NEW LifeFitness equipment in our Cardio Studio!

812-349-3720
bloomington.in.gov/TLRC

Twin Lakes Recreation Center
btownparks
September-December 2017
1700 W. Bloomfield Rd. • 349-3720
bloomington.in.gov/TLRC
Fax: 349-3707

Summer hours: June 1-August 31
Monday-Friday: 6 a.m.-9 p.m.
Saturday-Sunday: 7 a.m.-9 p.m.

Hours September 1-May 31:
Monday-Friday: 6 a.m.-10 p.m.
Saturday-Sunday: 7 a.m.-10 p.m.

Labor Day (September 4): 7 a.m.-1 p.m.
Thanksgiving Day (November 23): Closed
Day after Thanksgiving (November 24): 7 a.m.-1 p.m.
Christmas Eve (December 24): 7 a.m.-1 p.m.
Christmas Day (December 25): Closed
New Year’s Eve (December 31): 7 a.m.-1 p.m.

Daily admission:
• Adults ages 18-59 yrs.: $8
• Youth ages 7-17 yrs. and adults ages 60 yrs. and up: $7
• Youth ages 6 yrs. and younger admitted free with adult 18 yrs. and up.

Staff

Mark Sterner
Facility Manager
349-3768
sternerm@bloomington.in.gov

Megan Stark
Membership Coordinator
349-3770
starmn@bloomington.in.gov

Daren Eads
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349-3772
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Chelsea Price
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Scott Pedersen
Youth Sports Coordinator
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Twin Lakes Recreation Center
btownparks

Front cover: New LifeFitness cardio equipment. Photo by Julie Ramey.
Corporate Wellness Programs

As the cost of health care continues to grow, companies are exploring ways to prevent illness and reduce health risks for their employees while realizing the overall benefits of a healthy workforce. From a healthy lifestyle to a healthy workplace, the TLRC staff is here to help you customize a wellness program that fits your company’s goals and health care mission. For more information, contact our Membership Coordinator, Megan Stark, at 349-3770 or starme@bloomington.in.gov.

Fitness Assessments

Take control of your health by learning as much as you can about your fitness level. Fitness assessments are a common and useful part of any exercise program. The data collected from a fitness assessment gives you a starting point, and provides a baseline to compare to as you make progress toward your fitness goals. Contact Megan Stark at 349-3770 or starme@bloomington.in.gov to learn more about body composition tests, or to schedule a fitness assessment. Knowing your numbers can help you track progress toward your goal for a fit and healthy body.

Twin Lakes Recreation Center membership is not required to have a fitness assessment by one of our professional personal training staff.

Fitness assessments include:
- Free recording of your resting heart rate and blood pressure.
- Optional tests for estimates of body composition, in particular body fat:
  - Skinfold analysis: $25
  - Bioimpedance analysis: $5
- By appointment only • For all ages.

Gift of Wellness

Give a gift that will make a difference in someone’s life. A gift certificate to the Twin Lakes Recreation Center opens the door to fitness and fun! With a full fitness center, group exercise classes such as ZUMBA and Pilates, five newly refinished basketball courts, an indoor ¼-mile track and indoor turf field, your special someone will have access to a whole world of wellness. Gift certificates are valid for 90 days from the date of purchase. To purchase a TLRC gift certificate, stop by the Twin Lakes Recreation Center.

Memberships

See back cover.

Rentals

See back cover.

Reach your target market at the Twin Lakes Recreation Center, our multi-purpose facility offering programs and services that help make Bloomington a healthy, active community. This 100,000 ft² sports, fitness and recreation complex serves thousands of diverse customers each year, from elite youth basketball teams to preschool soccer players. It is the perfect place for you to share your company’s message and reach your target audience. The facility features a ¼-mile elevated indoor track, strength equipment and free weights, state-of-the-art cardio studio, five hardwood courts, indoor turf field, mirrored exercise studio, and meeting rooms. The Twin Lakes Recreation Center is home to Jared Jeffries and Andrew Frank basketball camps, AAU local and regional tournaments, Bloomington Youth Basketball, and youth and adult soccer.

Reach these target markets

- 300,000 annual visits
- 1,200+ active adult members
- more than 800 SilverSneakers members (ages 55 yrs. and up)
- 600+ Bloomington Youth Basketball players
- local and regional basketball and other sports tournaments

Custom opportunities to connect with your market

- Our custom advertising packages can give you more than just signs!
- Set up a display at the TLRC during tournaments or peak visitation.
- Place coupons, menus, or brochures in our literature display areas.
- Run a custom TV spot on our four closed-circuit TV screens all day, every day.
- ... and more!

Pricepoints for 96" x 42" banners (per year)

<table>
<thead>
<tr>
<th>Court 1</th>
<th>$1,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courts 2-5</td>
<td>$1,000</td>
</tr>
<tr>
<td>Turf</td>
<td>$1,000</td>
</tr>
<tr>
<td>Studios</td>
<td>$800</td>
</tr>
</tbody>
</table>

Larger banner sizes available.

For more information, contact Julie Ramey at 349-3719 or rameyj@bloomington.in.gov.

