Fitness

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

Ki-Aikido (Ages 6-13)

Activity #: 637242-07, 08
Date: Friday (9/9-9/30), (10/21-11/18) No class 11/11
Time: 6:00pm-7:00pm
Fee: $20 R $23 NR
Location: Arts & Crafts Room
Register by: 9/2, 10/14

Aikido is a modern martial art system with traditional roots, practiced for awareness, health/fitness/wellness, and spiritual/personal exploration, as well as self-defense. Aikido is a paradoxical practice because it is a martial art that teaches not-fighting; it is often called "The Way of Peace." In Ki-Aikido, a soft form of the art, power comes from rhythm and timing within an aware relationship. Practice is filled with smiles, laughter, cooperation, and also a sincere earnestness.
Instructor: Jim Vogt, a 20 year practitioner, is an affiliate of the Eastern Ki Federation.

Curve Yoga (Ages 18+)

Activity #: 637145-11
Date: Mondays (11/7-12/12)
Time: 5:30pm-6:30pm
Fee: $23 R $26 NR
Location: Arts & Crafts Room
Register by: 10/31

Curve Yoga (Ages 18+)

Activity #: 637145-12
Date: Thursdays (11/3-12/15)
*No class 11/24
Time: 5:30p-6:30p
Fee: $23 R $26 NR
Location: Lord Fairfax Room
Register by: 10/27

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 Certification through Curvy Yoga in Nashville, TN, Jessi creates classes that are accessible to and accepting of anyone who attends.
Instructor: Jessica Edwards

Member Fitness

Zumba (Ages 12+)

Monday/Thursday, 6:30pm-7:30pm
Fee: Included with Facility Membership
Drop-in: $5 R $5.50 NR
Location: Social Hall, War Memorial Building

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

Yoga

Tuesdays 8-9am & Thursdays 8:30-9:30am
ime: 8:30-9:30am
Starting Date: Thursday August 18
Fee: Included in the Facility Membership
Drop-in: $5 R, $5.50 NR
Location: Recreation Room

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 a deep meditation. This class is in intended to induce full body relaxation.
Instructor: Jeff Hollar

Senior Morning Walk (Ages 55+)

Activity #: 637145-14
Date: Mondays (9/19-12/19)
Time: 7:00a-8:00a
Fee: $5 R $8 NR
Location: Gym-Full
Register by: 9/12

Come walk inside our gymnasium in a climate controlled atmosphere at your own pace. Please wear non-marking tennis shoes

In the Water

Parent & Me
(6 Months – 3 Years)

Infant swim lessons are a great way to teach your child some important developmental skills and have fun! Parent & Me uses natural progressions to allow infants and toddlers the ability to grow in our lesson program through the use of activities and songs. ***No Saturday classes for November.***

Location: Jim Barnett Park, Indoor Pool
Fee: $43R $49NR (M/W) & (T/TH)
$21.50 R $24.50 NR (Sat)

Monday & Wednesday Sessions:

Aug. 22- Sept. 19	Register by Aug. 22
(No class Mon. Sept. 5)	
Sept. 26- Oct. 19	Register by Sept. 26
Nov. 2- Nov. 28	Register by Nov. 2
(No class Mon. Oct. 31)	5:30pm-6:00pm

Tuesday and Thursday Sessions:

Aug. 23- Sept. 15	Register by Aug. 23
Sept. 27- Oct. 20	Register by Sept. 27
Nov. 3- Nov. 29	Register by Nov. 3
(No class Thurs. Nov. 24)	9:30am-10:00am
	10:30am-11:00am

Saturday Sessions:

Aug. 27- Sept. 17	Register by Aug. 27
Oct. 1- Oct. 22	Register by Oct. 1
	11:30am-Noon

Private Swimming Lessons (All Ages)

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

Location: Jim Barnett Park, Indoor Pool

3 Lesson Pass: $57R, $64NR
5 Lesson Pass: $94R, $107NR
7 Lesson Pass: $132R, $149NR
10 Lesson Pass: $188R, $213NR

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 be a fun, safe way for people with arthritis to stay fit and improve their day-to-day life.

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 on 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: Myla Annis
Fee: Included in Facility Membership; Drop-In: $5R $5.50NR
Location: Jim Barnett Park, Indoor Pool
Mondays, Wednesdays, Fridays at 10 – 11am