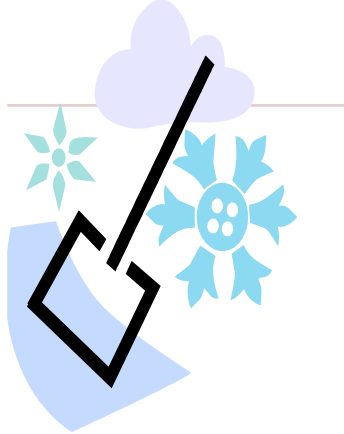




Winter 2010

Special Program Guide

Penfield Fitness and Racquetball Club
 667 Panorama Tr. W
 Rochester, NY 14625
 585-586-7777
 www.penfieldfitness.com



American Red Cross Swim Lessons

- * 89 degree "NO Shivers" pool
- * Parent waiting room
- * Small class sizes
- * Make-up classes are available
- * Instructors are lifeguard, 1st aid and CPR trained
- * Continual year round lessons with NO set registration period
- * Parent/Infant, Toddler and American Red Cross levels 1 through 6 offered

Pre-Natal Aqua Fit

Participants will enjoy a safe and effective workout using the natural resistance of the pool. Low-impact moves along with strengthening exercises create a balanced workout!

Dates:
I: Mon - Jan 11th - Feb 8 th
II: Mon - Feb 15th - Mar 15th
III: Mon - Mar 22nd - Apr 19th

Time: 6:55 - 7:35 pm

Cost:
 Members \$22.50 Non-members \$45 10% discount if you register for more than one class.

Instructor: Marsha Young

Yoga Sculpt

East meets West when Power Yoga and Pilates combine with free weights and step to create Yoga Sculpt. Using a variety of equipment, this class targets the heart rate, increases endurance, sculpts muscles and improves flexibility. Simultaneously pamper yourself and build a new body..

Dates: Sun - Jan 24 - Mar 14 **
 Mar 28 - May 23 * no class Apr 4

Time: 10:30 - 11:30 am

Cost: members free / guests \$60

Instructor: Maeghan Perry

Water Yoga

A combination of Yoga and Pilates that rely on the core for strengthening and stabilization.

Session I: January 7 - 28

Session II: February 4 - 25

Dates & Time: Thursday 8:15 - 9:00 am

Cost: Members Free / Non-members \$39 per session

Saturday KID'S Fun Night

This fully supervised program allows children ages 5 and up to enjoy soccer, basketball, racquetball, kickball, swimming, arts & crafts. This FUN night allows parents to have a 3 hour evening out without worry. Fee includes a light evening snack, drink as well as arts & crafts supplies.

Dates: January 9 ** February 13 ** March 13

Cost: \$15 per person - per evening

Time: 6:00 - 9:00 (ages 5 and up)

Pool Time: 6:00 - 7:30 pm

Adult Fun @ PF&RC

Racquetball: Beginner Series

Racquetball is a game that everyone can enjoy all year round, rain or shine. If you have never played this exhilarating sport you really must find out what you are missing. It combines the social and competitive elements of sport with substantial health & fitness benefits...burning over 600 calories per hour. Each session 4 wks

Session I: Fri *Jan 30 - February 20

Session II: Sat *February 27 - March 27

Day & Time: Saturdays 2 - 3 pm

Cost: \$60 per participant, this in-

cludes goggles and racquet as well as a **Weekend only** membership throughout the 4 week series.

Instructors: Keith LoPresto & Ted Pittinaro

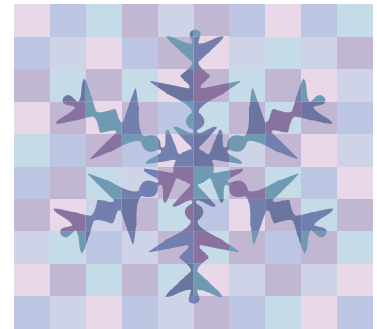
Kundalini Yoga

Stress Management at it's best. Learn techniques to reduce stress and increase your flexibility through awareness of breath and body.

Saturday's 7:15 - 8:45 am

Instructor: Sat Dharm Khalsa

Cost: Members \$25; non-members \$50 per month



S.A.F.E. (School-Age Fitness Essentials)

This 7 week program offers school age children ages 5-12 the opportunity to understand & learn the basics of physical fitness. Our main goal is for students to learn and develop a healthy lifestyle with an emphasis on physical fitness / activity. Parent participant not required!

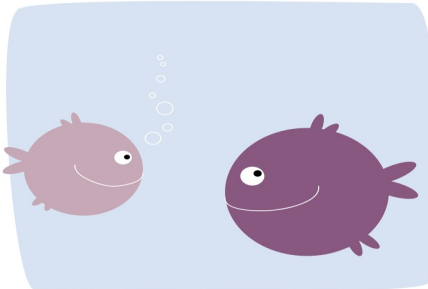
Day & Time: Friday 1:00 - 1:45 pm

Session I: January 8 - February 26 (no class 2/19)

Session II: March 5 - April 16

Cost: \$45 - 10% discount when registering for both sessions

Instructors: Mr Paul and Miss Gail -



Junior Racquetball

All participants will learn to play racquetball or will be able to improve their playing skills. This program provides instruction, as well as opportunities for supervised play. All equipment will be provided. There will be an awards and pizza party the last class.

Session I : Saturday: January 30 - February 27 * 5weeks

Session II: Saturday: March 13 - April 10 * 5 weeks

Time: 12:00 - 1:00 ages 7 - 11 yrs

1:00 - 2:00 pm ages 12 - 16 yrs.

Instructor: Chris Hanford

Cost: \$55 per participant: includes use of all safety equipment, awards and a pizza party on the last class!

