

# FITNESS



## Youth

### Junior Fitness

Earn the privilege to use the fitness floor before age 16. Participants will meet in small groups with a fitness staff member to learn fitness floor rules, safety and spotting, and correct use of equipment. Upon successful completion, ages 12 to 15 may use the fitness floor and equipment without adult supervision. Contact the front desk for available days and times at 970-674-3500.

**Location:** Wellness Center, Windsor CRC

**Ages:** 12 - 15

**Cost:** \$10

**Registration Deadline:** Until full

## Mind and Body

### Beginner T'ai Chi Chih

The soft, gentle, movements of T'ai Chi Chih promote health in every part of the body, circulating and balancing our internal energy. The movements can be done by anyone regardless of age or physical condition. The benefits include better balance, increased flexibility and strength, inner peace, improved health, well-being, and JOY!

**Location:** Willow Room, Windsor CRC

**Age:** 12+

**Registration Deadline:** Until full

M	1/7 - 2/25	Noon - 1 p.m.	\$60	#114870.01
Th	1/10 - 2/21*	6:15 - 7:45 p.m.	\$60	#114870.02
M	3/4 - 4/29*	Noon - 1 p.m.	\$60	#114870.03
Th	3/7 - 4/11	6:15 - 7:45 p.m.	\$60	#114870.04

\*No class 2/14, 4/1



### Continuing T'ai Chi Chih

This class is a deepening into the movements and principles of T'ai Chi Chih, and builds upon the prerequisite class, Beginner T'ai Chi Chih. The movements can be done by anyone regardless of age or physical condition. The benefits include better balance, increased flexibility and strength, inner peace, improved health, wellbeing, and JOY!

**Location:** Willow Room, Windsor CRC

**Age:** 12+

**Registration Deadline:** Until full

M	1/7 - 2/25	10:45 - 11:45 a.m.	\$60	#114871.01
Tu	1/8 - 1/22	6:15 - 7:15 p.m.	\$30	#114871.02
Tu	1/29 - 2/19*	6:15 - 7:15 p.m.	\$30	#114871.03
M	3/4 - 4/29*	10:45 - 11:45 a.m.	\$60	#114871.04
Tu	3/5 - 3/19	6:15 - 7:15 p.m.	\$30	#114871.05
Tu	3/26 - 4/9	6:15 - 7:15 p.m.	\$30	#114871.06
Tu	4/16 - 4/30	6:15 - 7:15 p.m.	\$30	#114871.07

\*No class 2/12, 4/1

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# FITNESS

## Special Courses

### Foam Roller Workshop

Do you have a foam roller or have you seen them here at the Recreation Center? Sure, you roll your quadriceps and IT bands, but the options with a roller are so much more than that. Would you like to learn how to use one to help ease your aches and pains? A foam roller can sometimes get into places you just can't stretch on your own. Yoga and fitness teacher Julia Lynne will spend an hour showing you the ins, the outs, and the ouches to the benefits of the roller in this hands-on workshop.

**Location:** Willow Room, Windsor CRC

**Age:** 12+

**Registration Deadline:** Until full

Sa	1/26	10:30 - 11:45 a.m.	\$12	#114820.01
Sa	2/23	10:30 - 11:45 a.m.	\$12	#114820.02
Sa	3/30	10:30 - 11:45 a.m.	\$12	#114820.03
Sa	4/20	10:30 - 11:45 a.m.	\$12	#114820.04



### Myofascial Release Workshop

When paired with a yoga practice, myofascial release is very effective in releasing muscular tension and soreness, increasing range of motion, and working with scar tissue. This two-hour workshop begins with an overview of the function and role of fascia. You will learn the goals of myofascial release and what to avoid. Then, using a few props — tennis balls, yoga blocks, and blankets — we will dive into specific instruction for the whole body: feet, legs, hips, neck, and shoulders.