The TLRC has an ongoing number of capital improvement projects in an effort to make our facility better. These improvement have the potential to hinder hours of operation, or disrupt use of areas of the facility. We will do our best to communicate any disruption in offerings well in advance.
Turf Time for Toddlers
The indoor turf field at the Twin Lakes Recreation Center provides you and your young child with ample space to run, play, and practice ball throwing, catching and kicking skills. This free-time play is parent or caretaker supervised physical play. TLRC staff does not supervise this area during the program and children cannot be dropped off without supervision. For more information, contact the TLRC at 349-3720. Free for TLRC members.
Tu, Th • 9:30–10:30 a.m.
$5, FREE for TLRC members • For ages 1–6 yrs. w/parent.

Turf Tigers
Players ages 4–5 yrs. join Coach Chris for a terrific introduction to the world’s most popular game! Classes feature age-appropriate activities and small-sided games to promote balance, coordination, creativity and comfort with the ball! Class does not meet during MCCSC fall or Thanksgiving break weeks.
Instructor: Chris Doran
Registration is ongoing at bloomingtonsoccer.net.
Summer: Th 9/7–10/12 • 5–5:45 p.m.
Fall: M 9/18–10/30 • 5–5:45 p.m.
Fall II: M 11/6–12/18 • 5–5:45 p.m.
Fall II: Th 11/9–12/21 • 5–5:45 p.m.
Fall II: F 11/10–12/22 • 5–5:45 p.m.
$65 • For ages 4–5 yrs.

Little Kickers
Players ages 6–7 yrs. join Coach Chris for a terrific introduction to the world’s most popular game! Classes feature age-appropriate activities and small-sided games to promote balance, coordination, creativity, and comfort with the ball!
Summer: Th 9/7–10/12 • 5:45–6:30 p.m.
Fall: M 9/18–10/30 • 5:45–6:30 p.m.
Fall II: M 11/6–12/18 • 5:45–6:30 p.m.
Fall II: Th 11/9–12/21 • 5:45–6:30 p.m.
Fall II: F 11/10–12/22 • 5:45–6:30 p.m.
$65 • For ages 6–7 yrs.

Bloomington Soccer Juniors
Training sessions on Wednesday nights enhance technical and fundamental tactical principles. Players return on Saturday for a schedule of games each week. Bloomington Soccer Juniors is appropriate for players with some soccer experience and a fundamental awareness of the game. It’s best for players with an intermediate or advanced understanding of soccer.
Fall II: Training sessions
W 11/8–12/19 • 5–5:45 p.m. or 5:45–6:30 p.m.
Fall II: Games
Sa 11/11–12/23 • 8:45 a.m., 9:30 a.m., or 10:15 a.m.
$95 • For ages 8–11 yrs.

Basketball Future Stars
Future Stars is an introduction to basketball for preschool children. The focus is on learning how to dribble, pass, shoot, play defense, team play, and of course lots of fun! Parent participation is welcome and encouraged. Future Stars does not meet November 22 and 25. Sa 10/28–12/9 • 10–10:45 a.m. • Register by 10/25 • 95016-A
W 11/1–12/13 • 4:45–5:30 p.m. • Register by 10/27 • 95016-B
$80/in-city, $85/non-city • For ages 3–5 yrs. w/parent.
Wednesday Future Stars is cancelled when MCCSC classes are cancelled.

Aerial Fitness Classes for Youth
Aeri·u·logy FLIGHT SPRITES
Aerial Silks is an amazing way for youth to gain confidence while building strength, flexibility, coordination and body awareness.
For ages 6–12 yrs. • ALL levels welcome!
For more information or to register, visit www.aerilogy.fitnes.
Junior Flight Sprites and Senior Flight Sprites
Mondays • 5:30–6:45 p.m. • $20
Wednesdays • 5:30–6:45 p.m. • $20
Open Aerials (must be currently enrolled in classes)
Saturdays • 5–7 p.m. • $10

ABA WINGS Youth
ABA WINGS Aerial Academy
Students progressively learn aerial skills increasing upper body and core strength, while achieving greater flexibility, range of motion, confidence, and stamina.
For ages 5–12 yrs. • ALL levels welcome!
For more information or to register, e-mail WINGSaerials@gmail.com or visit www.WINGSaerials.com.
Beginner–Pro • $8–$15 per class
Tuesdays and Thursdays • 10 a.m., 5 p.m., 6 p.m.
Saturdays • 1 p.m., and Sundays • 4 p.m.
Instructional Season I

Players in grades K–6 learn the fundamentals of basketball with professional instructor Tommy Weakley from Tier Ten! Sessions include instruction in passing, shooting, conditioning, rebounding, fundamentals of offense and defense, and how to apply learned skills in game situations. These sessions are in station format and will provide skill progression from week to week. Registration fee includes a T-shirt.

Tu, Th 9/5–9/28 • $75 • Register by 9/3.
Grades K–1 • 5:30–6:15 p.m. • 95017-A
Grades 2–3 • 6:15–7:15 p.m. • 95017-B
Grades 4–6 • 7:15–8:15 p.m. • 95017-C

Season II

The Bloomington Youth Basketball league focuses on basketball fundamentals and the application of learned skills. Leagues are coed through grade 3; girls play in a girls-only league beginning in grade 4.

Season includes weekly practices and games one night a week. Teams practice two nights a week for the first two weeks of the season, then one night a week for the remainder of the season. Practice times and days are determined by the coach. Parent/player requests for placement on specific teams will not be accepted. All requests must be submitted by volunteer coaches.

