

# SEPTEMBER 2021 Group Fitness Classes

One Pool Plaza, Tonawanda, NY 14223 | [www.ttypr.com](http://www.ttypr.com)

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

[nskarupinski@tonawanda.ny.us](mailto:nskarupinski@tonawanda.ny.us)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	 <p><b>Aquatic &amp; Fitness Center</b></p> <p>6:00am – 7:00am <b>Step Back in Time</b> Anna <b>442053-01</b>   \$24/\$36 All Mondays in Sept.</p>	<p>6:00am – 7:00am <b>Chisel &amp; Burn 1</b> Anna <b>442022-01</b>   \$24/\$36 All Tuesdays in Sept.</p>	<p>6:00am – 7:00am <b>Lap Swim Training 2</b> Anna <b>441070-02</b>   \$30/\$45 All Wed in Sept.</p>	<p>6:00am – 7:00am <b>Chisel &amp; Burn 2</b> Anna <b>442022-02</b>   \$30/\$45 All Thursdays in Sept.</p>	<p>6:00am – 7:00am <b>FUN Friday</b> Anna <b>442055-01</b>   \$24/\$36 All Fridays in Sept.</p>		
	<p>10:45am – 11:45am <b>Sunday Splash</b> Joan <b>442087-01</b>   \$24/\$36 All Sundays in Sept.</p>	<p>9:00am – 10:00am <b>Core &amp; More</b> Leona <b>442028-01</b>   \$24/\$36 All Mondays in Sept.</p>		<p>8:30am – 9:30am <b>Fit for Life</b> Leona <b>442044-01</b>   \$30/\$45 All Wed in Sept.</p>		<p>9:00am – 10:00am <b>Yogalaties</b> Leona <b>442013-01</b>   \$24/\$36 All Fridays in Sept.</p>	<p>9:30am – 10:30am <b>Total Body Blast</b> Anna <b>442041-01</b>   \$18/\$27 <b>BEGINS ON 9/11</b></p>
	<p>11:00am – 12:00pm <b>Beginner Tai Chi</b> Mary <b>442014-01</b>   \$24/\$36 All Sundays in Sept.</p>				<p>10:00am – 11:00am <b>Zumba Gold</b> Christy <b>442033-01</b>   \$30/\$45 All Thursdays in Sept.</p>		<p>10:45am - 11:30am <b>BEGINNER Adult Swim Lesson</b> Anna <b>441040-01</b>   \$24/\$36</p>
	<p>12:00pm – 1:00pm <b>Lap Swim Training 1</b> Anna <b>441070-01</b>   \$24/\$36 All Sundays in Sept.</p>	<p>11:30am – 12:30pm <b>Aquarobics 1</b> Mary <b>442081-01</b>   \$24/\$36 All Mondays in Sept.</p>	<p>11:30am – 12:30pm <b>Weekday Splash 1</b> Joan <b>442088-01</b>   \$24/\$36 All Tuesdays in Sept.</p>	<p>11:30am – 12:30pm <b>Aquarobics 2</b> Mary <b>442081-02</b>   \$30/\$45 All Wed in Sept.</p>	<p>11:30am – 12:30pm <b>Weekday Splash 2</b> Joan <b>442088-02</b>   \$30/\$45 All Thursdays in Sept.</p>	<p>11:30am – 12:30pm <b>Waterobics</b> Amy <b>442084-01</b>   \$24/\$36 All Fridays in Sept</p>	<p>11:30am – 12:15pm <b>INTERMEDIATE Adult Swim Lesson</b> Anna <b>441040-02</b>   \$24/\$36</p>
PM	<p><b>Classes will run from September 1 — September 30</b></p> <p><b>AFC Member Registration</b> Tuesday 8/24/21</p> <p><b>June Class Participants Registration</b> Tuesday 8/24/21</p> <p><b>General Public Registration</b> Friday 8/27/21</p> <p><b>** All class capacity is limited**</b></p>	<p>3:00pm – 4:00pm T/R <b>Group Tai Chi for Individuals</b> Mary <b>442017-01</b>   \$54/\$81 All Tue &amp; Thur in Sept.</p>			<p>3:00pm – 4:00pm T/R <b>Group Tai Chi for Individuals</b> Mary <b>442017-01</b>   \$54/\$81 All Tues &amp; Thur in Sept.</p>	<p><b>Online Registration Now Available!!</b></p> <ol style="list-style-type: none"> <li>1. Connect to the Website TTYPR.COM</li> <li>2. Click on the link for "Online Registration &amp; Tee Time"</li> <li>3. Log In <ul style="list-style-type: none"> <li>* The first time you log on, the username is the phone linked to your YPR account (no dashes) &amp; password is HH last name (first letter capitalized).</li> </ul> </li> <li>4. Click on "Fitness"</li> </ol> <p>All of the Group Fitness Class options will be listed for you to register.</p>	
			<p>6:30pm – 7:30pm <b>Total Body Strength &amp; Conditioning</b> Anna <b>442046-01</b>   \$30/\$45 All Wed in Sept.</p>				

