

Redford Leisure Services

Adult Winter Classes

Zumba® Gold w/ Elements of Exercise

Gold takes our ZUMBA® basic program and makes it accessible to active older adults, de-conditioned individuals, and those recovering from injuries. Zumba® is a fusion of Latin and International music-dance themes that create a dynamic, exciting, effective fitness system! Zumba Gold class is given standing and seated. It incorporates fun music and Latin and international dance rhythms. It's a great way to give more excitement to your workout. Great for all Fitness Levels!

***Free class January 25, 2012**

**Wednesdays 9:30-10:15am 10 weeks \$50 (\$8 drop in space permitting)
February 1- April 4, 2012**

Intermediate/Advanced Co-Ed Volleyball (Ages 18 & up)

If you are looking for a great place to play competitive volleyball with friends on a weekly basis this is the place for you. Participants will be divided each week into teams depending on the number of people attending.

***PLEASE NOTE, this group is designed only for the
intermediate to advanced skill level only***

**Wednesdays 7:30-9:30pm 11 weeks \$30
January 25- April 18, 2012 (no class 2/22 & 4/11)**

***Classes held at Beech Elementary (formerly Pearson Education Center)**

R.I.P.P.E.D w/ Elements of Exercise- The One Stop Body Shock™

This class is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. Thus regular R.I.P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes (based on two years of data collection from heart rate monitors and doFit exerspy of students taking R.I.P.P.E.D. classes). This total body high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D.—Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

Free Class January 26, 2012

**Thursdays 7:00-8:00pm 10 weeks \$60 (\$10 drop in space permitting)
February 2- April 12, 2012 (no class 2/9)**

Line Dancing III

Exercise to the most popular line dancing steps. Styles will include the hustle, cha cha, swing, salsa, country and more. Each week participants will learn a different style of dance. There is no better way to exercise than dance to your favorite music while burning calories and having fun! In this class you will be dancing to up Tempo faster music to the top 10 dances.

Thursdays 6-7pm 5 weeks \$25

Winter Session I: February 2- March 8, 2012 (no 2/23)

Winter Session II: March 22- April 26, 2012 (no 4/12)

Classes held at Beech Elementary, formerly Pearson Education Center

Ballroom Dancing

So you want to learn like dancing with the stars? Now is your chance, join us for a night of fun. This class will teach the basic fundamentals of dancing you can use at any occasion or just for fun. Participants will learn specified dances, beat recognition, how to lead and follow properly and have a night out for fun. This class is for both the beginner and experienced.

PARTNERS ARE NEEDED FOR THIS CLASS

Thursdays 7-9pm 5 Weeks \$60/couple

Winter Session I: February 2- March 8, 2012 (no 2/23) Cha Cha & Lindy Dances

Winter Session II: March 22- April 26, 2012 (no 4/12) Polka & Samba Dances

Drop in Ballroom Dancing

Come and join our drop in ballroom dancing every Tuesday beginning January 31, 2012 for loads of fun and basics of ballroom.

Every Tuesday 10am-Noon Beginning January 31, 2012 \$5/drop in

Yoga

This class is designed for both beginning and intermediate students. Our experienced instructor has been teaching in Redford for over 10 years and will work with students for a full body workout. All students are welcome, please come to class with a yoga mat, neck tie and/or towel.

Saturdays 9:30-10:45am 10 weeks \$60

January 21- March 24, 2012

Training Series by Bonnie

Circuit Training

Start the New Year with this challenging co-ed class. Circuit training burns a high amount of calories in a short amount of time by keeping the heart rate elevated after the cardio stations and throughout the weight lifting stations. You will use a variety of equipment to work your entire body which will propel you to your next fitness level.

Thursdays 6-7:15pm 5 Weeks

\$50 new participants/ \$40 returning participants*

Must have taken 2011 Weightroom & Endurance to receive discount

Discount Rate: Bring a NEW friend and YOU pay \$35 (friend pays \$50) or Two newbies sign up together and pay only \$95.

2011-2012 Detroit Red Wings and Redford Leisure Services Partnership

Take advantage of special discounted tickets for selected games below. For every ticket sold the Red Wings Organization will donate a part of the proceeds to Redford Leisure Services.

Seating: Sections 201-204, 225-228 & 211-218

Premium Seating: Rows 5-12 General Seating: Rows 13-25

Red Wings vs. St. Louis Blues: Tues Dec 27th 7:30pm

MRPA tickets: \$25 general seating or \$40 premium seating

Red Wings vs. Columbus Blue Jackets: Sat January 21st 7:00pm

MRPA tickets: \$30 general seating or \$45 premium seating

Red Wings vs. Anaheim Ducks: Fri February 10th 7:30pm

MRPA tickets: \$30 general seating or \$45 premium seating

Red Wings vs. Columbus Blue Jackets: Mon March 26th 7:30pm

MRPA tickets: \$30 general seating or \$45 premium seating

Red Wings vs. Florida Panthers: Sun April 1st 4:00pm

MRPA tickets: \$30 general seating or \$45 premium seating

For questions or to purchase tickets please call: Clark Rowekamp at (313) 394-7546

Purchase online at: www.DetroitRedWings.com/redford