• Registration deadline is 10/1.
• Practices begin the week of October 16.
• Season runs October 16–December 21.
• Games begin the week of October 30.
• Games and practices are not held the week of November 20.
• Single-elimination tournament for each grade level begins December 16.

Space is limited to a maximum number of players per age group. Once the maximum number of players is reached for each league, registration for that league will close. If your child’s league fills, you may opt to place your child’s name on a wait list. We will contact you if space becomes available.

Leagues, Game Days, and Registration Codes
Grade K • W • 95018-A
Grade 1 • M • 95018-B
Grade 2 • Tu • 95018-C
Grade 3 • W • 95018-D
Grade 4 Boys • Tu • 95018-F
Grade 5 Boys • Tu • 95018-G
Grade 6 Boys • M • 95018-H
Grades 4–6 Girls • Th • 95018-E
$85

Skills Assessment Day:
In response to parent and coach feedback and to ensure a fair distribution of skills per team, we will conduct a coach’s draft. These mandatory sessions are:

Grade K • 10/2 • 5:30 p.m.
Grade 1 • 10/2 • 6 p.m.
Grade 2 • 10/2 • 6:45 p.m.
Grade 3 • 10/2 • 7:15 p.m.
Grade 4 Boys • 10/3 • 6:15 p.m.
Grade 5 Boys • 10/3 • 7 p.m.
Grade 6 Boys • 10/3 • 7:30 p.m.
Grades 4–6 Girls • 10/3 • 5:30 p.m.
Make-up session 10/4 5:30 p.m.

COACHES NEEDED: If interested in volunteer coaching, visit bloomington.in.gov/parksvol.

Mandatory Coaches Meeting and Coach Draft for grades K–3: Wednesday, October 4 at 6:30 p.m. and Thursday, October 5 at 5:30 p.m. for grades 4–6 and Girls grades 4–6 at the Twin Lakes Recreation Center. Coaches are strongly encouraged to attend evaluations in preparation for the draft!

All selected coaches must complete an online coaching certification course from the National Youth Sports Coaches Association (NYSCA). The certification fee for each coach is $25. The online training is available at www.nays.org.

Leagues do not meet during MCCSC fall or Thanksgiving break weeks.
Registration is ongoing at bloomingtonsoccer.net.

U15 Boys/Girls/Coed League
A great opportunity to mix it up with players from other teams and cities as our up-and-coming high school stars keep their touch in the “off” season. Season includes seven regular season games and a tournament night.
F 11/10–12/22 and 1/12–1/19 • 6–9:30 p.m. • Register by 11/3. $675/team fee

U19 League
High school players form their own teams (may be coed) and compete—a great chance to show some creativity and enjoy playing with and against players from all over south central Indiana. Season includes seven regular season games and a tournament night.
W 11/8–12/20 and 1/10–1/17 • 5–9:45 p.m. • Register by 11/8. $675/team fee

We’re built on decades of tradition, fueled by innovation, inspired by passion, and as the world changes - we’re leading the way.

Learn more at publichealth.indiana.edu.

Excel Tae Kwon Do
See page 8.

Twin Lakes Recreation Center
btownparks
Healthy Living

TLRC Personal Training
develop a fitness program customized for you!

Get in better shape and stay there, regardless of age or current fitness level, with the personal trainers at the TLRC. Our personal trainers design programs that are individualized for your age, body, lifestyle and goals. TLRC personal trainers are certified, experienced, and educated. They have worked with a variety of people who have a broad spectrum of health and wellness needs. Personal training at the TLRC is the right step toward a healthy, active lifestyle.

A 30-minute wellness consultation is included as a part of each personal training package. If you are a non-member who is interested in a personal training package, you may purchase a 30-minute wellness consultation for $20. If you decide to purchase personal training sessions the $20 fee may be applied to cost of the personal training package. All personal training sessions must be used within six months of purchase. All training sessions are non-transferable and nonrefundable. To set up an initial consultation, or for more information, contact Mark Sterner at 349-3768 or sternerm@bloomington.in.gov.

MEMBERS SINGLE—One-on-one personal training sessions

- 3 one-hour sessions $130
- 5 one-hour sessions $210
- 10 one-hour sessions $400

MEMBERS BUDDY (2)—You and a friend

- 5 one-hour sessions $380

NON-MEMBERS SINGLE—One-on-one personal training sessions

- 3 one-hour sessions $155
- 5 one-hour sessions $240
- 10 one-hour sessions $440

NON-MEMBERS BUDDY (2)—You and a friend

- 5 one-hour sessions $440

Working with a personal trainer is a great way to get in shape.

Elder Care Connections, Inc.

Quality care for a treasured generation

812-330-3771
evercc.net
Locally owned & assisting families since 1996

Megan Stark
Certified Personal Trainer
CPR/First Aid/AED Certified
B.S. Kinesiology

I have always lived a very active lifestyle. I hold several State, 5-State Regional, and National titles in Track & Field, Dance, Cheerleading, and Gymnastics. I cheered for Indiana University and currently work for the top cheerleading company in the world, Universal Cheerleaders Association. My latest endeavor has been Competitive Powerlifting, specializing in the bench press. I graduated from IU in May 2009 with a B.S. in Kinesiology. I have worked with a variety of people with a broad spectrum of health and wellness needs, including cardiac rehab, post-operative, pre-operative, sport performance athletes, recreational sport, and special populations clients.