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

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	
442081-01	Aquarobics 1	Mon	11:30a – 12:30p	Mary	\$24/\$36	
442081-02	Aquarobics 2	Wed	11:30a – 12:30p	Mary	\$30/\$45	
441040-01	BEGINNER Adult Swim Lesson	Sat	10:45a – 11:30a	Anna	\$24/\$36	
442014-01	Beginner Tai-Chi	Sun	11:00a – 12:00p	Mary	\$24/\$36	
442022-01	Chisel & Burn 1	Tue	6:00a – 7:00a	Anna	\$24/\$36	
442022-02	Chisel & Burn 2	Thur	6:00a – 7:00a	Anna	\$30/\$45	
442028-01	Core & More	Mon	9:00a – 10:00a	Leona	\$24/\$36	
442044-01	Fit For Life	Wed	8:30a – 9:30a	Leona	\$30/\$45	
442055-01	Fun Friday	Fri	6:00a – 7:00a	Anna	\$24/\$36	
442017-01	Group Tai Chi for Individuals	Tue/Thur	3:00p – 4:00p	Mary	\$54/\$81	
441040-02	INTERMEDIATE Adult Swim Lesson	Sat	11:30a – 12:15p	Anna	\$24/\$36	
441070-01	Lap Swim Training 1	Sun	12:00p – 1:00p	Anna	\$24/\$36	
441070-02	Lap Swim Training 2	Wed	6:00a – 7:00a	Anna	\$30/\$45	
442053-01	Step Back in Time	Mon	6:00a – 7:00a	Anna	\$24/\$36	
442087-01	Sunday Splash	Sun	10:45a – 11:45a	Joan	\$24/\$36	
442041-01	Total Body Blast	Sat	9:30a – 10:30a	Anna	\$18/\$27	9/4/21
442046-01	Total Body Strength & Conditioning	Wed	6:30p – 7:30p	Anna	\$30/\$45	
442084-01	Waterobics	Fri	11:30a – 12:30p	Amy	\$24/\$36	
442088-01	Weekday Splash 1	Tue	11:30a – 12:30p	Joan	\$24/\$36	
442088-02	Weekday Splash 2	Thur	11:30a – 12:30p	Joan	\$30/\$45	
442013-01	Yogalaties	Fri	9:00a – 10:00a	Leona	\$24/\$36	
442033-01	Zumba Gold	Thur	10:00a – 11:00a	Christy	\$30/\$45	



Joseph H. Emminger, Supervisor  
Town of Tonawanda

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

Mark Campanella, Superintendent  
Parks & Recreation Department

**Adult Swim Lessons BEGINNER**—Anna—This program is designed for any adult looking to learn how to swim. Whether you are a beginner, and looking to become more comfortable in the water, this program is for you.

**Adult Swim Lessons INTERMEDIATE**—Anna—This program is designed for any adult looking for a good workout! Whether you are a beginner, or competitive swimmer, the coaches design a program to work on stroke technique and intensity to suit your ability. **MUST BE COMFORTABLE IN THE WATER!**

**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.

**Lap Swim Training**—Anna—This program is designed for any adult looking for a good swim workout! Participants will be provided a workout to their level. Participants must be able to swim several lengths of the pool within the designated class time. Whether you are trying to get into shape, a triathlete, or competitive swimmer, the coaches design a program to work on stroke technique and intensity to suit your ability.

**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.

**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.

**Sunday/ 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.

**Waterobics**—Amy—An advanced program of at least 40 minutes of aerobics, followed by strengthening exercises. Resistance equipment will be used in this class.

**Yogalates**—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 Gold**—Christy—A fun-filled Low-Impact Zumba fitness and dance workout. It features Latin and World rhythms. It is designed for anyone seeking a lower intensity workout without stress to joints. It provides cardio, muscle conditioning, balance, and flexibility moves to boost your energy and leave you smiling! No experience is necessary, and many left feet are welcomed! If you love music, love to dance and want to improve your fitness while having fun, this class is for you! Glide in and join us to release that inner dancing goddess!