

Fitness & Wellness



ALL WEIGHTS

DURATION: 15 Classes
INSTRUCTOR(S): Sarah Crittenden[^]
 Lynn Aventino^{^^}
AGE(S): 14 and up
RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

WCC
 LIVE WELL
 A
 Y

This class will boost your metabolism by increasing lean muscle mass. Weights, bands, bars and gliding discs will be used to challenge each muscle group for gains in muscular strength and endurance.

INTERMEDIATE

Activity #	Date	Time	Day(s)
405903-01 ^{^^*}	Sept. 6-Dec. 20	5:30-6:30 p.m.	Fri
405903-02 ^{^^}	Sept. 8-Dec. 22	10:15-11:15 a.m.	Sun
405903-03 [*]	Sept. 9-Dec. 16	9:15-10:15 a.m.	Mon

***NO CLASS: NOV. 29 & DEC. 1**

AGE REQUIREMENTS

Anyone under the age of 16 must have an adult enroll and accompany them to class.

BODY FIT

DURATION: 30 Classes
INSTRUCTOR(S): Gena Richard
AGE(S): 14 and up
RATE: \$115
DISCOUNTED RESIDENT RATE: \$100

WCC
 LIVE WELL
 A
 Y

Improve cardiorespiratory endurance and muscular strength with this interval class alternating a high/low impact cardio segment with a strength training segment followed by stretching movements and core work set to upbeat music.

INTERMEDIATE

Activity #	Date	Time	Day(s)
405904-01 [*]	Sept. 3-Dec. 19	5:30-6:30 p.m.	Tue/Thu

***NO CLASS: OCT. 31, NOV. 28**

20/20/20

DURATION: 15 Classes
INSTRUCTOR(S): Katie Stolte-Carroll
AGE(S): 14 and up
RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

WCC
 LIVE WELL
 A
 Y

Twenty minutes of each: cardio, strength and core-conditioning. A variety of formats and styles including Tabata, HIIT, boot camp, kickboxing, bands and kettlebells will be implemented to keep class fun!

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
405905-01	Sept. 9-Dec. 16	5:30-6:30 p.m.	Mon

DANCE FOR EVERY BODY

DURATION: 16 Classes
INSTRUCTOR(S): Carrie Rose
AGE(S): 14 and up
RATE: \$75
DISCOUNTED RESIDENT RATE: \$60

WCC
 LIVE WELL
 A
 Y

All levels welcome as we rock and pop to great music. Fitness meets fun in this high-energy class where you will challenge your limits. **No experience needed.**

BASIC/INTERMEDIATE

Activity #	Date	Time	Day(s)
405906-01	Sept. 3-Dec. 17	9:15-10:15 a.m.	Tue
405906-02	Sept. 4-Dec. 18	9:15-10:15 a.m.	Wed

CORE FUSION

DURATION: 30 Classes
INSTRUCTOR(S): Gena Richard
AGE(S): 14 and up
RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

WCC
 LIVE WELL
 A
 Y

This 30-minute class fuses several moves to strengthen and tone the core. A great complement to a regular strength training exercise program.

INTERMEDIATE

Activity #	Date	Time	Day(s)
405907-01 [*]	Sept. 3-Dec. 19	4:50-5:20 p.m.	Tue/Thu

***NO CLASS: OCT. 31, NOV. 28**

FIT AND FABULOUS

DURATION: 15 Classes
INSTRUCTOR: Terri Hurtt
AGE(S): 14 and up
RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

WCC
 LIVE WELL
 A
 Y

Train your heart and muscles at the same time with a "high reps/low weight/no-rest" format. This is a fast-paced program made for maximum muscular endurance and strength. Recommended for all fitness levels.

INTERMEDIATE

Activity #	Date	Time	Day(s)
405908-01 [*]	Sept. 7-Dec. 21	10:30-11:30 a.m.	Sat

***NO CLASS: NOV. 30**

HIP HOP CARDIO

DURATION: 15 Classes
INSTRUCTOR(S): Beth Henman[^]
 Rachel Headings^{^^}
AGE(S): 14 and up
RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

WCC
 LIVE WELL
 A
 Y

This energetic, low/high intensity class will get your heart pumping while you express your inner rhythm. Get ready for a full-body workout, simple-to-follow choreography and fresh dance combos.