Photo by Kirkwood Photo.
American Red Cross Adult and Pediatric First Aid/CPR/AED

Would you know what to do in a cardiac, breathing or first aid emergency? The right answer could help you save a life. With an emphasis on hands-on learning, our First Aid/CPR/AED courses teach life-saving skills. Certification is issued upon successful completion and is valid for two years. Free online refresher are available with all course options. If you need First Aid as a stand-alone class or if your group would like private First Aid/CPR/AED training, contact Chelsea Price at pricec@bloomington.in.gov.

Sa 9/2 • 9 a.m.–3 p.m. • Register by 8/25 • 92001-A
Sa 10/7 • 9 a.m.–3 p.m. • Register by 9/29 • 92001-B
Sa 11/4 • 9 a.m.–3 p.m. • Register by 10/27 • 92001-C
Sa 12/2 • 9 a.m.–3 p.m. • Register by 11/24 • 92001-D
$50/in-city, $60/non-city • For ages 12 yrs. and up.

Well Check

Blood pressure, lipid panels, and hemoglobin (blood sugar-A1C) screenings help determine whether your levels in each area are in a healthy range. Head off a potential health condition with an affordable, convenient Well Check by IU Health Bloomington Community Health. No appointment is needed, but you need to fast for 12 hours to get an accurate cholesterol level. Use your IU Health Bloomington Plus Card to receive $5 off the screening fee of $20, or sign up for a Plus Card on site. For more information about the Well Check, call 353-3244.

Th 9/14 • 8:30–10:30 a.m.
$20 • For all ages.

SilverSneakers

The SilverSneakers program is the nation’s leading exercise program designed exclusively for older adults. The program offers physical activity, health education, and social events for Medicare-eligible and Group Retiree members. If you qualify, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up. Instructors: Catherine Gossett and Janet Scott

SilverSneakers Circuit
M, W • 9:30–10:30 a.m.
Tu, Th • 8:30–9:30 a.m.

SilverSneakers Classic
Tu, Th • 9:30–10:30 a.m.

SilverSneakers Yoga
M–Th • 10:30–11:30 a.m.

Active&Fit

The TLRC is now an Active&Fit participating facility. Active&Fit is an exercise and fitness program designed to help you achieve better health through regular exercise. The Active&Fit program includes membership at a local participating fitness center, Web site resources and support from Active&Fit’s toll-free member services hotline, and Web site. Active&Fit provides no- or low-cost fitness memberships.
If your health plan offers Active&Fit and you would like more information about the TLRC, please ask at the front desk or call 349-3720. You may also visit Active&Fit at www.ActiveandFit.com. Active&Fit is a federally registered trademark of American Specialty Health Incorporated.

Silver&Fit

The Twin Lakes Recreation Center is a Silver&Fit participating fitness facility! Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low cost fitness plans. Silver&Fit is provided by American Specialty Health Incorporated.

If your health plan offers Silver&Fit and you would like more information about the TLRC, please ask at the front desk or call 349-3720. You may also visit Silver&Fit at www.SilverandFit.com. Silver&Fit is a federally registered trademark of American Specialty Health Incorporated.
Group Exercise

Use these thermometers to help you choose the group exercise class with the right intensity level for you.

Group Exercise Registration Policies

Fall Session: September 11–October 29 • Register by 9/17.
Fall Session FREE week: September 11-17

Winter I Session: November 6–December 24 • Register by 11/12.
Winter I Session FREE week: November 6–12
Class does not meet 11/23.

Group exercise classes are FREE to members! Members must register at the TLRC front desk. Registration for group exercise classes extends through the first week of each session. All scheduled classes are held this week, so you can try out any classes that interest you for free! When you find one you like, register by the listed registration deadline. Classes that do not meet the minimum registration requirements after the first week will be cancelled for that session. Daily passes are available for $10. See the front desk attendant to purchase a daily pass.

Cancellation policy
Group exercise classes are FREE to members! Members must register at the TLRC front desk. Registration for group exercise classes extends through the first week of each session. All scheduled classes are held this week, so you can try out any classes that interest you for free! When you find one you like, register by the listed registration deadline. Classes that do not meet the minimum registration requirements after the first week will be cancelled for that session. Daily passes are available for $10. See the front desk attendant to purchase a daily pass.

Beginning Yoga
This class focuses on posture alignment, freeing the shoulder girdle and pelvis, and synchronizing movement and breathing through basic yoga poses. Gain a simple foundation practice that can be useful every day and serve as a springboard to explore any style of yoga. Feel at home in your body, enjoy good health, move freely, and reduce stress. Instructor: Allana Radecki

W 9/13–10/25 • 6:45–7:45 p.m. • Register by 9/17 • 95002-A
F 9/15–10/27 • noon–1 p.m. • Register by 9/17 • 95002-B
W 11/8–12/20 • 6:45–7:45 p.m. • Register by 11/12 • 95002-C
F 11/10–12/22 • noon–1 p.m. • Register by 11/12 • 95002-D
FREE/member, $55/non-member • For ages 18 yrs. and up.

Boot Camp
Are you ready for a challenge? Take your body to the next level with this intense yet fun, fat-burning class! This class combines weights, interval training and plyometrics to increase cardiovascular efficiency and overall strength. Get in and get fit!

NEW LifeFitness equipment in our Cardio Studio!

ellipticals • recumbent bike • upright bike
power mill • treadmills
Cardio is a great addition to your fitness routine!

Cardio is a great addition to your fitness routine!

