

Holden Recreation FALL Class List 2016



WREATH MAKING CLASS: Wreath making is back by popular demand! The Holden Recreation Department is excited to announce that we are offering a wreath making class for this holiday season. You will be able to create your own unique hanging wreath with the help of an instructor from Bemis Farms in Spencer. Instruction materials include freshly picked mixed evergreens, pine cones, red berries, colored branches and glass balls. Instruction is available for the beginner to the advanced. This is a one night class that will be held Monday December, 5th at 7:00 p.m. at the Holden Recreation conference room located at 1420 Main Street. The cost is \$40.00. Registration must be made by Monday November 28, 2016

BARRE/ P90X: The “hottest new workout” is the best of both programs. Barre will elongate and lengthen your body on the ballet barre interspersing invigorating drills. P90X drills will help strengthen, define and sculpt your body. Focus will be on the Core throughout the entire 60 minute class. These 6-week classes are appropriate for all levels. The cost of one 6-week session is \$60. Barre/ P90X is being offered on Wednesday evenings from 6:00 p.m. to 7:00 p.m. beginning November 9 and Saturday mornings from 8:00AM to 9:00AM beginning November 12 in the Recreation Studio. Weights, mat and water bottle recommended.

NOON HOUR BARRE CLASS: Barre class provides a full-body workout that focuses on precise movements to tone and strengthen muscles. This new, innovative and dynamic fitness program combines the barre work, yoga and Pilates, in conjunction with stretching and core conditioning without high repetition. Defined body change and peak fitness are just some of the results that can be achieved in this invigorating 50- minute class. Classes begin Friday, October 28th at noon in the Recreation Studio. The cost for this 6- week session is \$55. Barre classes can be modified to suit the needs of participants. You DO NOT have to be a dancer to take these classes!

CCYO: This class includes a cardio portion, a core toning workout and the remainder of the class will be yoga, the joining of mind, body and spirit. The instructor will teach you to work at a level that challenges your body to burn fat. All fitness levels are welcome. These 8-week classes will be held in the Mayo Elementary School Gym, from 6:00-7:00 p.m. on Tuesdays beginning November 22 and Thursdays beginning November 10. The cost is \$80 for one night or \$160 for both. This is a co-ed class. Participants should bring a mat.

YOGA FOR EVERY “BODY”: Yoga is about strength, balance, flexibility, and mindful peace. This is a good class to take if you want to learn what yoga is all about. Breathing techniques, relaxation, and physical challenges are all a big part of this program. A certified instructor will teach this 8-week class. Classes are being held in the Mayo Elementary School gym, on Thursdays from 7-7:50 p.m. beginning November 10. The cost is \$70. This is a co-ed class. Participants should bring a mat.

BUTTS AND GUTS FOR ADULTS AND TEENS: This class is a full body workout which includes strength, conditioning, endurance and flexibility training that pays special attention to working glutes and core. It starts with mat work, graduates to strength and conditioning and finishes with flexibility training. All fitness levels are welcome. These 4-week sessions will be held Tuesdays from 4:15 p.m.- 5:15 for TEENS ONLY (Ages 12-18), 5:45 p.m. - 6:45 p.m. for ADULTS ONLY from (11/29 – 12/20) and Thursdays from 5:45 p.m.-6:45 p.m. for ADULTS ONLY from (12/1 – 12/22). The cost is \$40.00 for one session. Mat and water bottle recommended.

TAKE THE CHALLENGE: This is not your typical strength and conditioning workout, but rather a fun challenge for your day! It is designed to improve your strength, conditioning and overall fitness using Circuit Training, High Intensity Interval Training and Functional Training. Class starts with a warm up, continues on with strength and conditioning, and finishes up with flexibility training. All fitness levels are welcome. "Take the Challenge" will be held in the Recreation Studio. This 4-week class will take place on Mondays from 12:15 p.m. - 1:15 p.m. beginning November 28, 2016. The cost is \$40.00 for the session. Mat, weights and water bottle recommended.

FITCAMP: If you're looking for a workout that is guaranteed to challenge and change you, FitCamp is it! This class is designed to train your body in all facets of fitness and improve your overall wellness. This boot camp style class incorporates combinations of Pilates, circuit, HIIT, functional, balance, agility and finishes with flexibility training. Enroll to join the fun. FitCamp will be held in the Recreation Studio on Wednesday mornings from 7:00 a.m. - 8 a.m. beginning November 30, 2016. The cost of this 4- week session is \$40.00. Mat and water bottle recommended.

MEN'S BASKETBALL: Men can play every Thursday evening from 8:00 to 10:00 p.m. at the Mayo School. This program runs September 2016 through May 2017. The cost is \$30.00 every 10 weeks, or \$4.00 per night (drop-in rate).

*****The Recreation Studio is located at 1420 Main Street Holden. The entrance is around the back of the building. Parking is available*****

Pre-registration for any of these classes is required. Please call the Recreation Office at (508) 829-0263 to pre-register. You can also log onto your myrec account to pay online.