

THE CENTER FOR FITNESS

The Center for Fitness offers over 50 group exercise classes a week as part of each membership package. Aerobic dance was the first class Gail Sears, owner and founder, taught 30 plus years ago at what was then the Municipal Auditorium (now the Callioux Theatre). Since then, the business has grown to incorporate

- Land based aerobic classes - Low Impact, Step, PACE Circuit, Cycling, and Drums Alive,
- Resistance training classes - PUMP (Pump Up Muscle Power) and Group Strength
- Total well being and mind-body classes - Yoga, Pilates, Tai Chi, Tai Chi Easy, and Stretch, as well as
- Indoor aquatic classes - Water Aerobics (in the 30' by 60' pool, 4' - 4 1/2 ' deep) and Stretch and Flex (in the 12' by 12' warm therapy pool).

Pictured here are members enjoying the Step, Water Aerobic, Pilates, and PUMP classes. Sharon Bigott and Paula Rector Scott teach the Step and PUMP classes. They have both been instructors for 18 years, dating back to the original Municipal Auditorium days. Melody Knapp teaches Drums Alive®, a unique choreography involving drum sticks, an exercise ball, and music designed to burn fat, improve physical and mental fitness, decrease stress, improve neurological and cognitive functions, and above all, be fun! This program, which can be executed either standing or sitting, is also open to non-members through Club Ed. Maggie Meek, Jane Garbish, Jody Shanks, and Kathy Sears Hall teach Pilates classes throughout the week. Maggie was trained by Gail and delights her students by playing the harp at the end of her sessions. Jane, Jody, and Kathy have all been licensed through the Ron Fletcher Program, following Gail's lead (Ron was a student of Joseph and Clara Pilates in New York and is one of 6 living teachers trained by the master). Kathy also teaches a Stretch class and, along with Penny Guerra, the Pace Circuit, an interval style class using Pace brand hydraulic resistance equipment. Water aerobics instructors include Jody Shanks, Jeanette Tilley, Mary Jo Browning, Melody Knapp, Diane Ullrich, and Dawn Graves. Each one teaches in a different, unique style that is always fresh. Jody, Jeanette, and Diane all work or study in the medical field, so their expertise is enriched by their varied backgrounds. Low impact aerobic classes are led by Mary Jo Browning, Paula Rector Scott, and Kathy Sears Hall. Mary Jo has been teaching over 20 years, also since the Municipal Auditorium days, and leads a close-knit group of members in challenging but fun choreographed classes. Carlos Richter teaches the Cycling classes, with a loyal group of early risers, and organizes local cycling events. Kathy Andrews pitches in to sub for Carlos, in addition to working with clients in personal training sessions. Rick Trzcinski, Kim Chica, Ken Chambers, and Sara Cotton lead the yoga sessions. These classes are also open to the public for \$5 per session. Each instructor brings a new perspective to every class and they have collectively grown our yoga program into one that is well respected, challenging, and safe. Jody McCulley and Janet Rhode teach the Tai Chi and Tai Chi Easy classes, respectively. Both instructors bring years of experience to their programs. Tai Chi involves graceful, flowing movements that help improve balance while Tai Chi Easy is a modification developed to make the exercises easy, fun, and immediately beneficial. Tai Chi Easy is also offered to non-members through Club Ed.

The Center for Fitness features up-to-date equipment, knowledgeable instructors, and an environment of personalized service. In addition to the classes, which are posted on our website, we offer a full line of aerobic and strengthening equipment. Come see us and take the first step towards improving your health!

The Center for Fitness 1407 Water St. • 257-7070 - www.thecenterforfitness.com

