

BRAMBLETON

Recreation Center

Winter 2022-2023 Recreation Program Lineup!

NOV. 2022 - MAR. 2023 CLASS SCHEDULE



NEVER STOP MOVING

Supplement your weekly routine by improving strength, endurance, and balance. This class will increase heart rate through gentle exercises and will end with seated poses to improve flexibility and posture. Enjoy fun music and good company in this class created for active adults. 12 week class. Instructor: Jane Powell

Age	Date	Days	Time	Place	Course	Fee
55+	1/04 - 3/29	W	10:00 AM - 11:00 AM	Brambleton	34392	\$56

BODY ENRICHMENT

Designed for women and men who want to increase their energy and improve balance and coordination. This all-around fitness class is chair supported, fun, and results oriented. 12 week course. Instructor: Jane Powell

Age	Date	Days	Time	Place	Course	Fee
55+	1/19 - 4/06	Th	10:00 AM - 11:00 AM	Brambleton	34398	\$45

EVENING FLOW

Let the worries from your day roll away as you go with the flow in this Yoga and Tai Chi fusion class. Seasoned players and beginners are invited to stretch and strengthen their way to a refreshed mental state and to explore both practice under the guidance of instructor Dink Wiseman

Age	Date	Days	Time	Place	Course	Fee
18+	1/10 - 3/14	Tu	5:15 PM - 6:00 PM	Brambleton	35298	\$68

TAI CHI 10 FORM

Originally developed as a Martial Art for self defense, Tai Chi is a non-competitive, self-paced form of meditation in motion. Focus on letting the body drive the mind through 10 forms of different speeds. Coordinate breath with movement to build a strong body and strong Chi (life force). Instructor: Dink Wiseman

Age	Date	Days	Time	Place	Course	Fee
18+	1/11 - 2/15	W	9:30 AM - 10:30 AM	Brambleton	35301	\$42

TAI CHI 24 FORM

Strengthen your body and relax your mind as you flow from one form- or position- to the next. Learn a sequence of 24 intentional movements that will help you coordinate breath, motion, and Chi (life force) all in good company with seasoned and newer students alike. Instructor: Dink Wiseman

Age	Date	Days	Time	Place	Course	Fee
18+	1/10 - 3/14	Tu	9:00 AM - 10:00 AM	Brambleton	35300	\$65



RESTART® CLASS REUNION POTLUCK

Calling all RESTARTERS! Help us celebrate one year of RESTART® at the Brambleton Center. Get together with classmates for updates and to share recipes and tips for staying on track through the new year. Bring your favorite RESTART® trendy dish to share. Instructor: Aimee Valenzuela, MPH, NTP

Age	Date	Days	Time	Place	Course	Fee
18+	12/14/22	W	6:00 PM - 7:00 PM	Brambleton	34391	\$12

RESTART®

Many people struggle with nutrition information overload and are unsure how to move forward toward better eating habits. The RESTART® Program is a five week group program that can provide clarity and get you started on the road to healthier eating! The program focuses on how to use real food to boost energy and get rid of sugar cravings. There is a 3-week sugar detox/whole food challenge built in and each class will focus on a different nutrition topic such as blood sugar regulation and digestion. Instructor: Aimee Valenzuela, MPH, NTP

Age	Date	Days	Time	Place	Course	Fee
18+	1/07 - 2/04	Sa	9:00 AM - 10:00 AM	Brambleton	34392	\$38

HEART HEALTHY HOLIDAY COOKING

Healthy doesn't mean you can't enjoy holiday gatherings. Join us to make an appetizer, side, main dish and dessert that will please even picky eaters. Learn to make easy to prepare dishes and enjoy eating the food. Supplies and ingredients provided. Instructor: Aimee Valenzuela, MPH, NTP

Age	Date	Days	Time	Place	Course	Fee
18+	12/05	M	5:30 PM - 7:30 PM	Brambleton	34390	\$40

EVERYDAY VEGGIE COOKING

Do you hope to add more vegetables to your diet in the new year? Join us to try new recipes and learn tricks for sneaking more veggies into your diet. We will prepare a breakfast, lunch, and dinner meal. Supplies and ingredients provided. Instructor: Aimee Valenzuela, MPH, NTP

Age	Date	Days	Time	Place	Course	Fee
18+	1/14	Sa	11:30 AM - 1:30 PM	Brambleton	34393	\$40
18+	2/17	F	5:30 PM - 7:30 PM	Brambleton	34394	\$40

INTRO TO ILLUSTRATION

From tables and poems to textbooks and assembly instructions, this broad tool for expression is so tied to daily life that it is almost invisible. Come explore the basic elements of illustration and try your hand at this mode of storytelling. Sketch, paint, and shade your way through words under the guidance of artist and instructor Lauren Walko

