Aquatics

Deep Water Power Works $35.00
Deep water running is a non-impact form of running, done in the deep end of a pool, while wearing a flotation belt. It is perfect for both those with injuries and athletes who are interested in adding a challenge to their cross training workout. It's also safe for seniors, pregnant women, and post-operative patients. No swimming skills are necessary. [Participants can] work at their own pace... non-impact exercise for aerobic fitness helps speed up recovery process... stimulates land running and provides cross-training for runners. Beginners are welcome. Allows you to train while injured and maintain fitness while work with volume and intensity.

Location: Palladium Athletic Facility, Pool
Sec. 1 Tuesday 12:00-12:55pm C,D
Sec. 2 Thursday 12:00-12:55pm C,D
Minimum Enrollment: 10
Maximum Enrollment: 25

Swim for Aerobic Fitness $35.00
Prerequisite: Ability to swim eight continuous lengths of the pool (200 meters) using the front crawl stroke with no time limit. Students learn how to improve rhythm, coordination, and timing of their front crawl while developing sufficient strength and endurance to swim one-half mile (16 laps of the pool) by the end of the course.

Location: Palladium Athletic Facility, Pool
Sec. 1 Monday 11:00-11:55am C,D
Sec. 2 Wednesday 11:00-11:55am C,D
Minimum Enrollment: 10
Maximum Enrollment: 20

Swimming/Intermediate Advanced $60.00
Prerequisite: All persons who wish to enroll in this class must be able to swim two lengths of the Palladium pool unassisted. Basic swimming skills are assumed. Students will review and improve technique for the strokes they know. Will be introduced to higher level strokes such as the butterfly and techniques such as flip turns.

Location: Palladium Athletic Facility, Pool
Sec. 1 Mon. & Wed. 12:00-12:55pm C,D
Minimum Enrollment: 10
Maximum Enrollment: 20

Body/Mind Connections

Feldenkrais $40.00
Change habitual patterns of tension and learn new ways to move through easy-to-do exercises designed to improve posture, coordination and balance, increase flexibility and enhance performance in all activities.

Location: 404 Fitness, Fitness Room
Sec. 1 Wednesday 4:00-4:55 pm C,D
Minimum Enrollment: 6
Maximum Enrollment: 10

Gentle Yoga and Meditation $40.00
For those who would benefit from a modified or slower-paced yoga class, and for anyone seeking a meditative, relaxing practice. Class will include gentle movement for flexibility and joint mobility without strain; restorative poses; meditative techniques, with an emphasis on breathing techniques, to foster greater body awareness, concentration, and focus. A perfect class to de-stress body and mind.

Location: 404 Fitness, Fitness Room
Sec. 1 Monday 11:30-12:25 pm C,D
Sec. 2 Wednesday 11:30-12:25 pm C,D
Minimum Enrollment: 10
Maximum Enrollment: 10

Hatha Yoga $40.00
Learn to relieve stress, enhance awareness, and balance mind and body through postures, breathing exercises, and meditation. Loose-fitting clothes are required. Yoga mats highly recommended.

Location: 404 Fitness, Fitness Room
Sec. 1 Monday 12:30-1:25 pm C,D
Sec. 2 Tuesday 12:30-1:25 am C,D
Sec. 3 Tuesday 5:30-6:25 pm C,D
Sec. 4 Wednesday 12:30-1:25 pm C,D
Sec. 5 Thursday 12:30-1:25 am C,D
Sec. 6 Thursday 5:30-6:25 pm C,D
Sec. 7 Friday 12:30-1:25 pm C,D
Minimum Enrollment: 10
Maximum Enrollment: 10
Iyengar Yoga $40.00
Students practice the fundamental yoga postures including the standing poses and shoulder balance in a deliberate and focused manner. Students gain strength, coordination, flexibility, and a sense of well-being.

Location: 404 Fitness, Fitness Room
Sec. 1 Wednesday 10:00-10:55 am C,D
Minimum Enrollment: 10
Maximum Enrollment: 10

Kundalini Yoga $40.00
Kundalini yoga, as taught by Yogi Bhajan, is a 5,000-year-old authentic system of yoga, exercise, and meditation that combines postures (asanas); movement, sound current (mantra); breath (pranayam); and meditation into powerful sets called kriyas. It is designed to help you build a healthy body, keep in shape, increase vitality, train your mind to be strong and flexible in the face of stress and change, and develop your inner wisdom to help you fulfill your potential.

Location: 404 Fitness, Fitness Room
Sec. 1 Tuesday 4:00-4:55 pm C,D
Minimum Enrollment: 10
Maximum Enrollment: 10

Dance

Afro-Caribbean Dance $25.00
Come learn the fast paced, hip isolating, foot stomping, arm waving and strong movements of Afro-Caribbean which combines movement styles from African and West Indian forms of dance. This highly aerobic class is taught to soca, dancehall, reggae, calypso and drums!

