

BODYSULPTING

This is a total body workout! Shapelier shoulders, firm arms, strong toned legs and tighter abs are what you can expect from this class. Better posture, a faster metabolism, stronger bones and a healthier heart, too!

Terri O'Brien is an ACE certified fitness professional. Reap the benefits of resistance training working at your own pace in a relaxed, fun atmosphere. Questions? Call Terri 724.969.0492 or e-mail: toobrien@adelphia.net.

You will need light hand weights, towel, and water.

If you attend class in a session in which you are not registered, then you must pay the walk-in fee.

Walk in - any class. Start at any time.

Session 025*:..... May 5 - June 25 (no class 5/26)

Session 026:..... July 7 - August 27

Session 027:..... September 8 - October 29

Days:..... Mondays and Wednesdays

Time:..... 9:30 a.m. - 10:30 a.m.

Place:..... Multipurpose Room 1

Fee:..... *For Session 025 - \$55.50

For Sessions 026 & 027 - \$59.00 per session

***\$5.00 per walk-in

BOOT CAMP FOR STRENGTH AND ENDURANCE

Cardiovascular training for a healthy heart, and resistance training (weight-bearing exercise) for muscular strength and increasing bone density are important components of a well-rounded fitness program. This exercise format incorporates equipment stations with aerobics intervals for a wide variety of exercises. All fitness levels welcome! Movements can be made more challenging for advanced students or modified for beginners. The instructor will provide personal attention for a safe and effective workout. Come join the fun as we run an obstacle course, jump rope, use resistance tubing, exercise with large and small balls, work on balance, agility, and core strength, bounce on a mini trampoline and do other enjoyable exercise activities. Low impact aerobics intervals include basic dance moves and kickboxing combinations. No experience necessary! Please wear exercise attire including athletic shoes.

The instructor, Robbie Schuldt, trained in California, is certified by the American Council on Exercise, and taught boot camp, yoga and kickboxing for three years in Tokyo, Japan.

All classes will be held in Multipurpose Room 1.

Days

Mondays:..... 1:00 p.m. - 2:00 p.m.

Session III:..... April 7 - April 28 (mini-session)*

Evenings

Thursdays:..... 7:00 p.m. - 8:00 p.m.

Session IV:..... April 10 - June 5 (no class 5/8)

Session Fees:..... \$64.00/session resident

\$80.00/session nonresident

*Mini Session Fees:..... \$32.00/session resident

\$40.00/session nonresident

Walk-in Fees:..... \$10.00 resident

\$12.00 nonresident



FLEXIBILITY CLASS FOR MEN

Designed for the athlete and the couch potato alike, this class offers the flexibility component that men are often missing. Every level of fitness is welcome. Stretching complements cardio and strength routines, and is a good place to start for those who have not exercised in a while. We will stretch all major muscle groups using a variety of techniques you can incorporate into your lifestyle. Stretching eases tension, increases range of motion, promotes circulation, reduces pain, improves athletic ability, and reduces chance of injury. Please wear comfortable clothing and athletic shoes and bring a large towel.

Instructor:..... Robbie Schuldt, ACE certified

Days:..... Wednesdays

Session IV:..... May 21 - June 18

Time:..... 7:00 p.m. - 8:00 p.m.

Place:..... Library Multipurpose Room

Fee:..... \$35.00 per session resident

\$45.00 per session nonresident

Teens and Children

DRIVER EDUCATION

This 30-hour theory course is required along with 6 hours of on-the-road driving experience for the benefit of insurance reduction. To participate in the classroom theory course, the student does not have to be 16 years of age and does not need to have a learner's permit.

Once the student is 16 years of age and obtains a PA learner's permit, he or she may call to schedule the 6 hours of on-the-road driving instruction (given in four 90-minute appointments to total 6 hours). These lessons would need to be scheduled and then paid for at the time the lessons are given.

For more information and to register for the classroom theory course, contact Easy Method Driver Training School at 412.243.3279.

Summer Session 1:..... Monday through Friday, July 7 - July 11

Summer Session 2:..... Monday through Friday, August 4 - August 8

Time:..... 11:00 a.m. - 5:00 p.m.

Fall Session:..... Wednesdays, September 17 - November 19

Time:..... 6:00 p.m. - 9:00 p.m.

Session Fee:..... \$110.00

BABYSITTER SAFETY

(Ages 11-13)

Each session will provide potential babysitters with the information and skills necessary to provide safe and responsible care for children. The training will cover basic care, safe play, and first aid. Instruction and curriculum provided by Janice Billotte, Educator, with support from Tri-Community South EMS professionals. Participants should bring a bag lunch. Space is limited. (Register for one session only.)

Session I:

Date:..... Tuesday, July 8

Time:..... 9:00 a.m. - 1:00 p.m.

Place:..... Library Multipurpose Room

Fee:..... \$40.00 resident \$54.00 nonresident

Session II:

Date:..... Saturday, August 9

Time:..... 9:00 a.m. - 1:00 p.m.

Place:..... Library Multipurpose Room

Fee:..... \$40.00 resident \$54.00 nonresident