NOVEMBER CLASSES

FITNESS · ENRICHMENT · ARTS · ATHLETICS

PORTSMOUTH RECREATION DEPARTMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 am - Flow/Yin in aerobic room 12 pm: 1:15: Argentine Tango Group 1:45-2:45 pm: Ballroom group class 2:45-3:45:Latin Group class	**2** 6:15 am - Body Shred Tabata 5:15-6:15: Dance Exercise 6:00: Spin Hit + mobility 6:15 pm - Beginner Salsa 7 pm: Int. Salsa	3 6:30 am - Spin 8:45: strength & stretch 9:00am senior fit by dona. 5-5:45 pm: Meditation and Mindful movement 6:15-8 pm: Salsa footwork and styling	**4** 8:45: 9:00 am - Being Well 5:30: Beginner Bachata 6:30-Bachata Level 1 7:15 - Performance Team	**5** 6:15 am - Bike/Barre 7:30 am - Spin 8:45 am - strengh/stretch 9 am - senior fit by donation 10:00 am - Tail Chi 11 am - Tai Chi parkinsons 6-7pm: Cardio Dance	**6** 6:30 am - Spin Bata 4:45-5:45 - ballroom .. 5:45-6:45 - Ballroom basics 5:45-7:45: Latin Basics	**7** 7:30 am - Spin 8:30 am - Kick It!.. 9:00 am - Zumba 11:15: Ballet w/Nina
8 9:00 am - Flow/Yin in aerobic room 12 pm: 1:15: Argentine Tango group 1:45-2:45 pm: Ballroom group class 2:45-3:45: Latin group class	**9** 6:15 am - Body Shred Tabata 5:15-6:15: Dance Exercise 6:00: Spin Hit + mobility 6:15 pm - Beginner Salsa 7 pm: Int. Salsa	**10** 6:30 am - Spin 8:45: strength & stretch 9:00am senior fit by dona. 5-5:45 pm: Meditation and Mindful movement 6:15-8 pm: Salsa footwork and styling	**11** **CLOSED TODAY** VETERANS DAY.	**12** 6:15 am - Bike/Barre 7:30 am - Spin 8:45 am: strength/stretch 9:00 am - Senior Fit by donation 10:00 am - Tai Chi 11 am - Tai Chi parkinsons 6-7 pm: Cardio dance	**13** 6:30 am - Spin Bata 4:45-5:45:ballroom lesson 5:45-6:45: Ballroom basics 5:45-7:45: Latin Basics	**14** 7:30 am - Spin 8:30 am -Kick It! 9:00 am - Zumba 11:15: Ballet w/Nina
15 9:00 am - Flow/Yin in aerobic room 12 pm:: 1:15: Argentine Tango group 1:45-2:45 pm: Ballroom group calss 2:45-3:45: Latin group class	**16** 6:15 am - Body Shred Tabata 5:15-6:15: Dance Exercise 6:00: Spin Hit + mobility 6:15 pm - Beginner Salsa 7 pm: Int. Salsa	**17** 6:30 am - Spin 8:45 am: Strength & Stretch 9 am senior fit by donation 5-5:45 pm: Meditation and Mindful movement 6:15-8 pm - Salsa footwork and styling	**18** 8:45 am: 9:00 am - Being Well 5:30: Beginner Salsa 6:30- Beginner Bachata 7:15 - Performance Team	**19** 6:15 am - Bike/Barre 7:30 am - Spin 8:45: strength/stretch 9:00 am - Senior Fit by donation 10:00 am - Tai Chi 11 am - Tai Chi for parkinson 5-8 pm: Spinnaker board meeting	**20** 6:30 am - Spin Bata 4:45 pm: private class 5:45 pm: Ballroom basics 6:45 pm: Latin Basics	**21** 7:30 am - SPIN 8:30 am - Kick It!.. 9:00 am - Zumba 11:15: Ballet w/ Nina
22 9:00 am - Flow/Yin in aerobic room 12 pm:: Qigong 1:15: Argentine Tango group 1:45-2:45 pm: Ballroom group class 2:45-3:45:: Latin group class	**23** 6:15 am - Body Shred Tabata 5:15-6:15: Dance Exercise 6:00: Spin Hit + mobility 6:15 pm - Beginner Salsa 7 pm: Int. Salsa	**24** 6:30 am - Spin 8:45 am: 9 am senior fit by donation 5-5:45 pm: Meditation and Mindful movement 6:15-8 pm - Salsa footwork and styling	25 8:45 am: 9:00 am - Being Well 5:30: Beginner Salsa 6:30- Beginner Bachata 7:15 - Performance Team	**26** **CLOSED HAPPY THANKSGIVING!**	**27** **CLOSED FOR THANKSGIVING.**	**28** 7:30 am - Spin 8:30 am - Kick It!.. 9:00 am - Zumba 11:15: Ballet w/Nina
29 9:00 am: Flow/Yin in aerobic room 12 pm: Qigong 1:15: Argentine tango group 1:45-2:45 pm: Ballroom group class 2:45-3:45: Latin group class	**30** 6:15 am - Body Shred Tabata 5:15-6:15: Dance Exercise 6:00: Spin Hit + mobility 6:15 pm - Beginner Salsa 7 pm: Int. Salsa					