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
405909-01 ^{^^*}	Sept. 4-Dec. 18	6:35-7:35 p.m.	Wed
405909-02 [^]	Sept. 9-Dec. 16	7:45-8:45 p.m.	Mon

***NO CLASS: NOV. 27**

KETTLEBELL CORE FUSION

DURATION: 16 Classes
INSTRUCTOR(S): Robin Andes
AGE(S): 14 and up
RATE: \$30
DISCOUNTED RESIDENT RATE: \$25

WCC
 LIVE WELL
 A
 Y

Experience one of the most challenging and best calorie-burning classes. Improve athletic performance, overall muscle-tone and core all in this energizing total-body workout. This class is a mix of Kettlebell swings, cardio and core exercises.

ADVANCED

Activity #	Date	Time	Day(s)
405910-01	Sept. 4-Dec. 18	12:30-1 p.m.	Wed



AEROBICS

POUND

DURATION: 15 Classes **WCC**
INSTRUCTOR(S): Amanda Smith **LIVE WELL**
AGE(S): 14 and up **A**
RATE: \$65 **Y**
DISCOUNTED RESIDENT RATE: \$55

Inspired by drumming movements, rhythm and high-energy music, class participants will become one with the beat in this exhilarating full-body workout that combines cardio, conditioning and strength-training with yoga and Pilates-inspired movements. **Please bring a yoga mat.**

INTERMEDIATE

Activity #	Date	Time	Day(s)
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405902-01* Sept.5-Dec.19 9:15-10:15 a.m. Thu

*NO CLASS: NOV. 28

RHYTHM & RESISTANCE

DURATION: 15 Classes **WCC**
INSTRUCTOR(S): Linda Scovern **LIVE WELL**
AGE(S): 14 and up **A**
RATE: \$65 **Y**
DISCOUNTED RESIDENT RATE: \$55

This dynamic and fun session features 30-minutes of cardio including Zumba, Hip Hop, boxing or floor aerobics followed by 30-minutes of strength and core. Routines and equipment will change weekly and feature stability balls, BOSU, Strong by Zumba routines and various strength pieces.

BASIC / INTERMEDIATE

Activity #	Date	Time	Day(s)
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405912-01* Sept.4-Dec.18 5:30-6:30 p.m. Wed

*NO CLASS: NOV. 27

ROCK 'EM, SOCK 'EM CARDIO

DURATION: 15 Classes **WCC**
INSTRUCTOR(S): Kate Rogier **NEW!**
AGE(S): 14 and up **LIVE WELL**
RATE: \$65 **A**
DISCOUNTED RESIDENT RATE: \$55 **Y**

You'll rock yourself into shape by burning calories and speeding up your metabolism. You'll sock 'em with fun punches and kicking routines that are designed to increase muscle definition and improve your overall strength and fitness level. Come join our group as we sweat, have fun and create a healthier, new you.

INTERMEDIATE

Activity #	Date	Time	Day(s)
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405916-01* Sept.6-Dec.20 9:15-10:15 a.m. Fri

*NO CLASS: NOV. 29

ZUMBA

DURATION: 15 Classes **WCC**
INSTRUCTOR(S): Rachel Headings ^^ **LIVE WELL**
 Linda Scovern ^ **A**
AGE(S): 14 and up **Y**
RATE: \$65

DISCOUNTED RESIDENT RATE: \$55

A high-energy, motivating class with Latin music that has easy-to-follow moves and combinations making it a fun class. Guaranteed to be a great fat burner.

INTERMEDIATE

Activity #	Date	Time	Day(s)
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405901-01^^* Sept.7-Dec.21 8:10-9:10 a.m. Sat

405901-02^ Sept.9-Dec.16 6:35-7:35 p.m. Mon

*NO CLASS: NOV. 30

BOSU, BOOTCAMP & CORE

DURATION: 15/16 Classes **WCC**
INSTRUCTOR(S): Robin Andes ^ **LIVE WELL**
 Katie Stolte-Carroll ^^ **A**
AGE(S): 14 and up **Y**

Mix stations of strength-training, cardiovascular training and core stabilization for a time-efficient, calorie-burning workout. Using a BOSU (blue half-circle) for balance and plyometrics, weights and bands for strength and timed intervals for cardiovascular conditioning, this total body workout combines strength and cardio with an extra serving of balance training to give you a serious core workout!

