



2010 Fall Classes

Specialty Fitness

Fall 1: September 13 - October 22 (6 weeks)

Fall 2: November 1 - December 10 (6 weeks)

Members \$24
General Public \$50

Punch cards available- call for details.

Yoga

Reduce stress, release tension, and build strength and flexibility in the body.

Thursdays.....7:00-7:45 p.m.

Fibromyalgia/Parkinson's

Using the 86 degree pool, this workout is designed to reduce repetition and muscle fatigue while working your whole body.

Tuesdays.....11:00-11:45 a.m.

Beginning Spin

For 30 minutes, spin your way through scenery only you can imagine. Learn the basics of spin with a slow start.

Thursday5:30-6:00 p.m.

Spin

Outdoor cycling with indoor comfort. A fun Cardio workout for all fitness levels.

Mondays or Wednesdays 5:30-6:15 a.m.

Aqua Hip, Knee, & Back

Discover the benefits of water if you have hip, knee, or back pain or are a pre/post surgery patient. This class is taught by a Group Fitness Instructor.

Thursdays.....11:00-11:45 a.m.

Child Care

Call for schedule.

REGISTRATION WILL CLOSE 1 WEEK PRIOR TO SESSION START DATE

Zumba®

Zumba® is a Latin-dance inspired class. Class features interval training using fast and slow rhythms to maximize caloric output, fat burning and total-body toning. No experience needed. Just show up and let the Latin rhythms do the rest.

Fall: Tuesdays: 6:15-7:00 p.m. Sept. 7-Oct. 12
Oct. 19-Nov. 23
Nov. 30-Jan. 4
Wednesdays: 6:15-7:00 p.m. Sept. 8-Oct. 13
Oct. 20-Nov.24
Dec. 1-Jan. 5

Members.....Free
General Public.....\$24

Hunters' Edge

August 4-Sept. 8 (6 weeks)

Develop a good core strength, endurance, and flexibility that you need for a healthy active hunting season.

Wednesdays: 6:30-7:30p

Members\$24
General Public.....\$50

Corporate Challenge 2010

What is a Corporate Challenge?

In a corporate challenge, employees and spouses represent their organization on teams competing against other companies' teams. Examples of the activities include cheering, basketball, obstacle course, scavenger hunt, tug of war, High-Q, water games, etc. Most events require minimal skill and a moderate fitness level. These activities promote employee health and fitness, enhance company pride and unity among employees and develop ties within the community.

The Corporate Challenge is a 4-day event Oct. 18, 19, 20 & 22. Team points will be tallied throughout the week. Trophies will be awarded to 1st, 2nd & 3rd place standings. An Informational meeting will be held Monday, August 16, at noon in room 201 at the BCC.

A minimum of five participants is required to run all classes.

Youth Dance

Class consists of learning exciting new dance moves & choreography in a fun and creative environment. A great way for kids to get active.

Fall 1: September 13 - October 23 (6 weeks)

Fall 2: November 1 - December 11 (6 weeks)

Members\$24.00
 General Public\$36.00

Ballet/Tap (3-5 years)

Saturdays: 10:00-10:45 a.m.

Ballet/Tap (6-8 years)

Thursdays: 6:15-7:00 p.m.

Ballet/Tap (9-13 years)

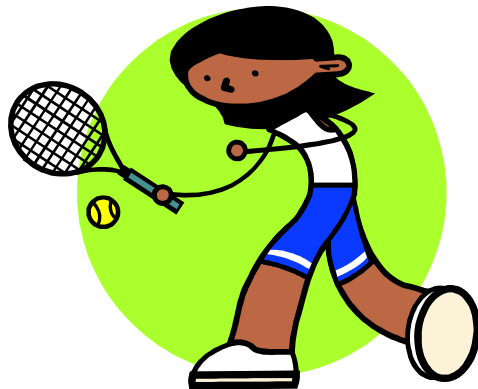
Wednesdays: 7:10-7:55 p.m.