Cardio Kickboxing
This class combines cardio, boxing and martial arts to provide a total body workout that improves strength, aerobic fitness, speed, flexibility, coordination and balance. Try this popular fitness trend and kick, jab, cross, hook, and uppercut your way to a fitter you! Instructor: Janet Scott
M 9/11–10/23 • 5:30–6:30 p.m. • Register by 9/17 • 95004-A
M 11/6–12/18 • 5:30–6:30 p.m. • Register by 11/12 • 95004-B
FREE/member, $55/non-member • For ages 18 yrs. and up.

Core 360
The most commonly neglected area of the adult body is the core. This class is designed to strengthen and balance all 360 degrees of the core! Improve posture and spine health through a variety of exercises that strengthen the rectus abdominus, transverse abdominus, obliques, and low back muscles. Join this class and tone your core fast! Instructor: Janet Scott
Tu, Th 9/12–10/26 • 6:45–7:15 p.m. • Register by 9/17 • 95005-A
FREE/member, $55/non-member • For ages 18 yrs. and up.

Pilates
This class focuses on developing core awareness, strength, and flexibility, and teaches fundamental exercises drawn from the Pilates repertoire that engage and challenge the core. The workout is balanced, accessible, and valuable support for maintaining a healthy, integrated body for everyday life. Instructor: Allana Radecki
W 9/13–10/25 • 6:30–7:00 p.m. • Register by 9/17 • 95006-A
W 11/8–12/20 • 6:30–7:00 p.m. • Register by 11/12 • 95006-B
FREE/member, $55/non-member • For ages 18 yrs. and up.

R.I.P.P.E.D.
R.I.P.P.E.D. (Resistance, Interval, Power, Plyometrics, Endurance, Diet) is designed for all fitness levels, allowing both gym novices and trained athletes to feel an intense, full-body workout. The workout changes up every six to nine minutes, allowing every muscle group to get a quick yet effective workout, thus the tagline: One Stop Body Shock. Instructor: Catherine Gossett
W 9/13–10/25 • 5:30–6:30 p.m. • Register by 9/17 • 95007-A
Th 9/14–10/26 • 5:30–6:30 p.m. • Register by 9/17 • 95007-B
W 11/8–12/20 • 5:30–6:30 p.m. • Register by 11/12 • 95007-C
FREE/member, $55/non-member • For ages 18 yrs. and up.

Core 360
The most commonly neglected area of the adult body is the core. This class is designed to strengthen and balance all 360 degrees of the core! Improve posture and spine health through a variety of exercises that strengthen the rectus abdominus, transverse abdominus, obliques, and low back muscles. Join this class and tone your core fast! Instructor: Janet Scott
Th 9/14–10/26 • 5:30–6:30 p.m. • Register by 9/17 • 95007-B
W 11/6–12/18 • 5:30–6:30 p.m. • Register by 11/12 • 95007-C
FREE/member, $55/non-member • For ages 18 yrs. and up.

Class does not meet 11/23.
Run/Walk X-Train
Get up and moving and run and walk with a coach! We will improve your form and speed for running and walking with a variety of speed, resistance, and agility drills. This class is a great fit for beginners or for regular runners and walkers who want to add variety to their workouts. Challenge yourself at your own pace! Instructor: Janet Scott
RCA Community Park
Sa 9/16–10/28 • 9–10 a.m. • Register by 9/17 • 95014-A
Twin Lakes Recreation Center
Sa 11/11–12/23 • 9–10 a.m. • Register by 11/12 • 95014-B
FREE/member, $55/non-member • For ages 18 yrs. and up.

Yoga Stretch
A perfect complement for Vinyasa Flow, this class is for students of all fitness levels. Many of the poses are seated, supine or prone and are held with muscles relaxed for several minutes to target the connective tissues of the lower back, hips, and hamstrings. There is a focus on the breath, being present in the moment, relieving tension and letting go. Give yourself this opportunity to surrender, slow down and come back to balance. Instructor: Wendy Gleckler
Tu 9/12–10/24 • 5:30–6:30 p.m. • Register by 9/17 • 95011-A
Tu 11/7–12/19 • 5:30–6:30 p.m. • Register by 11/12 • 95011-B
FREE/member, $55/non-member • For ages 18 yrs. and up.

Vinyasa Flow I
This class emphasizes joining breath and movement and is both physically challenging and rejuvenating. With the focus on strength, balance and movement, the class is perfect for those with yoga experience and also for anyone looking for a new type of workout! Instructor: Wendy Gleckler
M 9/11–10/23 • 5:30–6:30 p.m. • Register by 9/17 • 95008-A
M 11/6–12/18 • 5:30–6:30 p.m. • Register by 11/12 • 95008-B
FREE/member, $55/non-member • For ages 18 yrs. and up.

Vinyasa Flow II
If you have mastered Vinyasa Flow I and want to take your yoga experience to the next level, try Vinyasa Flow II. Vinyasa Flow II is a dynamic class that has a fluid style and increased intensity. The instructor will refine basic poses with specific alignment cues and introduce more complex poses with an emphasis on proper technique to effectively build strength and stamina. Instructor: Wendy Gleckler
M 9/11–10/23 • 6:45–7:45 p.m. • Register by 9/17 • 95009-A
M 11/6–12/18 • 6:45–7:45 p.m. • Register by 11/12 • 95009-B
FREE/member, $55/non-member • For ages 18 yrs. and up.