Age	Date	Days	Time	Place	Course	Fee
18+	2/02 - 2/23	Th	5:00 PM - 7:00 PM	Brambleton	35295	\$75

HIGH YOGA

Get your blood pumping and your muscles moving in this low-impact aerobics and yoga fusion class. Tackle what it takes to maintain a healthy heart and happy joints with routine that moves and grooves before a cool down and deep dynamic stretch. Instructor: Taylor Rockwood

Age	Date	Days	Time	Place	Course	Fee
18+	1/13 - 3/03	F	10:00 AM - 10:45 AM	Brambleton	35294	\$40

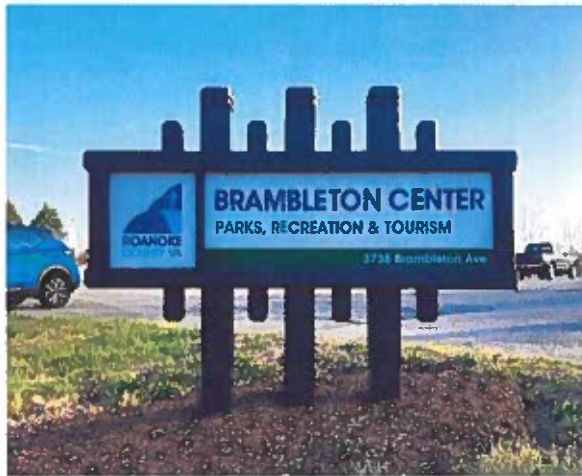


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NOV. 2022 - MAR. 2023 CLASS SCHEDULE



LOVE SWEAT & GEARS

Challenge yourself each week with an evening cycle class! Upbeat music paired with our energizing and motivating instructor make for a low impact, heart pumping, full body workout! Students will have a guaranteed bike for the entirety of the class. Instructor: Beth Hoel.

Age	Date	Days	Time	Place	Course	Fee
18+	12/15 - 2/02	Th	6:30 PM - 7:15 PM	Brambleton	34421	\$45
18+	2/09 - 3/16	Th	6:30 PM - 7:15 PM	Brambleton	34422	\$45

POWER CYCLE

Ride to the rhythm of the music for a healthier body, mind and spirit! This unique style of indoor cycling will help you achieve personal exercise goals in a motivating group atmosphere. All fitness levels are welcome and will be challenged each week! 6 week course. Instructor: Gabrielle King

Age	Date	Days	Time	Place	Course	Fee
18+	2/01 - 3/08	W	6:00 PM - 6:45 PM	Brambleton	34392	\$45

ELEVATE

This body conditioning class includes low impact cardio, light strength/core training and stretching to improve cardiovascular health, muscle tone and flexibility. Enjoy fun moves set to great music! Designed for all fitness levels. 12 week course. Instructor: Holly Sweet

Age	Date	Days	Time	Place	Course	Fee
18+	12/06 - 3/02	Tu & Th	5:30 PM - 6:30 PM	Brambleton	34602	\$56

JAZZercise DANCE MIXX

Jazzercise's high-intensity dance workout mixes modern moves with strength training. Set to Top 40 music. Dance Mixx targets the three major muscle groups for a full body workout! 10 week program. Instructor: Suzanne Miller

Age	Date	Days	Time	Place	Course	Fee
18+	11/09 - 1/18	W	5:30 PM OR 6:30 PM	Brambleton	34348	\$56
18+	1/18 - 2/03	F	5:30 PM OR 6:30 PM	Brambleton	34415	\$56
18+	1/21 - 2/13	M	5:30 PM OR 6:30 PM	Brambleton	34411	\$56
18+	1/25 - 3/29	W	5:30 PM OR 6:30 PM	Brambleton	34413	\$56
18+	2/10 - 4/14	F	5:30 PM OR 6:30 PM	Brambleton	34416	\$56
18+	2/20 - 4/24	M	5:30 PM OR 6:30 PM	Brambleton	34412	\$56

JAZZercise STRENGTH 60

Experience the Jazzercise version of toning and strengthening, focusing on endurance and flexibility. You will use hand weights and do some mat work to get yourself in shape! 10 week program. Instructor: Suzanne Miller

Age	Date	Days	Time	Place	Course	Fee
18+	11/09 - 1/18	W	6:35 PM - 7:35 PM	Brambleton	34349	\$56
18+	1/25 - 3/29	W	6:35 PM - 7:35 PM	Brambleton	34414	\$56

JAZZercise UNLIMITED

Sign up for unlimited Jazzercise classes for just \$150! This special offer allows you access to a total of 40 hours of Jazzercise. Join this motivating crew up to four times a week for a fun, effective workout that is guaranteed to put a smile on your face. Instructor: Suzanne Miller