Jazz/Hip Hop (9-13 years)

Thursdays: 7:05-7:50 p.m.

Poms/Hip Hop (14-19 years)

Tuesdays: 7:10-7:55 p.m.



REGISTRATION WILL CLOSE 1 WEEK PRIOR TO SESSION START DATE.

Swim Classes

Fall: October 4 - November 19

We conduct our swim lesson program using the American Red Cross Learn-to-Swim Curriculum. It is designed to give students a positive learning experience.

Swim Lessons

Members \$29
 General Public \$58

Mondays

Levels 1 - 6: 5:45-6:30 p.m. or 6:35-7:20 p.m.

Thursdays

Levels 1 - 2: 5:45 - 6:30 p.m.

Levels 3 - 6: 6:35 - 7:20 p.m.

Parent/Child Swim

This class will teach your child basic movements in the water and allow your child to explore the water environment. It is helpful for those children who might be fearful.

Ages 12 months-3 years

Thursdays: 5:30-6 p.m.

Members\$21.75
 General Public\$43.50

Private Swim Lessons

Join us for this excellent opportunity for swimmers of all ages to learn or catch up on swimming skills. Perfect for those who are fearful of the water or struggling to advance in a group setting. All lessons are 30-minutes long.

Members \$15 per session
 \$42 for 3 sessions
 \$91 for 7 sessions
 General Public \$20 per session
 \$57 for 3 sessions
 \$126 for 7 sessions

Semi-Private Swim Lessons

2 participants per instructor.

Members \$11 per session/participant
 \$30 for 3 sessions/participant
 \$63 for 7 sessions/participant
 General Public \$15 per session/participant
 \$42 for 3 sessions/participant
 \$91 for 7 sessions/participant

REGISTRATION WILL CLOSE 1 WEEK PRIOR TO SESSION START DATE

A minimum of five participants is required to run all classes.

Preschool/Youth Sports

Fall 1: September 13 - October 22 (6 weeks)

Fall 2: November 1 - December 10 (6 weeks)

Youth Strength Training

Learn the benefits of exercising properly while helping transition youth into the weight room and cardiovascular room. (6 weeks)

Ages 11-13

Fridays: 4-5:00 p.m.

Members\$24

General Public \$36

Beginning Tumbling

Learn the basics of tumbling. No experience is necessary.

Ages 3-5

Thursdays: 4:45-5:30 p.m.

Ages 6-8

Mondays: 4:45-5:30 p.m.

Members \$24

General Public \$36

Romp & Stomp

Learn great nursery rhymes, exciting children's games, explore tunnels, learn about stretching, obstacle courses, basic intro to some sports and scoot all over the gym!

Ages 1-4 (Parent attends with child 2 and under)

Wednesday: 10-10:30 a.m.

Members \$18.50

General Public \$27.50

Racquetball

Racquetball Lessons

Clyde Bridger, expert teacher and master of the game, is available to teach private lessons. Call 834-5585, or try Clyde direct at 834-2915.

Members Free

General Public \$10

Racquetball League

Enroll now for the Fall (September through December) Racquetball League. A beginning (bronze), intermediate (silver), and advanced (gold) league for men and women will be offered. Sign up at front desk.

Members Free

General Public \$75

Kids In Motion

Be Cool After School - Join in the fun at the Bond Community Center. Busing is provided from the Oconto Elementary and Middle School. The program runs concurrent with the Oconto school district calendar. Cool activities include: swimming, gym games, racquetball, wallyball, running track, fun snack preparation etc. Comfortable clothes, tennis shoes and swimsuit & towel are needed.

Ages 7-12

Tuesday, Thursday & Friday: 3:30 to 5:30 p.m.

3 DAYS - \$15 per week per child

2 DAYS - \$12 per week per child

1 DAY - \$6 per week per child



REGISTRATION WILL CLOSE 1 WEEK PRIOR TO SESSION START DATE

A minimum of five participants is required to run all classes.