



MAY 2021 Group Fitness Classes

One Pool Plaza, Tonawanda, NY 14223 | www.ttypr.com

Ph: 716-876-7424 | Fax: 716-876-3943

nskarupinski@tonawanda.ny.us

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	 Aquatic & Fitness Center	6:00am – 7:00am Step Back in Time 1 Anna 242053-03 \$30/\$45 All Mondays in May	6:00am – 7:00am Lap Swim Training 2 Lindsay 241070-06 \$24/\$36 All Tuesdays in May	6:00am – 7:00am Step Back in Time 2 Anna 242053-04 \$24/\$36 All Wednesdays in May	6:00am – 7:00am Chisel & Burn 2 Anna 242022-04 \$24/\$36 All Thursdays in May	6:00am – 7:00am FUN Friday Anna 242055-03 \$24/\$36 All Fridays in May	9:35am – 10:35am Total Body Blast 1 Anna 242041-05 \$30/\$45 All Saturdays in May
	8:30am – 9:30am High Intensity Water Cynthia 242080-03 \$30/\$45 All Sundays in May	9:00am – 10:00am Core & More Leona 242028-03 \$30/\$45 All Mondays in May	6:00am – 7:00am Chisel & Burn 1 Anna 242022-03 \$24/\$36 All Tuesdays in May	8:30am – 9:30am Fit for Life Leona 242044-03 \$24/\$36 All Wednesdays in May		9:00am – 10:00am Yogalates Leona 242013-03 \$24/\$36 All Fridays in May	10:45am – 11:45am Total Body Blast 2 Anna 242041-06 \$30/\$45 All Saturdays in May
		10:15a-11:15am M/W Rock N Roll Cardio Carol Ann 242031-03 \$48/\$72 Mon & Wed in May (No class 5/24)	10:15am – 11:15am Stretch N Strength Carol Ann 242050-03 \$18/\$27 Tuesdays in May (No class 5/25)	10:15a-11:15am M/W Rock N Roll Cardio Carol Ann 242031-03 \$48/\$72 Mon & Wed in May	10:00am – 11:00am Zumba Gold Christy 242033-01 \$24/\$36 All Thursdays in May		12:00pm – 12:30pm Adult Swim Lesson 1 Anna 241070-07 \$15/\$23 *Must register for whole session
	12:00pm – 1:00pm Lap Swim Training 1 Anna 241070-05 \$30/\$45 All Sundays in May	11:30am – 12:30pm Aquarobics 1 Mary 242081-07 \$30/\$45 All Mondays in May	11:30am – 12:30pm Weekday Splash 1 Joan 242088-05 \$24/\$36 All Tuesdays in May	11:30am – 12:30pm Aquarobics 2 Mary 242081-08 \$24/\$36 All Wednesdays in May	11:30am – 12:30pm Weekday Splash 2 Joan 242088-06 \$24/\$36 All Thursdays in May	11:30am – 12:30pm Aquarobics 3 Mary 242081-09 \$24/\$36 All Fridays in May	12:35pm – 1:05pm Adult Swim Lesson 2 Anna 241070-08 \$15/\$23 *Must register for whole session
PM	Classes will run from May 1—May 31 AFC Member Registration Tuesday 4/20/21 April Class Participants Registration Tuesday 4/20/21 General Public Registration Friday 4/23/21 ** All class capacity will be very limited**		3:00pm – 4:00pm T/R Group Tai Chi for Individuals Mary 242017-03 \$48/\$72 All Tue & Thurs in May		3:00pm – 4:00pm T/R Group Tai Chi for Individuals Mary 242017-03 \$48/\$72 All Tues & Thurs in May	Online Registration Now Available!! 1. Connect to the Website TTYPR.COM 2. Click on the link for "Online Registration & Tee Time" 3. Log In * The first time you log on, the username is the phone linked to your YPR account (no dashes) & password is HH last name (first letter capitalized). 4. Click on "Fitness" All of the Group Fitness Class options will be listed for you to register.	
				6:45pm – 7:45pm Total Body Strength & Conditioning Anna 242046-03 \$24/\$36 All Wednesdays in May			

Due to limited class space, patrons that register and pay for the full session will have a guaranteed place in the class.

Patrons who wish to walk in using a "Punch Card" will not have a guaranteed place in the class. Walk-in patrons will be allowed to participate in a class if the class roster is not full.

Walk-ins will be permitted into class on a first come first serve basis on the day and time of the class.

Fitness Class Punch Cards Are Back!