Location: 404 Fitness, Dance Studio
Sec. 1 Saturday 4:00-4:55 pm C,D
Minimum Enrollment: 10
Maximum Enrollment: 25

Argentine Tango $35.00
From the streets of Buenos Aires to the street of New York City, this class will introduce you to the foundation of the elegance, sexy, confidence and balance of Argentine Tango. You will learn the etiquette of the dance at a social scene known as the Milonga and how to invite someone to dance without being rejected publicly.

Location: 404 Fitness, Dance Studio
Sec. 1 Friday 7:30-8:25 pm C,D
Minimum Enrollment: 10
Maximum Enrollment: 25

Ballet/Beginner $40.00
No prior experience required. Learn or review essential ballet positions of feet, legs, arms, and torso. Use training exercises at the barre for posture balance and strength. Learn how to stretch for increased flexibility and range of motion. For dancers and non dancers.

Location: 404 Fitness, Dance Studio
Sec. 1 Sunday 1:00-1:55 pm C,D
Minimum Enrollment: 10
Maximum Enrollment: 12

Ballet/Intermediate Advanced $60.00
Prerequisite: Familiarity with basic barre and center work. Classes consist of instruction in movement vocabulary, stressing alignment and proper technique, with allegro and adagio work and concentration on grace and precision. Leotards are recommended and ballet shoes are required.

Location: 404 Fitness, Dance Studio
Sec. 1 Sunday 2:00-3:25 pm C,D
Minimum Enrollment: 10
Maximum Enrollment: 12

Ballet Workout $40.00
Ballet workout begins with a floor barre with bands to stretch and strengthen your core and then proceeds to a standing barre for balance, posture, and alignment ending with a graceful, fluid center of contemporary ballet combinations for agility and coordination. Open to all levels.

Location: 404 Fitness, Dance Studio
Sec. 1 Saturday 1:00-1:55 pm C,D
Minimum Enrollment: 10
Maximum Enrollment: 12
Belly Dance Fusion $30.00
Sculpt your core muscles! This class combines belly dance and modern dance by starting with isolations and combinations to Arabic music followed by aerobic modern dance movements holding 3-5 pound spheres for total body conditioning.

Location: 404 Fitness, Dance Studio
Sec. 1 Tuesday 1:30-2:25 pm  C,D
Minimum Enrollment: 10
Maximum Enrollment: 25

Broadway Jazz Dance $30.00
Learn the jazz and ballet techniques that make up this unique dance style. Class includes choreography from actual Broadway productions, complete with accompanying music.

Location: 404 Fitness, Dance Studio
Sec. 1 Saturday 11:00-11:55 am  C,D
Minimum Enrollment: 10
Maximum Enrollment: 25

Hip-Hop Dance/Beginner $25.00
No previous dance experience is necessary. Learn the newest dance steps that permeate the American popular culture via MTV and hip-hop clubs. Street-style dance combinations along with basic jazz movements. Jazz sneakers are recommended but not necessary.

Location: 404 Fitness, Dance Studio
Sec. 1 Saturday 2:00-2:55 pm  C,D
Minimum Enrollment: 10
Maximum Enrollment: 25

Hip-Hop Dance/Intermediate $25.00
Prerequisite: Hip-Hop Dance/Beginner or equivalent experience. Get your feet wet. Fall up and get down. Take your hip-hop dance skills to the next level. Challenge yourself with energetic dance combinations that incorporate all technical and freestyle aspects of hip-hop. Sneakers, jazz shoes, or jazz sneakers are required.

Location: 404 Fitness, Dance Studio
Sec. 1 Saturday 3:00-3:55 pm  C,D
Minimum Enrollment: 10
Maximum Enrollment: 25

Jazz Dance $25.00
Open Jazz: modern, lyrical, contemporary and Broadway jazz. Warm up, core activation, stretch and combination. One new dance/song per 5 week session.

Location: 404 Fitness, Dance Studio
Sec. 1 Sunday 12:00-12:55 pm  C,D
Minimum Enrollment: 10
Maximum Enrollment: 25

Night Club Social- Swing Style $35.00
(Blues, East-Coast Lindy-Hop, Hustle, Smooth)
Learn the basic of Swing social dances and be able to dance a fast tempo with East-Coast Lindy Hop to a slow tempo with Blues. This class will give you the foundation to move to any Jazzy and Bluesy music of the Swing family.

Location: 404 Fitness, Dance Studio
Sec. 1 Friday 5:30-6:25 pm  C,D
Minimum Enrollment: 10
Maximum Enrollment: 25

Night Club Social -Latin Style $35.00
(Bachata, Cha Cha Cha, Merengue, Salsa)
Learn the basic of Latin social dances and be able to dance with confidence at any Latin night clubs. In this class you will learn to identify each style of the music genres and be able to dance to it with ease. If you have never dance before and believe you have two left feet, then this class is definitely for you. Come and learn some fun moves even if you have dance before.