Age	Date	Days	Time	Place	Course	Fee
18+	11/16 - 2/03	MWF	5:30 PM OR 6:35 PM	Brambleton	34417	\$150
18+	2/06 - 4/14	MWF	5:30 PM OR 6:35 PM	Brambleton	34418	\$150

LUNCHTIME CYCLE

Make the most of your lunch break! Improve stamina and endurance while strengthening core and leg muscles during this 45 minute cycle class. Your seat is guaranteed every week! Instructor: Heather Richardson

Age	Date	Days	Time	Place	Course	Fee
18+	11/21 - 1/09	M	12:00 PM - 12:45 PM	Brambleton	34403	\$45
18+	1/23 - 2/27	M	12:00 PM - 12:45 PM	Brambleton	34404	\$45

PILATES AND BARRE

This low impact, effective program uses exercises and stretches based in Pilates in combination with light weights and abdominal targeting mat work. Leave feeling toned, lengthened, and strengthened! 10 week course. Instructor: Heather Richardson

Age	Date	Days	Time	Place	Course	Fee
18+	11/17 - 2/16	Th	12:00 PM - 1:00 PM	Brambleton	34402	\$58
18+	11/22 - 2/14	Th	12:00 PM - 1:00 PM	Brambleton	34401	\$58

HATHA YOGA FLOW

Take care of both your body and mind through yoga. This class uses the gentle pace of a hatha class and connects poses with a flowing sequence. Improve balance, stability, and range of motion by finding your own optimal alignment in each pose. Appropriate for beginners and experienced students. Instructor: Karen Talley, RYT 200

Age	Date	Days	Time	Place	Course	Fee
18+	11/3 - 2/17	F	9:30 AM - 10:30 AM	Brambleton	34395	\$46
18+	11/3 - 2/17	F	10:35 AM - 11:35 AM	Brambleton	34396	\$46

SUNSET HATHA

Reset your breath, body, and mind at the close of day. Gently flow from one pose to the next as you build your range of motion and align your joints. Beginners and experienced yoga enthusiasts are invited to relax through movement. Instructor: Rachel Austin, RYT 200

Age	Date	Days	Time	Place	Course	Fee
18+	1/11 - 3/01	W	5:30 PM - 6:30 PM	Brambleton	35222	\$50

YOGA

Take time each week to relax your mind, body, and spirit. Focus on flexibility, endurance, and the link between breathing and movement. Appropriate for beginners as well as those with an ongoing practice. 12 week course. Instructor: Traci Morison

Age	Date	Days	Time	Place	Course	Fee
18+	12/01 - 1/29	Th	6:00 PM - 7:00 PM	Brambleton	34405	\$26
18+	12/01 - 1/29	Th	7:05 PM - 8:05 PM	Brambleton	34406	\$26
18+	1/05 - 3/23	Th	6:00 PM - 7:00 PM	Brambleton	34402	\$58
18+	1/05 - 3/23	Th	7:05 PM - 8:05 PM	Brambleton	34410	\$58
18+	1/09 - 4/03	M	6:00 PM - 7:00 PM	Brambleton	34407	\$58
18+	1/09 - 4/03	M	7:05 PM - 8:05 PM	Brambleton	34408	\$58

BISSUELI EVENING YOGA

Ease into your evening by heating your body and soul to the beneficial stretches and meditative breaths of yoga. Practicing yoga is a great way of melting stress in your body and mind as an energy boost while relaxing your body for the evening. This class is suited for beginners and experienced yoga students. Instructor: Beth Hoel

Age	Date	Days	Time	Place	Course	Fee
18+	12/15 - 2/02	Th	5:30 PM - 6:15 PM	Brambleton	34412	\$46
18+	2/09 - 3/16	Th	5:30 PM - 6:15 PM	Brambleton	34420	\$46

CHAIR ASSISTED YOGA

Practice mindful movement without the hassle of getting up and down. Give your posture, flexibility, balance, & coordination a boost! No experience needed to improve muscle tone & relax your mind - all from the edge of your seat! Instructor: Ann Egge

Age	Date	Days	Time	Place	Course	Fee
18+	1/04 - 3/08	W	11:00 AM - 12:00 PM	Brambleton	35226	\$60

YOU & ME YOGA

Join your partner to dedicate time to breathe, bend, and stretch in this partner yoga workshop. Communicate with & without words to build trust, relax the mind, and have fun. Instructor: Ann Egge

Age	Date	Days	Time	Place	Course	Fee
18+	2/14/23	Tu	6:00 PM - 7:00 PM	Brambleton	35222	\$10