RATE: \$75
DISCOUNTED RESIDENT RATE: \$60

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
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405913-01^ Sept.4 - Dec.18 10:25-11:25 a.m. Wed

RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
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405913-02^^* Sept.6 - Dec.20 6-7 a.m. Fri

*NO CLASS: NOV. 29

GREAT SHAPES LOW IMPACT

DURATION: 19 Classes **HAN**
INSTRUCTOR(S): Ellen Blaha **LIVE WELL**
AGE(S): 14 and up **A**
RATE: \$80 **Y**

Come join this super supportive group of aerobic, toning and stretching designed for multiple ability levels. Please bring your own handweights and mat.

BASIC/INTERMEDIATE

Activity #	Date	Time	Day(s)
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405915-01* Oct.1 - Dec.12 6:30-7:40 p.m. Tue/Thu

*NO CLASS: OCT. 31, NOV. 5, NOV. 28

LIFT AND HIIT

DURATION: 15/16 Classes **WCC**
INSTRUCTOR(S): Sarah Crittenden ^ **LIVE WELL**
 Beth Henman ^^ **A**
AGE(S): 14 and up **Y**

This class combines the best of both worlds - strength and high intensity interval training (HIIT) - to take your workout to an entirely new level. We'll integrate bursts of metabolism-boosting, calorie-crushing cardio with traditional lifting and strength components to create the perfect workout.

RATE: \$75
DISCOUNTED RESIDENT RATE: \$60

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
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405917-01 Sept.3 - Dec.17 10:30-11:30 a.m. Tue

RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
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405917-02* Sept.4 - Dec.18 7:45-8:45 p.m. Wed

*NO CLASS: NOV. 27

240X COMPLETE

DURATION: 15/16 Classes **WCC**
INSTRUCTOR(S): Carrie Rose ^^ **LIVE WELL**
 Pam Martin ^ **A**
 Katie Stolte-Carroll ^^ **Y**

240X features a different theme each day to train your body in different ways to break plateaus. Explore a well-rounded comprehensive workout. Tuesday/Thursday classes are geared towards strength; Wednesday classes toward circuit intervals.

RATE: \$75
DISCOUNTED RESIDENT RATE: \$60

Activity #	Date	Time	Day(s)
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CARDIO & WEIGHTS INTERMEDIATE

405911-01^^ Sept.3 - Dec.17 6-7 a.m. Tue

CIRCUIT INTERMEDIATE

405911-02^ Sept.4 - Dec.18 6-7 a.m. Wed

RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

Activity #	Date	Time	Day(s)
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STRENGTH & WEIGHTS INTERMEDIATE

405911-03^^* Sept.5 - Dec.19 6-7 a.m. Thu

CARDIO & WEIGHTS INTERMEDIATE

405911-04^^^ Sept.9 - Dec.16 6-7 a.m. Mon

*NO CLASS: NOV. 28



LOW-IMPACT AEROBICS

DURATION: 11 Classes **WCC**
INSTRUCTOR(S): Ellen Blaha **LIVE WELL**
AGE(S): 14 and up **A**
RATE: \$40 **Y**
DISCOUNTED RESIDENT RATE: \$30

Have an impact on your cardiovascular and muscular fitness in this aerobics class designed for multiple ability/levels. Moves are easy to learn and adjust to high/low format. Program emphasizes gains in endurance, strength and flexibility with less stress on your joints.

BASIC

Activity #	Date	Time	Day(s)
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405918-01* Oct. 5 - Dec. 21 9:15-10:15 a.m. Sat

*NO CLASS: NOV. 30

LOW-IMPACT INTERVALS

DURATION: 46 Classes **WCC**
INSTRUCTOR(S): Sande McCann **LIVE WELL**
 Trish Redd **A**
AGE(S): 50 and up **OA**
RATE: \$150

DISCOUNTED RESIDENT RATE: \$135
 This class offers a total body workout with a fun mixture of great music to motivate. Want cardio? Want strength training? How about stretching? It's all here! Choreography is created so you can keep your workout level low, medium or high.

