



# REDFORD LEISURE SERVICES SUMMER ADULT/TEEN CLASSES

[www.redfordtwpparksandrec.com](http://www.redfordtwpparksandrec.com)

**Redford Township  
Leisure Services  
12121 Hemingway  
Redford MI 48239  
387-2650**

**Office Hours:  
M-F 8:30am-4:30pm**

**We accept cash,  
Visa, MasterCard  
and checks made  
payable to "Redford  
Township"**

**\*Under age 16 may  
enroll if a  
parent/guardian  
also enrolls in the  
class however  
everyone must  
register and pay.**

**Due to class  
minimums, everyone  
must register and  
pay before the first  
class.**

## **Sport Hula Hoop (Ages 16 & up)**

You can get in shape just like the First Family with hula hoop. President and Mrs. Obama enjoy fitness, especially the hula hoop. The hula hoop we will be using is called the Sports Hoop and it has a little extra weight to help get those heart rates, and our hips, moving! Make this a summer to bring back those great childhood memories while getting in shape! Items needed: Sports hoop

### **Redford Karate**

**Tues & Thurs 8:15-8:45pm 4 weeks \$30  
June 29- July 29, 2010 (no class 7/6 & 7/8)**

## **Kickboxing/Fitball Combo (Ages 16 & up)**

Join this intense 6-week workout combination complete with three weeks of Aerobic Kickboxing and three weeks of Fitball. This class will give you the total body workout, complete with all of our favorite kickboxing moves as well as focusing on balance and core strength. Items needed: Stability ball

**Mondays 6-7pm 6 weeks \$30  
June 28- August 9, 2010 (no 7/5)**

## **Zumba®: (Ages 16 & up)**

Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. This class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Add some Latin flavor and international zest into the mix and you've got Zumba®!

**Tuesdays 6-7pm 7 weeks \$35  
June 29-August 10, 2010**

## **Pilates (Ages 16 & up)**

Take your body through a full range of motion. Focus on abdominal muscles while maintaining controlled movements through breathing and focusing on your core (abdominals). Improving flexibility and strength, you will leave feeling refreshed and relaxed with a feeling of mental and physical wellbeing. Items required for class: Yoga mat and water bottle.

**Wednesdays 6-7pm 7 weeks \$35  
June 30- August 11, 2010**

## **Beginner Belly Dancing (Ages 16 & up)**

Ladies of all ages- join us to learn the exciting art of belly dance, no experience necessary! Have fun while getting a muscle-toning workout, starting with the basic movements and ending with a choreographed dance!

**Tuesdays 6-7pm 8 weeks \$45  
June 29- August 17, 2010**

## **Total Body Sculpting with Weights**

**(Ages 16 & up)**

A straight-forward program totally focused on upper and lower-body toning with the use of dumbbells and resistance bands. Belinda uses every possible variation of proven body-sculpting moves (e.g. squats: regular, pulsing, push-ups and ab curls). You'll get maximum results in minimum time by working multiple muscle groups at once (e.g. lunges and bicep rows). The cueing is friendly and easy to follow.

**Wednesdays 7-8pm 6 weeks \$30  
June 30-August 11, 2010 (no 7/7)**

## **Co-Ed Outdoor Spring Training**

**(Ages 16 & up)**

Training for power (force behind your movements), flexibility & endurance will help your performance in sports & everyday activities. No amount of "sports practice" can compensate for a body that cannot execute functional movements with ease. Come train to become physically powerful through endurance training, core & flexibility work. This different type of training will help with being more consistent with your summer activities (golf, softball, tennis). This is a great way to start off your summer season.

**Thursdays 6-7pm 4 weeks \$32new/\$25 rtn  
May 27- June 17, 2010**

## **"If These Hands Could Talk" (Ages 18+)**

This course is designed for the student with no previous sign language experience. It provides the basics of sign language and vocabulary. Students will practice both receptive and expressive skills, communicate in sign language, finger spelling, meet new people and have fun.

**Mondays 5:30-7pm 5 weeks \$60  
June 7- July 12, 2010 (no 7/5)**

## **"If These Hands Could Talk 2" (Ages 18+)**

This course is designed for students that have taken our beginner course and have had previous sign language experience.

**Please call for class details and times.**

## **Zumba/Stretch & Tone (Ages 16 & up)**

If you are looking to try our popular Zumba class but are looking for a little less, why not try our Zumba/ Stretch and Tone. 30 minutes of the class will incorporate the hypnotic Latin rhythms of our traditional Zumba class followed by 30 minutes of stretching and toning exercises.

**Thursdays 6-7pm 8 weeks \$40  
June 10- August 12 (no 6/24 & 7/22)**



**Co-ed Softball  
Festival Tourney  
Saturday June 12<sup>th</sup>  
Claude Allison**

Attention all co-ed softball teams, come on out during the Redford Festival weekend for a day of fun in the sun playing softball.  
\$150 per team limited to the first 10 teams that sign up.