- **BALLROOM & LATIN BASICS -** Ballroom basics includes Waltz, Foxtrot, East Coast Swing. Latin Basics includes Tango, Rumba, Cha-Cha. Ballroom basics are Friday nights 5:45-6:45, Latin basics is 6:45-7:45 pm. Registration required, call 610-563-0547. Fee is $20/60 min group class. Private lesson is $100, $400 for a 5 hour wedding dance special. Come with or without a partner. Cash or check only. **SUNDAY CLASSES**: 1:15: Argentine Tango (waltz, tango, foxtrot, swing) $8.00, 1:45-2:45 pm: Ballroom group: $20.00 per class or both for $30.00. 2:45-3:45 pm: Latin Group(Rumba,Bachata, Salsa, Cha Cha & more) $20.00 per class or both classes for $30.00.
- **BEING WELL** - This is a 60-minute comprehensive workout that begins with cardiovascular conditioning with fun and easy aerobic dance moves, followed by strength training using light weights or bands, balance exercises done to promote functional stability, and stretches for flexibility both on our feet and down on yoga mats. Every session ends with a few minutes of breath work and quiet reflection to start the day from a place of peace and satisfaction. Participants should bring their own weights and mats if they have them. All classes are led by Becky Kollmorgen, a physical therapist and certified exercise instructor. Wednesdays 9:00-10:00 am. $10 per class. You must register, no walk ins at this time. More information: 603-531-3709. Takes place in the Aerobics Room.
- **FIT OVER 50** - This very popular senior class is for ages 50 and over. Aerobic exercise is done to period music; includes 10 minute warm up, 20 minutes cardio, balance or strength and cool down. Fee is $8. The instructor is Jen Quirk, with over 30 years experience in the Fitness/Health Industry. Mondays: 8:4;5-9:45 am. Takes place in the Gymnasium.
- **MEDITATION & MOVEMENT** - Tuesday evenings **5:00-5:45** pm in the aerobics room. Drop ins $6.00 for spin members, $7.00 for residents & $8.00 for non residents/non members. Come explore various embodied meditation and movement practices and identify your preferred methods for accessing the body's natural healing/restorative state. Instructor Christine is a certified Instinctive Meditation coach with 20 + years teaching fitness and wellness programs. Contact her at 603-918-6287 to sign up. Save by buying a 5 class pass ($25 for spin members, $30 for residents and $35 for non-members/non residents).
- **SENIOR FIT BY DONATION** - Instructor Katie leads a class that consists of low-impact cardio, strength training and some balance and stretching. The class fee is a request of a donation. Tuesday and Thursday 9:00-9:45 am. Takes place in the Aerobics Room.
- **STRENGTH/STRETCH** - Beginning with a full body warm up, this class works every major muscle group using dumbbells, bands or body weight. A full body stretch completes this class - no prior lifting experience is necessary. Katy Brandin is a Certified Senior Fitness Instructor and Trainer with over 30 years experience. Tuesday/Thursday frin 8:45-9:45 am. Fee is $8 per person, $15 per couple. Check www.ktover50.com. Takes place in the Gymnasium.