Yoga Core
Yoga Core is a unique and enjoyable blend of yoga and core exercises drawn from Pilates and dance conditioning, where participants develop strength, flexibility and integration through awareness in movement. Attention to breath coordination and alignment is emphasized to ensure you get the most out of this workout. This class is appropriate for able-bodied beginners as well as more experienced exercisers. Variations are presented to help you adapt movements to your fitness level. Instructor: Allana Radecki
Sa 9/16–10/28 • 9–10 a.m. • Register by 9/17 • 95010-A
Sa 11/11–12/23 • 9–10 a.m. • Register by 11/12 • 95010-B
FREE/member, $55/non-member • For ages 18 yrs. and up.

Yoga Stretch
A perfect complement for Vinyasa Flow, this class is for students of all fitness levels. Many of the poses are seated, supine or prone and are held with muscles relaxed for several minutes to target the connective tissues of the lower back, hips, and hamstrings. There is a focus on the breath, being present in the moment, relieving tension and letting go. Give yourself this opportunity to surrender, slow down and come back to balance. Instructor: Wendy Gleckler
Tu 9/12–10/24 • 5:30–6:30 p.m. • Register by 9/17 • 95011-A
Tu 11/7–12/19 • 5:30–6:30 p.m. • Register by 11/12 • 95011-B
FREE/member, $55/non-member • For ages 18 yrs. and up.

ZUMBA
Are you ready to party yourself into shape? That’s exactly what ZUMBA is all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that is moving millions of people toward joy and health. Instructor: Kristy LeVert
M 9/11–10/23 • 6:45–7:45 p.m. • Register by 9/17 • 95012-A
Th 9/14–10/26 • 6:45–7:45 p.m. • Register by 11/12 • 95012-B
M 11/6–12/18 • 6:45–7:45 p.m. • Register by 9/17 • 95012-C
FREE/member, $55/non-member • For ages 18 yrs. and up.
Th 11/9–12/21 • 6:45–7:45 p.m. • Register by 11/12 • 95012-D
FREE/member, $50/non-member • For ages 18 yrs. and up.

ZUMBA Gold
ZUMBA Gold is a class of Latin-inspired dance aerobics for seniors and those new to ZUMBA. ZUMBA Gold goes at a slower pace, with more breaks and more instruction, but uses the same zesty ZUMBA music. You can’t help but move in this class, and whether you choose a low-intensity or high-intensity option, it’s a great workout! Can’t stand for the whole program—seated participants are welcome! Instructor: Krista Wilhelmsen
Sa 9/16–10/28 • 10:30–11:30 a.m. • Register by 9/17 • 95013-A
Sa 11/11–12/23 • 10:30–11:30 a.m. • Register by 11/12 • 95013-B
FREE/member, $55/non-member • For ages 18 yrs. and up.

Healthy Heart Tip!
Switching up your fitness routine at least every six to eight weeks prevents you from reaching a plateau. Change can be fun—try a new exercise class to keep your routine from becoming routine.
Advisories & Fitness

NEW LifeFitness equipment in our Cardio Studio!

ellipticals • recumbent bike • upright bike
power mill • treadmills

Cardio is a great addition to your fitness routine!

Pickleball
Admission $8 per day; participation is free with your Twin Lakes Recreation Center membership. Occasionally, alternate programs are scheduled in the space ordinarily reserved for Pickleball. Contact the Twin Lakes Recreation Center at 812-349-3720 or stop by the front desk for updates on Pickleball schedule changes.

Outdoor Pickleball courts are also available at RCA Community Park. Outdoor courts are available for use on a first-come, first-served basis.

M, W, F • 9:30 a.m.–1 p.m.
Court 4

Adult Volleyball
This is a 6 vs. 6 league. Each match consists of three games. Matches are self-officiated. Each team must have at least two women on the court during play. Rosters may include an unlimited number of players, but all names must be submitted prior to the start of the league. Team fees and tentative rosters are due prior to the registration deadline. Include the team captain’s name and contact information upon registration. Specific game times are announced after registration. Each team is guaranteed a minimum of eight matches, which may include a voluntary post-season tournament.

Registration takes place at the Twin Lakes Recreation Center. Online registration is not available for this program. For more information, e-mail Chelsea Price at pricec@bloomington.in.gov.

Tu, Th 9/12–12/14 • 6:30–10:30 p.m. • Register by 9/6.
Division I—Competitive • 95001-A
Division II—Competitive Recreational • 95001-B
Division III—Recreational • 95001-C
$200 • For ages 18 yrs. and up.

Aerial Fitness Classes for Adults

Aerial Silks • Aerial Yoga • Aerial Hoop
Are you ready for amazing total body workouts that build lean muscle, strength, flexibility, agility and confidence? With Aeriallogy’s progressive training methods, even total beginners can learn aerial arts while getting in great shape.

For ages 13 yrs. and up.
ALL levels welcome!
For more information or to register, visit www.aeriallogy.fitness.

Excel Tae Kwon Do
This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O’Connor, a 4th-degree black belt with more than 20 years of experience. Some of her achievements include multiple National and Junior Olympic Championships in the AAU and USSSA organizations, AAU and USSSA National team member, and the first woman to be inducted in the USSSA Hall of Fame. The ultimate goal at Excel TKD is to mold future black belts into the best martial artists they can be. Instructor: Emeline O’Connor

Beginner—Tuesdays and Thursdays, 5:30–6:30 p.m.
9/12–10/26 • $55 • Register by 9/17 • 95015-A
11/7–12/21 • $50 • Register by 11/12 • 95015-B
For all ages.