BASIC

Activity #	Date	Time	Day(s)
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405919-01* Sept. 4 - Dec. 20 8-9 a.m. Mon/Wed/Fri

*NO CLASS: NOV. 29



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STEP & SCULPT

DURATION: 30 Classes **WCC**
INSTRUCTOR(S): Terri Hurtt **LIVE WELL**
AGE(S): 14 and up **A**
RATE: \$115 **Y**
DISCOUNTED RESIDENT RATE: \$100

A moderate intensity step workout using basic patterns to strengthen the cardiovascular system, while having fun! Using weights bands and/or bars, this class will sculpt and tone muscles from head-to-toe.

BASIC

Activity #	Date	Time	Day(s)
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405921-01* Sept. 3 - Dec. 19 6:35-7:35 p.m. Tue/Thu

*NO CLASS: OCT. 31, NOV. 28

MUSCLES IN MOTION

DURATION: 14/15/16 Classes **WCC**
INSTRUCTOR(S): Trish Redd **LIVE WELL**
AGE(S): 14 and up **A**
RATE: \$75 **Y**
DISCOUNTED RESIDENT RATE: \$60

This is a weight-training class that uses resistance tools to train specific muscles in order to improve muscular tone, strength and endurance. You will burn more fat while gaining lean muscle. Ideal for all fitness levels.

BASIC / INTERMEDIATE

RATE: \$75

DISCOUNTED RESIDENT RATE: \$60

Activity #	Date	Time	Day(s)
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405920-01 Sept. 3 - Dec. 17 7:45-8:45 p.m. Tue

RATE: \$40

DISCOUNTED RESIDENT RATE: \$30

Activity #	Date	Time	Day(s)
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405920-02* Sept. 5 - Dec. 19 7:45-8:30 p.m. Thu

RATE: \$65

DISCOUNTED RESIDENT RATE: \$55

Activity #	Date	Time	Day(s)
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405920-03* Sept. 6 - Dec. 20 10:30-11:30 a.m. Fri

RATE: \$40

DISCOUNTED RESIDENT RATE: \$30

Activity #	Date	Time	Day(s)
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405920-04 Sept. 9 - Dec. 16 12:15-1 p.m. Mon

*NO CLASS: OCT. 31, NOV. 28, NOV. 29

STRENGTH AND MORE

DURATION: 15 Classes **WCC**
INSTRUCTOR(S): Robin Andes **LIVE WELL**
AGE(S): 14 and up **A**
RATE: \$65 **Y**
DISCOUNTED RESIDENT RATE: \$55

Strengthen and tone all your major muscle groups including some amazing core work in this inspiring, motivating group environment! You will perform multi-joint, functional exercises with dumbbells, body bars, gliders, stability balls, tubes, Bosus and more.

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
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405923-01 Sept. 9 - Dec. 16 10:25-11:25 a.m. Mon

PLEASE BE ADVISED

Most yoga classes require a mat, block and/or blanket. This information can be found when registering online at www.westerville.org/registration.



DR●P IN

MINDBODY, YOGA AND PILATES CLASSES

\$15

Discounted Resident Rate \$10

Space is limited. Classes at capacity will not allow drop-in participation. Classes meeting offsite require receipt (proof of payment) upon arrival. Drop-in fees must be paid at the Community Center front desk in advance and be provided to the instructor before class.

TIME "CRUNCH" TONER

DURATION: 16 Classes **WCC**
INSTRUCTOR(S): Trish Redd **LIVE WELL**
AGE(S): 14 and up **A**
RATE: \$45 **Y**
DISCOUNTED RESIDENT RATE: \$35

Why wait until after work when you can get your desired results in the middle of your workday? This workout focuses on complete body and core conditioning.

BASIC / INTERMEDIATE

Activity #	Date	Time	Day(s)
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405934-01 Sept. 4 - Dec. 18 11:35 a.m. - 12:20 p.m. Wed

TOTAL BODY STRONG

DURATION: 15 Classes **WCC**
INSTRUCTOR(S): Linda Amici **LIVE WELL**
AGE(S): 14 and up **A**
RATE: \$65 **Y**
DISCOUNTED RESIDENT RATE: \$55

Whether you are a new or seasoned lifter, this class is for anyone seeking to speed metabolism, improve muscle tone and get strong! You will benefit from the form cues and motivational strategies in this class.

