

Get Fit & Healthy with Fun Exercise Programs Offered by Homewood Parks & Recreation

HOLIDAY FITNESS MOTIVATOR

Looking for any reason not to exercise during the holiday season? If so, the Homewood Community Center Holiday Motivator is for you! Participation is free and limited to all-purpose or weight room member only.

Between the dates of November 20, 2006 and January 5, 2007 participants must complete 16 cardio sessions and 16 resistance sessions for a minimum of 20 minutes each at the Homewood Community Center. Prizes will be awarded for individuals completing the challenge. Come join in on the fun and keep in shape over the holidays. For more information contact Mark Lucas at 332-6705 or mark.lucas@homewoodal.org.

BELLY DANCING WITH AZIZA

Middle Eastern Belly Dance classes are offered at the Homewood Community Center with instructor, and award-winning performer, Aziza. Classes are open to women of all ages and abilities. No previous dance instruction is needed to enjoy a great workout and learn the ancient art of belly dancing. Beginner classes are held on Tuesdays, Level 1 on Wednesdays and Level 2 on Thursdays. All classes are from 7:00 p.m. - 8:45 p.m. For more information contact Linda Coleman at 879-0701.

BENCH AEROBICS

Site: Homewood Community Center
 Dates: Ongoing all year
 Days/Times: Tuesday & Thursday, 5:35 p.m. - 6:45 p.m.
 Times: Saturday, 9:00 a.m. - 10:30 a.m.
 Resident Fee: \$22 per month
 Non-Resident Fee: \$27 per month
 Drop Ins: \$4 per class

ACE Certified instructor Rosa Edwards incorporates different types of equipment and techniques for participants to receive a total body workout. Class utilizes circuit training modes that do not overstress muscle usage. Sessions include: Basic/Intermediate/Advanced Aerobics, single and double step, exercubes, (rubber bands), weight training (constant and varied) designed to tone, firm and define, calisthenics (abs, inner/outer leg, glutes), resist-a-ball. Several fitness levels incorporated. *FIRST CLASS IS FREE!* For more information contact Rosa Edwards at 253-9344.

CHAIRFLOW

St. Vincent's Hospital, The Good Health School, sponsors a chair exercise class designed to stretch and strengthen the body for improvement in physical and mental health. Classes are held on Tuesday from 1:30 p.m. to 2:15 p.m. at the Lee Community Center. For more information call 332-6182.

GYMNASTICS FOR CHILDREN

Site: Homewood Community Center
 Dates: Ongoing
 Day: Each Thursday
 Time: 3:30 p.m. for 3 to 5 years old
 4:30 p.m. for ages 6 and older

The sport of gymnastics enhances coordination, flexibility and balance. However, more valuable is the sense of accomplishment and self confidence. Skills are taught on the junior swingbar, minitramp, vault and balance beam. For more information contact Head Over Heels Gymnastics at 940-3547.

CIRCUIT CLASS

Site: Homewood Recreation Center
 Day: Every Tuesday and Thursday
 Dates: January 9 - February 1
 Time: 9:15 a.m. - 10:15 a.m.
 Members Fee: \$15
 Non-Members Fee: \$25

This hour long exercise class will incorporate aerobic activities as well as strength training in a fun environment. This is a great introductory class for individuals interested in starting a workout routine. For more information contact Mallory Smith at 332-6709 or mallory.smith@homewoodal.org.

JAZZERCISE

Site: Homewood Community Center
 Days: Monday, Wednesday and Friday
 Dates: Ongoing all year
 Time: 5:30 p.m.

Join in on the fun of this nationally recognized fitness program. For more information contact Jo Ellen Golden at (205) 338-3673 or JazzN4Gold@aol.com.

LOW IMPACT AEROBICS

The Homewood Community Center has been teaching low impact aerobics for over 20 years. Instructor Helen Woods will have participants dancing their way fit. Helen is certified by the American Council on Exercise and is an AIFF Older Adult Exercise Certified Instructor.

Site: Homewood Community Center Auditorium
 Days: Each Monday and Wednesday
 Time: 9:00 a.m.
 Fee: \$16 per month
 Dates: Ongoing throughout the school year

For more information contact Mark Lucas at 332-6705 or mark.lucas@homewoodal.org.

PERSONAL TRAINING

AFAA Certified Advanced Personal Trainer Cindy Reid will design a one-on-one fitness program to meet your specific fitness goal. Cindy helps clients achieve results in weight loss, strength training and overall health and fitness. For more information contact Cindy at 612-4639 or visit www.cindyreidfitness.com.

Personal trainer, Jackie Tally, MA, received her certification from the American Council on Exercise, specializing in women's fitness issues. Jackie holds sessions at the Homewood Community Center by appointment only with weekends preferred and other days negotiable. \$25 per 50 minute session or \$115 for 5 sessions, 30 minute sessions are also offered. For more information contact Jackie Tally at 823-1659 or JGTally@aol.com.

PILATES CLASS

Pilates is a workout for the mind and body and its benefits include improved flexibility, body shape and posture. It is also a wonderful way to reduce stress. The Pilates class offered at the Homewood Community Center is open to all fitness levels for a fee of \$25 per month. Instructor Robin Beidlemand offers classes on Mondays and Wednesdays from 10:15 - 11:15 a.m. For more information contact Robin at 871-4448.

Arts, Crafts & Drama

JUMP LITTLE CHILDREN

Ages: 18 months to 2½ years with parent or guardian
 Site: Homewood Community Center
 Day: Mondays
 Dates: Ongoing during school year
 Time: 10:00 a.m. - 10:45 a.m.

Children, along with their adult partner participate in activities that include painting, singing, squishy fun, ooey-goey jump and run. For more information contact Paula Smalley, 942-8064.

DRAWING FOR THE YOUNG ARTIST

(Ages 6 to 10)

Site: Homewood Community Center
 Day: Thursdays
 Dates: January 18 - February 8
 Times: 4:00 p.m. - 5:15 p.m.
 Fee: \$50 plus supplies.

Bring out the creativity in your child with this basic drawing class. Each week we will focus on a different subject such as self portraits, animals, still life and landscapes. The use of form, value, perspective and color will be emphasized. For more information contact Adele Northington at 871-2012 or Mark Lucas at 332-6705.

YOUNG REMBRANDTS

Site: Homewood Community Center
 Day: Wednesdays
 Dates: Ongoing
 Times: Pre-School 2:30 p.m. - 3:15 p.m.
 Elementary 3:30 p.m. - 4:30 p.m.
 Cartoon(6-12) 4:30 p.m. - 5:30 p.m.

At Young Rembrandts, we teach drawing and the fundamental skill of all visual arts for children ages 3½ to 12 years old. For more information contact Meegan Maxwell at 943-1923 or Meegan.maxwell@youngrbrandts.com.

DRAMA KIDS

Site: Homewood Community Center
 Date: Ongoing during school year
 Day: Tuesdays
 Times: 4:00 p.m. - 5:00 p.m. for 5 to 8 year olds
 5:00 p.m. - 6:00 p.m. for 9 to 12 year olds
 Fee: \$150 for 12 weeks

Drama Kids builds basic acting skills, speaking skills and confidence in a fast paced and fun setting. For more information contact Linda Griggs at 822-2050.