Advanced—Tuesdays, 6:45–7:45 p.m. and Thursdays, 5:30–6:30 p.m.
9/12–10/26 • $55 • Register by 9/17 • 95015-C
11/7–12/21 • $50 • Register by 11/12 • 95015-D
For all ages.

Class does not meet 11/23.

Registration is ongoing at bloomingtonsoccer.net.

Bloomington Adult Soccer Leagues
Leagues for all skills and ages. All games feature five field players and one goalkeeper. Games are 40 minutes. Seasons feature seven games (five for Early Fall Adult Rec and University League) and an end-of-season tournament.

Early Fall Adult Rec
Tu 10/3–10/31 • 6:30–10:15 p.m.
$325/team

EARLY Fall Beginners
M 10/2–10/30 • 6:30–10:15 p.m.
$325/team

Adult Rec Tuesday
Tu 11/7–1/16 • 6–10:30 p.m.
$675/team, $65/individual

University Premier
Su 10/29–12/10 • 7–10:30 p.m.
$500/team

Adult volleyball league begins September 12. TLRC membership is not required to participate. Photo by Julie Ramey.
**How to register:** Choose one of four ways.

<table>
<thead>
<tr>
<th>ONLINE</th>
<th>WALK IN</th>
<th>MAIL IN</th>
<th>DROP OFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online registration available 24–7!</td>
<td>Register in person by coming to the City of Bloomington Parks and Recreation office located in City Hall at 401 N. Morton St., Ste. 250, Monday–Friday, 8 a.m.–5 p.m.</td>
<td>Complete the registration form and send it to Bloomington Parks and Recreation 401 N. Morton St., Ste. 250 Bloomington, IN 47404 Registrations must be received before the deadline.</td>
<td>A convenient drop box is located outside City Hall, at the “401” address doors. Drop off your registration after hours or whenever it’s convenient for you. Make sure you drop off before the registration date.</td>
</tr>
<tr>
<td>Visit us at: bloomington.in.gov/parks</td>
<td>Secured for credit card payment.</td>
<td>Check or Money Order</td>
<td>Check or Money Order</td>
</tr>
<tr>
<td>VISA, MASTERCARD, or DISCOVER</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Am I a City of Bloomington Resident?** A resident is any person who resides within the City’s corporate limits. Do you pay Bloomington property taxes? Do you have a City of Bloomington trash pickup service? If you can answer “yes” to both of these questions, then you are a “City of Bloomington Resident.” If you are in an apartment and unsure if the property is “in-city” we can verify by checking your address. Even if your mailing address is “Bloomington,” it does not necessarily mean you are a City resident. Please call the City of Bloomington Parks and Recreation office at 349-3700 if you have residency questions.

**Fees and Charges** City of Bloomington Parks and Recreation is a City of Bloomington department under the administration of the Mayor of Bloomington. City of Bloomington residents, through property taxes, make a significant contribution to the operation of the park system. Non-resident fees are charged so non-resident participants can fairly contribute to overall financing of the park system. Fees are listed separately for City of Bloomington residents and non-city residents. Residency verification may be requested.

**Waiver of Liability** The City of Bloomington is not responsible for any injuries sustained as a result of participation in any department sponsored activity, or while using departmental facilities. It is recommended that anyone enrolled in a program or using facilities make provisions for adequate coverage within their own insurance plan.

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**PROGRAM REGISTRATION FORM**

<table>
<thead>
<tr>
<th>Name</th>
<th>Home Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>(parent/guardian if participant is under 18 or under legal guardianship)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Street Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City of Bloomington Resident?</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>(If you are unsure of your residency status, please call 349-3700)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How did you hear of this program?</th>
<th>Program Guide</th>
<th>Newspaper</th>
<th>Flyer</th>
<th>Friend</th>
<th>E-mail</th>
<th>Web site</th>
<th>Previous Participant</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participant Name</td>
<td>Gender</td>
<td>Birthdate</td>
<td>Shirt Size</td>
<td>Program Name</td>
<td>Class Code</td>
<td>Fee</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Inclusive Service Request:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reasonable accommodations are needed to participate in above program(s) related to specific needs associated with a disability. (circle one) YES NO</td>
</tr>
<tr>
<td>If YES, please complete an Inclusion Assessment and the Inclusive Recreation Coordinator will contact you. We request at least two weeks notification for reasonable accommodations requests. In some cases reasonable accommodations may take longer.</td>
</tr>
</tbody>
</table>

The undersigned is the adult Program Participant, or is the parent or legal guardian of the Program Participant. The undersigned hereby states that s/he understands the activities that will take place in this program, and that the Program Participant is physically and mentally able to participate in this program. The undersigned recognizes, as with any activity, there is risk of injury. In the event that the Program Participant sustains an injury in the course of the program, and the City of Bloomington Parks and Recreation Department is unable to contact the appropriate person(s) to obtain consent for treatment, the City of Bloomington Parks and Recreation Department and/or its employees or volunteers are authorized to take reasonable steps to obtain appropriate medical treatment. The Program Participant and/or his/her parent or legal guardian shall be responsible for the cost of such treatment. The Undersigned now releases the City of Bloomington, the Bloomington Parks and Recreation Department, its employees, agents, and assigns, from any claims including, but not limited to, personal injuries or damage to property caused by or having any relation to this activity. It is understood that this release applies to any present or future injuries and that it binds the Undersigned’s spouse, heirs, executors and administrators. The Program Participant may be photographed and videotaped while participating in Parks and Recreation activities, and consent is given for the reproduction of such photos or videos for advertising and publicity.

