



Fitness



Come join one of WPRD'S active classes to get into shape! Try Aikido a self-defense class to learn new and effective ways to keep safe. Try one of our new fitness classes to keep active or a yoga class to keep calm and balanced.

Pilates (Ages 18+)

Activity #: 617235-01-02-03

Date: Monday (1/18-2/22), (3/7-4/11), (4/25-5/30)

Time: 6:00-7:00p

Fee: \$23 R \$26 NR

Location: Arts & Crafts Room

Register by: (1/11) (2/29) (4/18)

"Strength Yoga" Total body conditioning to improve balance, increase flexibility and strength, improve posture and Core strength-focused. Please bring a mat.

Free trial 1/11!

Instructor: Myla Annis

Werq (Ages 18+)

Activity #: 617235-04-05-06

Date: Tuesday (1/19-2/23), (3/8-4/12), (4/26-5/31)

Time: 6:00-7:00p

Fee: \$23 R \$26 NR

Location: Lord Fairfax Room

Register by: (1/12) (3/1) (4/19)

A fierce dance-fitness class to your current top hits guaranteed "sweaty fun".

"Visit werqfitness.com to preview."

Free trial 1/12!

Instructor: Myla Annis

Power Pump (Ages 18+)

Activity #: 617235-13-14

Date: Tuesday & Thursday (1/12-3/10), (3/22-5/12)

Time: 9:30-10:30a

Fee: \$62 R \$65 NR

Location: Gym

Register by: (1/7) (3/15)

The benefits of weight training include keeping you stronger and fitter, disease prevention, and improved mood. Weight training improves the quality of your life as you gain body confidence. Strength training will not only make you strong, but will also help with managing your weight. Ladies, who is in?! In this class, we will tone all major muscle groups. Please bring a mat and hand weights to class! Free trial 1/5!

Instructor: Anne Weber & Myla Annis

Curvy Yoga (Ages 18+)

Activity #: 617235-19-20

Date: Thursday (1/28-3/3), (3/17-4/21)

Time: 5:30-6:30

Fee: \$23 R \$26 NR

Location: Lord Fairfax Room

Register by: (1/21) (3/10)

Students of all experience levels are welcome in this class, including beginners, where the focus is on proper alignment and modifications for plus size bodies and embracing, loving and honoring those bodies getting her Curvy Yoga through Curvy Yoga in Nashville, TN, Jessi creates classes that are accessible to and accepting of anyone who attends. Please bring a thick mat or 2-3 mats to stack for class. Come join class on 1/14 for a free trial to see if this class is for you!

Instructor: Jessica Edwards

Aikido (Ages 14+)

Activity #: 617235-21-22-23

Date: Saturday (1/16-2/6), (2/20-3/12), (3/26-4/16)

Time: 11:30a-12:30p

Fee: \$20 R \$23 NR

Location: Lord Fairfax Room

Register by: (1/9) (2/13) (3/19)

Aikido offers dynamic self-defense on a physical level and also, by extension, crisis/conflict resolution skills useful in the emotional and psychological context of daily life. Aikido is a soft form of the art; power comes from rhythm and timing within an aware relationship. Aikido can be an extremely effective method of self-defense, and is used as a basis of many police/correctional restraint and control courses.

Instructor: Jim Vogt

Member Fitness

Zumba (Ages 12+)

Mon/Thurs, 6:30-7:30pm

Fee: Included in the Facility Membership

Drop-In: \$5 R, \$5.50 NR.

Zumba is the hottest dance party workout today! You will not even feel like you are working out while you Zumba. It is a total body workout using the most popular music that makes you feel good. Zumba utilizes fitness, burns calories, tones muscles, and improves balance and incorporates a full range of motion. Instructor: Amanda Floyd. Location: Social Hall at the War Memorial Building. * No Class Dec 18-Jan 3

Yoga

Tues, 8-9am • Thurs, 8:30-9:30am

Fee: Included in the Facility Membership

Drop-In: \$5 R, \$5.50 NR.

Restoration, rejuvenation, renewal! Imagine your body cradled and fully supported by blankets, pillows and bolsters. Imagine quiet breathing, soft music, guided meditation as deep calm and stillness washes over you. This is called restorative yoga. Now imagine inviting the mind into a conscious form of deep sleep called yoga Nidra, a deep meditation. This class is intended to induce full body relaxation. Instructor: Jeff Hollar. On-going class 8-9am (Tuesdays) and 8:30-9:30am (Thursdays), in the Recreation Room at the War Memorial Building.

Winter Yoga (Ages 12+)

Wednesdays 7-8 pm until Dec 9 starting Jan 6 class meets 6-7pm

Fee: Included in the Facility Membership

Drop-In: \$5 R, \$5.50 NR.

Experienced instructor will lead beginner through experienced yoga participants for an hour long session of yoga to relax you at the end of a busy day. Just bring a yoga mat and treat yourself to an evening of yoga. Instructor: Victoria Egnew. Location: Jim Barnett Park, War Memorial Building.

* No class Dec 10- Jan 5





Senior Fitness

Senior Circuit (Ages 50+)

Activity #: 617235-07-08-09

Date: Wednesday (1/20-2/24), (3/9-4/13), (4/27-6/1)

Time: 9:30-10:30a

Fee: \$23 R \$26 NR

Location: Lord Fairfax Room

Register by: (1/13) (3/2) (4/20)

An interval training workout that includes standing, low impact choreography to improve cardiovascular endurance, then alternating with Upper Body workout using handheld weights and tubing that focuses on improving muscular strength and endurance, balance, coordination AND osteoporosis prevention. Ideal for active seniors. Please bring a mat and hand weights to class! Free trial 1/13!