Location: 404 Fitness, Dance Studio
Sec. 1 Friday 6:30-7:25 pm  C,D
Minimum Enrollment: 10
Maximum Enrollment: 25
Individual Fitness

**Cardio Kickboxing** $30.00
A high-cardio workout that tones the whole body. Choreographed routines set to motivating music combine moves taken from kick-boxing, interval training, and plyometrics. No experience or equipment necessary. Beginners are welcome.

**Location:** 404 Fitness, Dance Studio

Sec. 1 Monday 7:30-8:25 pm C,D
Sec. 2 Tuesday 7:30-8:25 pm C,D
Sec. 3 Wednesday 7:30-8:25 pm C,D
Sec. 4 Thursday 7:30-8:25 pm C,D
Sec. 5 Saturday 12:00-12:55 pm C,D

Minimum Enrollment: 10
Maximum Enrollment: 25

**Fit Express** $20.00
Get Fit. Be Fit. Stay Fit. Start your day with this thirty minute workout that will challenge you from head to toe with short sets of strength and conditioning exercises.

**Location:** 404 Fitness, Dance Studio

Sec. 1 Tuesday 7:35-8:00 am C,D
Sec. 2 Thursday 7:35-8:00 am C,D

Minimum Enrollment: 10
Maximum Enrollment: 25

**Hard Core** $30.00
Go beyond the “basic crunch” with a comprehensive workout designed to strengthen, condition, and tone the core muscle group and improve overall balance. A variety of apparatus is used including k-bells, body bars, Swedish balls, and medicine balls. Calisthenics and static strength exercises are taught in incremental sets, personalizing your workout to your levels of strength, cardiovascular fitness, and muscular endurance.

**Location:** 404 Fitness, Dance Studio

Sec. 1 Monday 6:30-7:25 pm C,D
Sec. 2 Wednesday 6:30-7:25 pm C,D

Minimum Enrollment: 10
Maximum Enrollment: 25

Pilates $35.00
Learn to stretch safely and efficiently using the techniques developed by Joseph A. Pilates for the execution of controlled body movements designed to balance strength with flexibility. The class improves posture and makes muscles stronger and more flexible. This is a mat class only.

**Location:** 404 Fitness, Dance Studio

Sec. 1 Monday 1:30-2:25 pm C,D
Sec. 2 Tuesday 9:00-9:55 am C,D
Sec. 3 Wednesday 1:30-2:25 pm C,D
Sec. 4 Thursday 9:00-9:55 am C,D
Sec. 5 Saturday 10:00-10:55 am C,D

Minimum Enrollment: 10
Maximum Enrollment: 25

**Spinning** $35.00
Spin your way to fitness in this fierce bike workout that uses rhythm and music to motivate you for high intensity. First timers and pro pacers can all work together using variable resistance on the stationary bicycles.

**Location:** 404 Fitness, Dance Studio

Sec. 1 Monday 8:00-8:55 am C,D
Sec. 2 Tuesday 8:00-8:55 am C,D
Sec. 3 Tuesday 12:30-1:25 pm C,D
Sec. 4 Wednesday 8:00-8:55 am C,D
Sec. 5 Thursday 8:00-8:55 am C,D
Sec. 6 Friday 8:00-8:55 am C,D
Sec. 7 Saturday 11:00-11:55 pm C,D
Sec. 8 Saturday 12:00-12:55 pm C,D

Minimum Enrollment: 7
Maximum Enrollment: 14

**Location:** Palladium Athletic Facility, Spinning Room

Sec. 1 Monday 6:30-7:25 pm C,D
Sec. 2 Monday 7:30-8:25 pm C,D
Sec. 3 Tuesday 6:30-7:30 pm C,D
Sec. 4 Wednesday 6:30-7:25 pm C,D
Sec. 5 Wednesday 7:30-8:25 pm C,D
Sec. 6 Saturday 11:00-11:55 pm C,D
Sec. 7 Saturday 12:00-12:55 pm C,D

Minimum Enrollment: 7
Maximum Enrollment: 12

For up to date information go to www.gonyuathletics.com/recreation
Total Body Blast $30.00
This class incorporates non-stop body sculpting with pumping cardio to promote muscular strength and endurance as well as increase aerobic capacity. Each workout includes varied strength training intervals using hand weights, body weights, body bars, and/or exercise balls along with cardio drills to boost your metabolism. Transform your body while having fun!