INTERMEDIATE

Activity #	Date	Time	Day(s)
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405924-01* Sept. 8 - Dec. 22 2:30-3:30 p.m. Sun

*NO CLASS: DEC. 1



YOGA/PILATES

INTRO TO TAI CHI

DURATION: 6 Classes

INSTRUCTOR(S): Tai Chi Instructors

AGE(S): 18 and up

RATE: \$50

DISCOUNTED RESIDENT RATE: \$40

Learn the first several moves of this ancient Chinese craft benefiting health both physically and mentally. The slow, graceful movements can be beneficial to people of all levels of fitness and helps reduce stress, improve strength and balance as well as increase focus and concentration.

AMR
LIVE WELL
A
Y

ALL LEVELS

Activity #	Date	Time	Day(s)
405280-01	Sept. 4-Oct. 9	9:30-11 a.m.	Wed
405280-02	Oct. 14-Nov. 18	9-10:30 a.m.	Mon

ESSENTRICS®

DURATION: 7 Classes

INSTRUCTOR(S): Jill Roth

AGE(S): 14 and up

RATE: \$65

DISCOUNTED RESIDENT RATE: \$55

Essentrics® is a full-body, dynamic stretch-and-strengthening program aimed at re-balancing all of the joints, allowing muscles to heal. Imagine the gentleness of Tai-Chi, strength of ballet and benefits of physiotherapy-physical therapy or massage.

WCC
NEW!
LIVE WELL
A
Y

ALL LEVELS

Activity #	Date	Time	Day(s)
405933-01	Sept. 5-Oct. 17	9:30-10:30 a.m.	Thu
405933-02*	Oct. 31-Dec. 19	9:30-10:30 a.m.	Thu

*NO CLASS: NOV. 28

ARUPA YOGA FOR HOLISTIC WELLBEING

DURATION: 7 Classes

INSTRUCTOR(S): Thatcher Ross

AGE(S): 14 and up

RATE: \$65

DISCOUNTED RESIDENT RATE: \$55

Arupa is advanced yoga without advanced postures that includes a group setting for personal practice - with expert supervision. Suggestions abound, but the choice is the student's. Specific instructions are more about "how" than "what" to do. Safely discover your own authentic practice - among friends.

RPC
LIVE WELL
A

ADVANCED

Activity #	Date	Time	Day(s)
405936-01	Sept. 4-Oct. 16	7:35-9 p.m.	Wed
405936-02*	Oct. 30-Dec. 18	7:35-9 p.m.	Wed

*NO CLASS: NOV. 27

ESSENTIAL YOGA STUDENT TRAINING COURSE

DURATION: 7 Classes

INSTRUCTOR(S): Thatcher Ross

AGE(S): 14 and up

RATE: \$65

DISCOUNTED RESIDENT RATE: \$55

Educate yourself about the postures and practice, your body and mind, your breath and potential. There's a lot more to it than just getting your body into the right shapes. Learn how to inhabit your postures intelligently so they're safer and healthier to feel and work better.

RPC
NEW!
LIVE WELL
A

BASIC / BEGINNER

Activity #	Date	Time	Day(s)
405937-01*	Sept. 4-Oct. 16	6-7:30 p.m.	Wed
405937-02*	Oct. 30-Dec. 18	6-7:30 p.m.	Wed

*NO CLASS: NOV. 27

HATHA WITH VINYASA FLOW YOGA

DURATION: 7 Classes

INSTRUCTOR(S): Robin Andes

AGE(S): 14 and up

RATE: \$65

DISCOUNTED RESIDENT RATE: \$55

In this class you will link several poses together to create strength, flexibility, endurance and balance while working all parts of the body. Leave feeling refreshed, elongated and strong.

WCC
LIVE WELL
A

BASIC

Activity #	Date	Time	Day(s)
405939-01	Sept. 5-Oct. 17	10:45-11:45 a.m.	Thu
405939-02*	Oct. 31-Dec. 19	10:45-11:45 a.m.	Thu

*NO CLASS: NOV. 28

GENTLE YOGA

DURATION: 7 Classes

INSTRUCTOR(S): Lori Candon

AGE(S): 35 and up

RATE: \$65

DISCOUNTED RESIDENT RATE: \$55

Based on Hatha yoga postures and principles, the pace is slower to make the power of yoga accessible to people of all ages and fitness levels. The focus will be on breathing in combination with stretches and gentle postures which will have a calming and centering effect. Must be able to get to and from the floor.

