

Onekama Consolidated Schools
Health Enrichment Classes

Class sizes are limited. . . Sign Up TODAY!

Call 231-889-4251

Classes Begin the Week of January 13, 2014

Indoor Cycling Plus

This cardio workout is intense but fun. In addition to cycling, this class includes up to 15 minutes of core and balance exercise. Cycling portion is conducted on indoor upright stationary bicycles to high energy music. Focus on interval training and techniques used in an outdoor ride. Beginners and experienced cyclists welcome. Class is instructor led but self-paced. Our new package format allows you to sign up for as many classes during the week as you would like.

Mondays with Kim 5:30 to 6:30 p.m. in the Activity Room, \$30 (8 classes)

Tuesdays with Leann 5:30 to 6:30 p.m. in the Activity Room, \$30 (8 classes)

Wednesdays with Kim 5:30 to 6:30 p.m. in the Activity Room, \$30 (8 classes)

Thursdays with Leann 5:30 to 6:30 p.m. in the Activity Room, \$30 (8 classes)

Sign up for two or more indoor cycling classes and pay only \$25 per class!

Maximum class size - 15

8 Week session

Instructors: Kim and Leann

Fee: \$30 for one day per week, or \$50 for two days per week

Indoor Video Cycling

Like indoor cycling but with a video component that simulates traveling over terrain. Destinations include tropical islands, national parks and other scenic areas. 8 sessions.

Saturdays with Kim and Leann 8:30 to 9:30 a.m. in the Activity Room, \$25

Maximum class size - 15

8 Week session

Instructors: Kim and Leann

Power 60

Take your Boot Camp experience to the next level. Sixty minutes of indoor cycling, running, and core strength training in interval format to heart pumping music. This hybrid class provides the best of everything in the fastest 60 minutes of your day. No boredom allowed in this session. You'll be changing it up every three to four minutes. Medium to high intensity workout. 16 sessions.

Monday and Wednesday with Leann 6:00 a.m. to 7:00 a.m.

- Minimum class size - 8
- 8 Week session
- Instructor: LeAnn Burger
- Location: Activity Room
- FEE: \$50

Gentle Cardio and Core

Monday & Wednesday, 5:30 - 6:30 pm

Want some low impact cardio and strength in the core area but not the killer Boot Camp experience? This class uses light step aerobics, power walking, other types of cardio equipment and easier strength and balance training in an interval format.

Monday and Wednesday with Leann 5:30 - 6:30 p.m.

Minimum 8

8 week session

Instructor: Leann Burger

Location: Fitness Room

Fee: \$50

Zumba

Ditch the Workout and Join the Party! This fun Latin dance style workout develops all muscle groups and ramps up your cardio. Get your friends together and get your Zumba on!

Tuesday and Thursday with Tonya 6:45 to 7:45 p.m.

- Minimum class size - 8
- 8 Week session
- Instructor: Tonya
- Location: Activity Room
- FEE: \$50

Stretch to the Core

A strong core and flexibility are your most important assets regardless of your fitness level. This class incorporates core strength training, stretching and development of flexibility for an overall effective yet not so strenuous workout. 16 sessions.

Tuesday and Thursday with Tonya 5:30 to 6:30 p.m.

- Minimum class size - 7
- 8 Week session
- Instructor: Tonya
- Location: Activity Room
- FEE: \$50

After School Pillars of Fitness

Monday & Wednesday, 4pm - 5pm

Looking for a workout that will get your motor running at the end of the school day? Want to learn more about how to design your own workout? Each week we explore one of the pillars of fitness: cardiorespiratory fitness, muscle strength, muscle endurance, core strength, flexibility, balance, speed and agility.

Monday and Wednesday with Leann 4pm – 5pm

Minimum 8

8 week session

Instructor: Leann Burger

Location: Fitness Room

Fee: \$50

Personal Fitness Training

Need a fitness plan that is more individualized? Fitness trainers work with clients to assess overall health and fitness levels and then help clients begin an exercise plan specific to individual needs. The \$100 package includes a two-hour fitness assessment and orientation, and two 1-hour sessions that introduce clients to their individualized programs. Contact Mary at 889-4251 to set an appointment.

Winter Quilt Class

Skill Level- Beginner and above

Project- Sample Quilt

7 Class sessions: Tuesday Evening, 6pm – 8 pm: January 14, 21, 28, February 4, 18, 25, March 4. NO CLASS on FEBRUARY 11th

Cost: \$40 plus supplies

We will be learning to make seven basic blocks using rectangles, squares and triangles. Techniques covered in class include: cutting, pinning, stitching $\frac{1}{4}$ inch seam, pressing, layout of design, and binding. We will also discuss quilting options.

Tools- Rotary cutter, ruler, and mat; scissors, pins, thread, seam ripper, sewing machine. We will be using the book “Start Quilting” by Alex Anderson and each class member should have a copy. The books are available at Two Sisters Quilting or you can purchase it online.

Minimum size is 7 students.