10 Hours of Classes [Punch cards do not expire and can be used for any land or water fitness class]

AFC Member- \$60

Non-Member- \$90

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Activity Code	Class Title	Day	Time	Instructor	Price		No Class
					Member/	Non-Member	
242081-07	Aquarobics 1	Mon	11:30a – 12:30p	Mary	\$30/\$45		
242081-08	Aquarobics 2	Wed	11:30a – 12:30p	Mary	\$24/\$36		
242081-09	Aquarobics 3	Fri	11:30a – 12:30p	Mary	\$24/\$36		
242022-03	Chisel & Burn 1	Tue	6:00a – 7:00a	Anna	\$24/\$36		
242022-04	Chisel & Burn 2	Thur	6:00a – 7:00a	Anna	\$24/\$36		
242028-03	Core & More	Mon	9:00a – 10:00a	Leona	\$30/\$45		
242044-03	Fit For Life	Wed	8:30a – 9:30a	Leona	\$24/\$36		
242055-03	Fun Friday	Fri	6:00a – 7:00a	Anna	\$24/\$36		
242017-03	Group Tai Chi for Individuals	Tue/Thur	3:00p – 4:00p	Mary	\$48/\$72		
242080-03	High Intensity Water Aerobics	Sun	8:30a – 9:30a	Cynthia	\$30/\$45		
241070-05	Lap Swim Training 1	Sun	12:00p – 1:00p	Anna	\$30/\$45		
241070-06	Lap Swim Training 2	Tue	6:00a – 7:00a	Lindsay	\$24/\$36		
241070-07	Lap Swim Training 3	Sat	12:00p – 1:00p	Anna	\$30/\$45		
242031-03	Rock N Roll Cardio	Mon/Wed	10:15a – 11:15a	Carol Ann	\$48/\$72		5/24
242053-03	Step Back in Time 1	Mon	6:00a – 7:00a	Anna	\$30/\$45		
242053-04	Step Back in Time 2	Wed	6:00a – 7:00a	Anna	\$24/\$36		
242050-03	Stretch N Strength	Tue	10:15a – 11:15a	Carol Ann	\$18/\$27		5/25
242041-05	Total Body Blast 1	Sat	9:35a – 10:35a	Anna	\$30/\$45		
242041-06	Total Body Blast 2	Sat	10:45a – 11:45a	Anna	\$30/\$45		
242046-03	Total Body Strength & Conditioning	Wed	6:45p – 7:45p	Anna	\$24/\$36		
242088-05	Weekday Splash 1	Tue	11:30a – 12:30p	Joan	\$24/\$36		
242088-06	Weekday Splash 2	Thur	11:30a – 12:30p	Joan	\$24/\$36		
242013-03	Yogalaties	Fri	9:00a – 10:00a	Leona	\$24/\$36		
242033-01	Zumba Gold	Thur	10:00a – 11:00a	Christy	\$24/\$36		

Joseph H. Emminger, Supervisor
Town of Tonawanda

Carl Szarek, Councilman
Chairman, Youth, Parks & Recreation Committee

Mark Campanella, Superintendent
Parks & Recreation Department

Aquarobics—Mary—A non-stop, very effective and guided, body-toning movement in the shallow end of the pool. It offers a peaceful, full-body workout including wall work, aquatic exercise equipment and a cool down. The intensity can be adjusted by individual as strength, flexibility, range of motion, coordination, balance and endurance improve.

Chisel & Burn—Anna—This class is designed to help build strength and endurance. This class includes strength training, cardio exercises, bodyweight exercises and finishes with core training and stretching for a complete workout. All fitness levels.

Core & More—Leona—For any adult who wants to improve their core strength and stability while improving their flexibility, posture, balance and body awareness. The class uses mats and various Pilates equipment and various light resistance equipment. The course uses methods from mat Pilates, yoga, and corrective exercises. Various levels and modifications for each exercise.

Fit For Life—Leona—For those who wants to improve their fitness level in a welcoming environment. Exercises will include resistance, core, balance, cardio and stretching using a variety of equipment. Emphasis on proper body alignment. Various levels and modifications for each exercise.

Fun Friday—Anna—This cardio-weight interval class will kick start your weekend. We want to keep you guessing - each class is designed to be different and “FUN.” Variety is the spice of life. Be ready for ANYTHING! (Inter. to Adv. Level)

Group Tai Chi for Individuals—Mary—Learn 24 Form Tai Chi your way! Take your time. There is no rush in Tai Chi. This slow, gentle yet effective workout, will improve your balance, strength and your patience, too! Relax. The process feels good, whether standing or sitting in a chair. When all 24 clusters of moves are learned gradually through repetition, doing a set feels so smooth and freeing.

High Intensity Water Aerobics—Cynthia—This month will focus on high intensity themed around plyometrics. Let's Jump!!

Rock N Roll Cardio—Carol Ann—Forget "exercise" this cardio class is choreographed to "rock n roll" music of the 50/60's, you'll forget you doing squats, lunges and crunches. Burn calories, get strong having fun "dancing".

Step Back in Time—Anna—This traditional step aerobics class presents a choreographed routine which uses the elevated bench (step) providing a great low-impact workout while developing balance and flexibility. Boost your cardio endurance and then finish the class by doing some strength and core training.

Stretch N Strength—Carol Ann—This fitness class uses dynamic stretches and reps to increase flexibility, stamina and strength. One's own body weight will be the "weights". Don't be surprised if an improvement in balance and posture occurs!

Total Body Blast—Anna—This cardio-weight interval class will jump start your weekend and put you in the frame of mind to tackle anything. Hit every muscle group using the ball, weights, medicine balls, kettlebells and body bars. Get set for blast-off! All-Levels.

Total Body Strength & Conditioning—Anna—Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight. All-Levels.

Weekday Splash—Joan—This class will keep you moving with a variety of exercises that you will recognize from land classes. The class will be adapted for all skills levels. Resistance equipment will be used at times to make sure that exercises are safe, yet still challenging.

Yogalaties—Leona—Integrates Yoga and Pilates Techniques utilizing a mat. The environment is calming and hospitable while including both yoga postures, flows and Pilates exercises. The class begins and ends with Yoga style relaxing techniques. The class by design helps your core, flexibility and balance. Equipment: stability balls, resistance straps, yoga blocks and straps, and small exercise balls.

Zumba—Christy—Latin dance inspired aerobics including Salsa, Merengue and Cumbia that will keep you energized while burning LOTS of calories! A comfortable and fun environment welcomes even the most novice exerciser, so don't be shy, jump right in!