WCC
LIVE WELL
A

BASIC

Activity #	Date	Time	Day(s)
405938-01	Sept. 3-Oct. 15	9-10:15 a.m.	Tue
405938-02	Oct. 29-Dec. 17	9-10:15 a.m.	Tue

DYNAMIC PILATES & CORE

DURATION: 7 Classes

INSTRUCTOR(S): Lara Uher

AGE(S): 14 and up

RATE: \$65

DISCOUNTED RESIDENT RATE: \$55

Get invigorated and relax by integrating basic and intermediate Pilates exercises using small Pilates equipment, yoga poses and mindfulness-based stress reduction. While familiarity with Pilates is recommended, all fitness levels will benefit from this class.

WCC
LIVE WELL
A
Y

MULTI-LEVEL

Activity #	Date	Time	Day(s)
405928-01	Sept. 4-Oct. 16	6:30-7:30 p.m.	Wed
405928-02*	Oct. 30-Dec. 18	6:30-7:30 p.m.	Wed

*NO CLASS: NOV. 27

YOGA FOR CORE STRENGTH

DURATION: 7 Classes

INSTRUCTOR(S): Lara Uher

AGE(S): 14 and up

RATE: \$65

DISCOUNTED RESIDENT RATE: \$55

This energetic, intermediate-level yoga class focuses on building a strong and stable center by developing core awareness and strength. You will improve posture, gain an overall healthier back, increase flexibility, improve balance, strengthen the entire body and reduce stress.

WCC
NEW!
LIVE WELL
A
Y

INTERMEDIATE

Activity #	Date	Time	Day(s)
405935-01	Sept. 4-Oct. 16	7:45-8:30 p.m.	Wed
405935-02*	Oct. 30-Dec. 18	7:45-8:30 p.m.	Wed

*NO CLASS: NOV. 27

POWER PILATES

DURATION: 7 Classes

INSTRUCTOR(S): Katy Tombaugh

AGE(S): 14 and up

RATE: \$65

DISCOUNTED RESIDENT RATE: \$55

An outstanding full-body workout using a wide variety of exercises for core stability. The addition of small equipment and a faster-paced flow provide new challenges. Power Pilates is a lower-impact class making it ideal for most participants.

WCC
LIVE WELL
A
Y

INTERMEDIATE

Activity #	Date	Time	Day(s)
405931-01	Sept. 4-Oct. 16	5:15-6:15 p.m.	Wed
405931-02	Sept. 9-Oct. 21	5:15-6:15 p.m.	Mon
405931-03*	Oct. 30-Dec. 18	5:15-6:15 p.m.	Wed
405931-04	Nov. 4-Dec. 16	5:15-6:15 p.m.	Mon

*NO CLASS: NOV. 27



RESTORATIVE PILATES

DURATION: 7/8 Classes **WCC**
INSTRUCTOR(S): Amanda Smith **LIVE WELL**
AGE(S): 14 and up **A**
 Restore your strength, posture and balance with this rejuvenating workout. **Y**
 Class consists of both standing and mat Pilates work beginning with a gentle warm-up and flowing into a progression of exercises aimed at restoring your posture, core strength, balance and whole body awareness. All levels.

RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

MULTI-LEVEL

Activity #	Date	Time	Day(s)
405930-01	Sept. 3 - Oct. 15	10:30-11:30am.	Tue
405930-02	Sept. 5 - Oct. 17	10:30-11:30am.	Thu
405930-04*	Oct. 31 - Dec. 19	10:30-11:30am.	Thu

RATE: \$75
DISCOUNTED RESIDENT RATE: \$60

MULTI-LEVEL

Activity #	Date	Time	Day(s)
405930-03	Oct. 29 - Dec. 17	10:30-11:30am.	Tue

*NO CLASS: NOV. 28

PLEASE BE ADVISED

Most yoga classes require a mat, block and/or blanket. This information can be found when registering online at www.westerville.org/registration.



PRENATAL YOGA

DURATION: 7 Classes **WCC**
INSTRUCTOR(S): Lara Uher **LIVE WELL**
AGE(S): 18 and up **A**
RATE: \$65
DISCOUNTED RESIDENT RATE: \$55
 Prenatal yoga will lead you through safe, gentle exercises for flexibility and strength while teaching powerful breathing and relaxation techniques, as well as positioning comfort measures. No yoga experience required.