Location: 404 Fitness, Dance Studio
Sec. 1 Tuesday 6:30-7:25 pm  C,D
Sec. 2 Thursday 6:30-7:25 pm  C,D

Minimum Enrollment: 10
Maximum Enrollment: 25

Weight Lifting 101 $30.00
Class emphasizes on basic resistance strength training with proper technique of free weights, Olympic weights and universal machine use. Athletic Attire required

Location: 404 Fitness, Turf Area
Sec. 1 Tuesday 5:30-6:25 pm  C,D
Sec. 2 Thursday 5:30-6:25 pm  C,D

Minimum Enrollment: 6
Maximum Enrollment: 10

Weight Training for Women $30.00
This class approaches weight training from an aesthetic point of view. Learn to improve your physique. Contours, form, and posture are emphasized.

Location: 404 Fitness, Turf Area
Sec. 1 Monday 5:30-6:25 pm  C,D
Sec. 2 Wednesday 5:30-6:25 pm  C,D

Minimum Enrollment: 6
Maximum Enrollment: 10

Zumba $25.00
An Aerobic dance based class that combines interval training resistance training and cardio with Latin Dance steps and Latin Music.

Location: 404 Fitness, Dance Studio
Sec. 1 Monday 5:30-6:25 pm  C,D
Sec. 2 Wednesday 5:30-6:25 pm  C,D

Minimum Enrollment: 10
Maximum Enrollment: 25

Location: Palladium Athletic Facility, Aux Gym A
Sec. 1 Sunday 2:30-3:25 pm  C,D

Minimum Enrollment: 10
Maximum Enrollment: 40

Martial Arts

Aikido $35.00
"Way of harmonizing energy." This is a traditional martial art that is based on Japanese Budo (way of the warrior). Condition your mind, body, and learn self defense in this martial arts class designed for individuals of all shapes and sizes.

Location: Palladium Athletic Facility, Aux Gym B
Sec. 1 Sunday 5:00-5:55 pm  C,D

Minimum Enrollment: 10
Maximum Enrollment: 30

Judo $50.00
"The gentle way" is the modern-day form of the ancient Japanese jujitsu. There is only one style of Judo KoDoKan practiced all over the world. Learn self-defense, develop confidence, and increase your stamina through this centuries-old martial art. An Olympic sport since 1964, judo combines throwing techniques, hold-downs, strangleholds, and armlocks to help you overcome your opponent or attacker in any situation. Most important, it teaches you how to fall safely.

Location: Palladium Athletic Facility, Aux Gym B
Sec. 1 Sunday 6:00-7:55 pm  C,D

Minimum Enrollment: 10
Maximum Enrollment: 30
Kendo $40.00
Kendo, “the way of the sword,” is the martial art of Japanese fencing. The goal of kendo is to discipline one’s character through the application of the principles of the sword. A physically and mentally challenging activity that combines strong cultural values with sporting elements, kendo brings together cardio activity, precision drills, speed exercises, and meditation. No experience is necessary. Equipment, a bamboo sword called a shimagi, is available for purchase at $21.00.

Location: Palladium Athletic Facility, Aux Gym A
Sec. 1 Friday 2:30-3:55 pm C,D
Minimum Enrollment: 10
Maximum Enrollment: 25

Wing Chun Kung Fu $35.00
Wing Chun is a scientific and pragmatic system of self-defense whose overarching principle is simplicity. All angles and positioning are specifically designed for maximum speed, control, and economy of motion in order to end conflict as quickly as possible with minimum effort. This class is meant to teach students in a holistic manner, refreshing the mind, body, and spirit. In addition to self-defense, physical and mental benefits include stress release, improved overall fitness, the ability to remain calm and think clearly in times of stress, and attain higher levels of confidence, assertiveness, self-empowerment.

Location: 404 Fitness, Dance Studio
Sec. 1 Friday 4:30-5:25 pm C,D
Minimum Enrollment: 6
Maximum Enrollment: 20

Personal Training

Sculpt Express
Private instruction in personally designed strength exercises and aerobic training zone techniques to achieve leaner muscle mass for a more sculpted appearance. Your personal program tracked over five weeks is designed and updated as you progress. This is not a program for injury rehabilitation. Sessions are scheduled at mutually convenient times. You must use your sessions within the 5 week session of purchase. You must give your instructor 24 hours notice of cancelation.

Fees:
$165.00 for three 30-minute sessions
$330.00 for six 30-minute sessions
$495.00 for nine 30-minute sessions

Seniors

Strength Training for Seniors $30.00
Improve your muscular strength, bone density, and stamina through progressive resistance training using weight machines, free weights, and other forms of resistance that can be incorporated into home-based exercise routines. Enjoy the benefits of greater muscular flexibility, stronger joints, improved posture, better coordination, and, most of all, improved vitality.

Location: 404 Fitness, Dance Studio
Sec. 1 Tuesday 11:30-12:25 pm C,D
Sec. 2 Thursday 11:30-12:25 pm C,D
Minimum Enrollment: 5
Maximum Enrollment: 25