- **TAI-CHI** - Tai Chi is an internal martial art and is widely practiced for health, exercise and relaxation benefits. Tai Chi is a meditation in motion and consists of a series of slow, graceful movements. Routine practices reduces stress and promotes integration of mind, body, and spirit. Thursdays from 10:00-11:00 am. Class fee is $110 for 10 weeks. Advanced instructor is Kevin Beane. Call 603-534-5185 for more information or email at k.beane@comcast.net. Takes place in the Aerobics Room.
- **TAI-CHI FOR PARKINSONS DISEASE** - A beginner Tai Chi class specifically tailored for people dealing with parkinson's disease. It will be emphasizing the fundamental aspects of Tai Chi practice that promote balance, fluid movement, relaxation and mindfulness. Research has shown it helps improve balance, reduce falls, enhance motor control.
- **THERAPUTIC QIGONG** - A meditative breathing practice that incorporates GENTLE body movement using thirty-six SLOW moves, while integrating controlled breathing for balancing body functions and feeding your body energy systems through channels called meridians. Qigong is the root to Tai Chi, supporting biochemical balance in brain, physical coordination, and mindfulness to enhance energy baseline flow for powerful healing results. Instructor Francesca Ciani is a certified Qigong instructor level II and L.M.T. Sundays 12:00-1:00 pm. Fee is $10 drop in, package of 10 classes available. Call to pre-register at 603-498-4737, Minimum of 3 people. Takes place in the Aerobics Room.
- **YOGALATES** -This class is a blend of mat Pilates and yoga with deep stretches. It designed to rebuild strength, tone and lean your muscles, and improve flexibility. $10 drop in (cash or Venmo). Special promotion: If you are taking Zumba class 9-10 am, both classes are $15 only! Nina has been teaching pilates and yoga in the Seacoast area since 2007. She has advanced Pilates certification from FiTOUR and 200-hr yoga certification from Traditional Yoga Studies in Canada. Questions call Nina at 207-409-6387.
- **ZUMBA** - Join Nina to experience one of the greatest workouts ever! Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin America dance music. Join the party! Saturdays 9:00-10:00 am. **Questions call Nina at 207-439-6387**. Takes place in the Aerobics Room.
- **CARDIO DANCE -** High energy fitness class that blends rhythmic world with aerobic exercise to create full body workout that's fun and effective. $15 drop in, 5 for $50. Info: contact instructor Anita at Anita.a.tsavalas@gmail.com or call 857-544-5374. Currently offered at 6:00 pm on Thursday nights.
- **BEGINNER SALSA** -Monday nights at 6:15 pm with Nina, for more information call Nina at 207-439-6387.
- **SPIN CLASSES, YOGA, KICK IT, CALM AND CENTERED, INSTINCTIVE MEDITATION/MINDFUL MOVEMENT,PILATES, FLOW/YIN,TRX, SPIN BATA, BIKE & BARRE, MY ZONE SPIN HIT, BODYSHRED TABATA, SOUND MEDITATION JOURNEY!**

Please see bottom of page for information on these classes and sign up.

LizFit Classes: Please download the LizFit app from the iTunes or Android app store for descriptions and to reserve and pay for your space. First class free! Deal located on the app. Questions? More Info? Contact Kat at kat@lizfit.net or Liz at Liz@LizFit.net. Special Offer: $30 for 30 days, Contact Liz directly for this offer! 978-257-0112

HOURS OF OPERATION: MONDAY - FRIDAY: 6:00 AM - 8:00 PM & SATURDAY AND SUNDAY: 7:00 AM - 4:00 PM