BASIC

Activity #	Date	Time	Day(s)
405944-01	Sept. 7 - Oct. 19	9-10am.	Sat
405944-02*	Nov. 2 - Dec. 21	9-10am.	Sat

*NO CLASS: NOV. 30

POWER YOGA

DURATION: 7/8 Classes **WCC**
INSTRUCTOR(S): Meghan Pierson **LIVE WELL**
AGE(S): 14 and up **A**
 Challenging yoga postures and sequences will help increase overall strength, endurance and flexibility. Participants will be introduced to basic inversions and breathing techniques to achieve balance and deepen relaxation. Please bring a sticky mat, towel and water. **Not appropriate for pregnant women.** **Y**

RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

MULTI-LEVEL / INTERMEDIATE

Activity #	Date	Time	Day(s)
405943-01	Sept. 3 - Oct. 15	6:30-7:30pm.	Tue

RATE: \$75
DISCOUNTED RESIDENT RATE: \$60

MULTI-LEVEL / INTERMEDIATE

Activity #	Date	Time	Day(s)
405943-02	Oct. 29 - Dec. 17	6:30-7:30pm.	Tue

THE BARRE WORKOUT

DURATION: 7/8 Classes **WCC**
INSTRUCTOR(S): Amanda Smith **LIVE WELL**
AGE(S): 14 and up **A**
RATE: \$65
DISCOUNTED RESIDENT RATE: \$55
 This energetic class uses tons of booty-lifting ballet moves designed to be challenging, inspiring and leave participants feeling strong and ready for more. Many of the exercises in this class incorporate the ballet barre, bands, balls and lots of energy to strengthen and tone your legs, booty and calves. You will also strengthen your core, define your arms and improve your posture. **Y**

RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

MULTI-LEVEL

Activity #	Date	Time	Day(s)
405927-01	Sept. 3 - Oct. 15	11:45 am.-12:45pm.	Tue
405927-02	Sept. 5 - Oct. 17	11:45 am.-12:45pm.	Thu
405927-04*	Oct. 31 - Dec. 19	11:45 am.-12:45pm.	Thu

RATE: \$75
DISCOUNTED RESIDENT RATE: \$60

MULTI-LEVEL

Activity #	Date	Time	Day(s)
405927-03	Oct. 29 - Dec. 17	11:45 am.-12:45pm.	Tue

*NO CLASS: NOV. 28

YOGA FOR HEALTH

DURATION: 6/7 Classes **RPC**
INSTRUCTOR(S): Gwen Surratt **LIVE WELL**
AGE(S): 14 and up **A**
 For those seeking to relax and unwind, geared toward the beginner. Move at a gentle pace with an emphasis on breathwork for relieving tension through the body. We will practice seated, standing and balancing poses to develop strength and flexibility. **Must be able to get to and from the floor.** **Y**

RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

BASIC

Activity #	Date	Time	Day(s)
405945-01	Sept. 5 - Oct. 17	6:15-7:15 p.m.	Thu
405945-02	Sept. 5 - Oct. 17	7:30-8:30 p.m.	Thu

RATE: \$60
DISCOUNTED RESIDENT RATE: \$50

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
405945-03*	Nov. 7 - Dec. 19	6:15-7:15 p.m.	Thu
405945-04*	Nov. 7 - Dec. 19	7:30-8:30 p.m.	Thu

*NO CLASS: NOV. 28

AGE REQUIREMENTS

Anyone under the age of 16 must have an adult enroll and accompany them to class.

YOGA PILATES MIX

DURATION: 7/8 Classes **WCC**
INSTRUCTOR(S): Meghan Pierson **LIVE WELL**
AGE(S): 14 and up **A**
 Begin class with an energizing warm-up flowing through a series of Sun Salutations and other sequenced yoga poses that focus on strength, endurance, flexibility and balance. Controlled Pilates exercises will be interlaced to focus on core strength, coordination and posture. **Y**

RATE: \$65
DISCOUNTED RESIDENT RATE: \$55

ADVANCED

Activity #	Date	Time	Day(s)
405932-01	Sept. 3 - Oct. 15	7:45-8:45 p.m.	Tue

RATE: \$75
DISCOUNTED RESIDENT RATE: \$60

ADVANCED

Activity #	Date	Time	Day(s)
405932-02	Oct. 29 - Dec. 17	7:45-8:45 p.m.	Tue



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