**Location:** Willow Room, Windsor CRC

**Age:** 12+

**Registration Deadline:** Until full

W	1/9	9:45 - 11:45 a.m.	\$25	#114840.01
Su	1/13	1 - 3 p.m.	\$25	#114840.02
W	2/6	9:45 - 11:45 a.m.	\$25	#114840.03
Su	2/10	1 - 3 p.m.	\$25	#114840.04
W	3/13	9:45 - 11:45 a.m.	\$25	#114840.05
Su	3/17	1 - 3 p.m.	\$25	#114840.06
W	4/17	9:45 - 11:45 a.m.	\$25	#114840.07

### TRX

Born in the Navy SEALs, Suspension Training body-weight exercise develops strength, balance, flexibility, and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. This class will also include the TRX Rip Trainer®, laser-focused on improving core strength and rotational power while boosting endurance with a cardio element.

**Location:** Auxiliary Gym, Windsor CRC

**Age:** 12+

**Registration Deadline:** Until full

Su	1/13 - 2/24*	4 - 5 p.m.	\$48	#114830.01
Su	3/10 - 4/14	4 - 5 p.m.	\$48	#114830.02
Su	4/28 - 6/16*	4 - 5 p.m.	\$48	#114830.03

\*No class 2/3, 5/5, 5/26

# FITNESS

## Fitness Classes

The Windsor Community Recreation Center offers land and water group fitness and indoor cycle classes. The current class schedule is available at the CRC front desk, the fitness board, and online, and is regularly updated. The CRC reserves the right to cancel or change a class format to meet member needs and requests.

**These fitness classes are offered at the Windsor CRC to members for free or at the drop-in price for non-members:**

- Aqua Aerobics
- Beginner Yoga
- Body Pump®
- Fitness, Fun, and Flexibility
- Gentle Yoga
- Indoor Cycle
- P90X® Live
- Pilates
- RIPPED
- Senior Shape Up
- Silver Sneakers®
- Soul Sweat
- Yoga Flow
- Vinyasa Yoga
- Zumba

Visit [windsorgov.com/fitness](http://windsorgov.com/fitness) for class descriptions and the fitness schedule.

## Fitness Orientations

A fitness attendant will provide individuals or small groups general information about fitness floor policies, and how to use the exercise equipment. Fitness orientations are dependent on staff availability and are free to members. If you are interested in developing a personalized fitness program, try personal training.



# Personal Training

**Kevin Hinkle,**  
AFPA Certified Personal Trainer



- Sports Nutrition for Health and Performance
- Principles of Weight Training for Young Athletes
- Functional Exercise Training
- Weight Training for Seniors
- TRX Suspension Training
- Bosu Ball Fundamental Exercises
- Experienced in training clients with Autism, Aspergers, ADHD, and ADD.

Kevin enjoys working with individuals of all ages, shapes, and experience levels, utilizing specially designed programs to improve physical health and self-confidence and to create a positive attitude towards fitness. Training is his passion, and, as a team, he will work with you to achieve your goals. Take a deep breath and call Kevin today, 970-219-0074!

**Christa Gibson**  
AFAA Certified Personal Trainer



- Weight Management
- Muscle Strengthening
- Cardio Fitness
- Fitness Nutrition
- Proper Exercise Execution
- Post-Pregnancy Weight Loss

Christa loves working with individuals of all ages and abilities to reach their fitness goals and equip them with the tools to live a healthy life. She has a wide background in sports, including swimming, golf, and triathlon. You'll work with Christa to create a program to help you reach your specific goals, together. Give her a call at 970-373-8834.

**Melissa Briese**  
NASM Certified Personal Trainer  
NASM Corrective Exercise Specialist



- Weight Management
- Functional Training
- Weight Training and Muscle Balance
- Sports Conditioning
- Special Populations (older adults, orthopedic conditions, rehabilitation of injury)

Melissa's love for health and fitness developed after her own personal journey of losing 110 lbs. She has maintained her weight loss for nine years, and has been helping others reach and maintain their fitness goals for seven years. Melissa enjoys creating individualized workout plans for her clients to achieve their health and fitness goals. She would love to work with you as a team. Give her a call at 970-370-0518.

## Personal Training Rates

One-on-One Sessions

### 1-Hour Sessions

1 session	\$50
5 sessions	\$225
10 sessions	\$400

### Half-Hour Sessions

1 session	\$30
10 sessions	\$250
20 sessions	\$400