromuscular Integrative Action), an exciting, fun, rejuvenating, and relaxing workout that combines the expressiveness of modern dance, the power and flow of martial arts, and the soul of ancient healing forms. NIA awakens the body, mind, and spirit of each participant regardless of age, fitness level, or previous experience. As recently featured on NBC's "Today" show, NIA is a safe, effective, and thoroughly entertaining approach to staying physically fit, mentally alert, and vitally alive. Join us as we celebrate the joy of movement! The instructor is a certified NIA instructor and an ACE and ACSM Certified Fitness Professional.

PED C02-31, MGPD, 5 Sun., 6/1, 11 am-12 pm

CRN 50202

PED C02-32, MGPD, 5 Sun., 7/13, 11 am-12 pm

CRN 50203

**YOGA****FEE: \$65**

Hatha yoga is a gentle, yet powerful exercise system that reduces stress and promotes a healthy, fit, and flexible body. Students develop strength, flexibility, stamina, and better concentration. The relaxation exercise serves to balance the body and quiet the mind, creating an overall sense of well being. Bring a pillow and towel for use on mat.

PED S10-31, MGPD, 5 Tue., 5/27, 6-7 pm

CRN 50228

PED S10-32, MGPD, 5 Sat., 5/31, 8:45-9:45 am

CRN 50388

PED S10-33, MGPD, 5 Tue., 7/8, 6-7 pm

CRN 50229

PED S10-34, MGPD, 5 Sat., 7/12, 8:45-9:45 am

CRN 50231

**GENTLE YOGA****FEE: \$65**

This class is perfect for beginners, seniors and new (post-partum) moms who want to reap the benefits of a strong healthy body and mind. Bring a pillow and a towel.

PED S13-31, MGPD, 5 Tue., 5/27, 9:15-10:15 am

CRN 50218

PED S13-32, MGPD, 5 Thu., 5/29, 9:15-10:15 am

CRN 50390

PED S13-33, MGPD, 5 Tue., 7/8, 9:15-10:15 am

CRN 50219

PED S13-34, MGPD, 5 Thu., 7/10, 9:15-10:15 am

CRN 50221

**TAI CHI FOR ARTHRITIS****FEE: Listed with section**

Recommended by the Arthritis Foundation of America, this class uses gentle, fluid movements to enhance muscular strength, increase joint flexibility, and promote overall physical stamina. Participants will find relief and relaxation from the physical and mental stress that accompanies living with arthritis.

PED C05-31, MGPD, 4 Mon., 6/2, 1:45-2:30 pm, \$38

CRN 50204

PED C05-32, MGPD, 5 Mon., 7/7, 1:45-2:30 pm, \$48

CRN 50205

**P.A.C.E. ARTHRITIS EXERCISE****FEE: \$48**

P.A.C.E. stands for People with Arthritis Can Exercise. The program incorporates gentle activities to help increase joint flexibility and range of motion while increasing overall stamina.

PED E01-31, MGPD, 5 Thu., 5/29, 1:45-2:30 pm

CRN 50206

PED E01-32, MGPD, 5 Thu., 7/10, 1:45-2:30 pm

CRN 50207

**Music****DRUMMING CIRCLE LESSONS****FEE: \$97**

You'll be introduced to a variety of percussion instruments from several cultures and learn basic playing techniques. The benefits of social interaction, physical and mental stimulation, and great fun make "drumming" a terrific outlet. Your instructor is a seasoned professional on staff at Chicago's Old Town School of Folk Music.

MUS B52-31, ETHS, 6 Mon., 6/9, 7-8:30 pm

CRN 50238

**SING, SING, SING - CREATIVE VOCAL COACHING****FEE: \$180**

From pop to opera to rock, learn the vocal techniques, secrets, and skills to take your voice where you want it to go. Don't just sing along - create your own style with confidence and results. Call the instructor, Eileen Berman, 847-674-0035, to schedule private lessons.

MUS S25-31, OC/DP, 8 Sessions, 6/4, Berman

CRN 50239