Instructor: Myla Annis

Zumba Gold (Ages 40+)

Activity #: 617235-10-11-12

Date: Thursday (1/21-2/25), (3/10-4/14), (4/28-6/2)

Time: 10:30-11:30a

Fee: \$23 R \$26 NR

Location: Gym

Register by: (1/14) (3/3) (4/21)

Perfect for active older adults and beginners who are looking for a fun, cardio class with your favorite Latin-inspired moves. Come ready to sweat while improving balance, range of motions and coordination. Please bring a mat and hand weights to class! Free trial 1/14!

Instructor: Myla Annis

Chair Yoga (Ages 40+)

Activity #: 617235-16-17-18

Date: Tuesday (1/19-2/23), (3/8-4/12), (4/26-5/31)

Time: 11:00a-12:00p

Fee: \$23 R \$26 NR

Location: Lord Fairfax Room

Register by: (1/12) (3/1) (4/19)

In this gentle class, students are provided chairs and any other necessary props to make the practice accessible to all ages and physical abilities. Please bring a mat to class. Free trial class 1/5!

Instructor: Jessica Edwards

Strong Women/Men, Strong Bones (Ages 40+)

Activity #: 617235-15

Date: Monday & Wednesday (1/25-3/14)

Time: 2:00-3:00p

Fee: \$32 R \$35 NR

Location: Lord Fairfax Room

Register by: (1/18)

This class is for women or men, who are sedentary or active and are interested in improving strength, balance, and flexibility to their body. You will be working all major muscle groups using a combination of dumbbells, ankle weights, and body weight. Intensity will increase as you improve. This class is an 8-week session (twice a week first four weeks and once a week thereafter) January 25, 27 February 1, 3, 8, 10, 15, 17, 22, 29; March 7, 14. Please bring a mat and hand weights to class!

Instructor: Rebecca Davis



Homeschool Swim Lessons (Ages 3-14)

Activity# 6122112

Winchester Parks and Recreation is proud to reach out to the local homeschool students and their families by offering the following swim times. With a variety of Age groups available, we are thrilled to get all of Winchester swimming!

Fee: \$43 R, \$49 NR

Location: Jim Barnett Park, Indoor Pool

Jan. 4 - Jan. 27 Register by Jan 4
(Mon And Wed)
Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Feb. 8 - Mar. 2 Register by Feb 8
(Mon And Wed)
Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Mar. 14 - April 6 Register by Mar 14
(Mon And Wed)
Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

April 18 - May 11 Register by April 18
(Mon And Wed)
Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Private Swimming Lessons (All Ages)

Activity#612147

Get Private Lessons when they are convenient for you! Private Lessons can be set up during any lap swim or general swim time at the indoor pool. Each lesson is 45 minutes long and is taught by a certified instructor. The lessons are set up on a punch pass system. All you have to do is set up a time with one of our instructors and then purchase a punch pass.

3 Punch Pass: \$57 R, \$67NR

5 Punch Pass: \$94 R, \$107 NR

7 Punch Pass: \$132 R, \$149 NR

10 Punch Pass: \$188 R, \$213 NR



Life Guard

Lifeguard Training (Ages 15+)

Activity# 611234 Section# T1-T3

American Red Cross Lifeguard Training teaches participants the skills and knowledge they will need to prevent, recognize and respond to emergencies. With successful completion, participants will be certified for lifeguarding/CPR/AED/First Aid for 2 years. Attendance is mandatory at all sessions. You will be contacted to set up a pre-swim evaluation prior to the start of the class.

Fee: \$225 R, \$250 NR

Location: Jim Barnett Park, Indoor Pool, and George Washington Room

March 7-14 Register by Feb 24
(Mon, Wed, Sat, Sun)
Monday & Wednesday 5:00-10pm
Saturday & Sunday 9am-6pm

April 11-18 Register by March 30
(Mon, Wed, Sat, Sun)
Mon/Wed 5:00-10pm
Sat/Sun 9am-6pm

May 16-23 Register by May 4
(Mon, Wed, Sat, Sun)
Monday & Wednesday 5:00-10pm
Saturday & Sunday 9am-6pm

Lifeguard Recertification Course (Ages 15+)

Activity# 611234 Section# R1-R4

This course is designed for those who currently have a valid certification and need to renew their lifeguard certification. If your certification has expired you must take the full certification course. Participants must complete the in water skills, CPR/AED skills, and score higher than 80% on a written test in order to pass. Fee: \$45 R, \$50 NR
Location: Jim Barnett Park, Indoor Pool, and Arts & Crafts Room

February 6 Register by Jan 27
Saturday 4-6pm

March 12 Register by March 2
Saturday 4-6pm

April 16 Register by April 6
Saturday 4-6pm

May 25 Register by May 16
Saturday 4-6pm

Aquatic Fitness Classes

Aqua Arthritis

This Aquatics program is designed to help reduce pain, increase strength and flexibility, and decrease the feeling of isolation through social interaction. This Aquatic Arthritis class, led by a certified instructor, is designed to a fun, safe way for people with arthritis to stay fit and improve their day-to-day life.

Instructor: Brandon Ware

Fee: Included in Facility Membership; Drop-In: \$5R, \$5.50NR

Location: Jim Barnett Park, Indoor Pool

Tuesdays and Thursdays at 11am - Noon

Water Aerobics

Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights, noodles, and kickboards. Taught by a certified instructor, water exercises help increase your energy, stamina, and strength

Instructor: Olivia Legge

Fee: Included in Facility Membership; Drop-In: \$5R, \$5.50NR

Location: Jim Barnett Park, Indoor Pool

Mondays, Wednesdays, Fridays
at 10 - 11am