I have read this release and understand all of its terms. I agree with its terms and sign it voluntarily.

<table>
<thead>
<tr>
<th>Signature (parent/guardian if participant is under 18 or under legal guardianship)</th>
<th>Date</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Make check or money order payable to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>City of Bloomington</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mail registrations to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>City of Bloomington</td>
</tr>
<tr>
<td>Parks and Recreation</td>
</tr>
<tr>
<td>401 N. Morton Street, Ste. 250,</td>
</tr>
<tr>
<td>Bloomington IN 47404</td>
</tr>
</tbody>
</table>
Membership benefits
The Twin Lakes Recreation Center provides members with many choices to create a wellness plan that offers variety and challenge.

Group exercise classes are now free for members! See pages 6-7 for a listing of the classes currently offered.

Stop by and see how the TLRC’s cardio studio, new strength equipment, and the free weight area can be a part of your fitness goals.

Memberships*

<table>
<thead>
<tr>
<th>Type</th>
<th>Automatic Monthly Debit**</th>
<th>Monthly</th>
<th>Six months***</th>
<th>12 month***</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student</td>
<td>$30/month</td>
<td>$30/month</td>
<td>$155</td>
<td>$270</td>
</tr>
<tr>
<td>Under 18 yrs. or with valid college or university ID</td>
<td>Automatically debited from your bank account each month.</td>
<td>Payable by cash, check, or credit card each month at the TLRC.</td>
<td>One up-front payment. Savings of $25 over monthly rate.</td>
<td>One up-front payment. Savings of $90 over monthly rate.</td>
</tr>
<tr>
<td>Adult</td>
<td>$35/month</td>
<td>$40/month</td>
<td>$200</td>
<td>$360</td>
</tr>
<tr>
<td></td>
<td>Automatically debited from your bank account each month.</td>
<td>Payable by cash, check, or credit card each month at the TLRC.</td>
<td>One up-front payment. Savings of $40 over monthly rate.</td>
<td>One up-front payment. Savings of $120 over monthly rate.</td>
</tr>
<tr>
<td>Senior</td>
<td>$30/month</td>
<td>$35/month</td>
<td>$175</td>
<td>$315</td>
</tr>
<tr>
<td>age 60 yrs. and up</td>
<td>Automatically debited from your bank account each month.</td>
<td>Payable by cash, check, or credit card each month at the TLRC.</td>
<td>One up-front payment. Savings of $35 over monthly rate.</td>
<td>One up-front payment. Savings of $105 over monthly rate.</td>
</tr>
<tr>
<td>Two Person</td>
<td>$55/month</td>
<td>$60/month</td>
<td>$300</td>
<td>$540</td>
</tr>
<tr>
<td>Must reside in the same household.</td>
<td>Automatically debited from your bank account each month.</td>
<td>Payable by cash, check, or credit card each month at the TLRC.</td>
<td>One up-front payment. Savings of $60 over monthly rate.</td>
<td>One up-front payment. Savings of $180 over monthly rate.</td>
</tr>
<tr>
<td>Two Seniors</td>
<td>$45/month</td>
<td>$50/month</td>
<td>$250</td>
<td>$450</td>
</tr>
<tr>
<td>age 60 yrs. and up. Must reside in the same household.</td>
<td>Automatically debited from your bank account each month.</td>
<td>Payable by cash, check, or credit card each month at the TLRC.</td>
<td>One up-front payment. Savings of $50 over monthly rate.</td>
<td>One up-front payment. Savings of $150 over monthly rate.</td>
</tr>
<tr>
<td>Family</td>
<td>$65/month</td>
<td>$70/month</td>
<td>$350</td>
<td>$630</td>
</tr>
<tr>
<td>Max. 2 adults and dependent children living in the same household</td>
<td>Automatically debited from your bank account each month.</td>
<td>Payable by cash, check, or credit card each month at the TLRC.</td>
<td>One up-front payment. Savings of $70 over monthly rate.</td>
<td>One up-front payment. Savings of $210 over monthly rate.</td>
</tr>
</tbody>
</table>

*There is a one-time capital fee of $20 for each new member.
**Automatic Monthly Debit requires a 12-month commitment, and can be put on a freeze for up to three months within 12 months.
***Six-month and 12-month memberships paid in full can be put on a freeze for up to three months within 12 months.

Facility rental (per hour)

<table>
<thead>
<tr>
<th>Facility</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Party Room</td>
<td>$40</td>
</tr>
<tr>
<td>Program Room</td>
<td>$40</td>
</tr>
<tr>
<td>Studio A</td>
<td>$60</td>
</tr>
<tr>
<td>Studio B</td>
<td>$55</td>
</tr>
<tr>
<td>Basketball practice/court</td>
<td>$25/hour</td>
</tr>
<tr>
<td>Basketball competition/tournament</td>
<td>$40/per court/per hour</td>
</tr>
<tr>
<td>Turf field non-prime (April-September)</td>
<td>$70/hour</td>
</tr>
<tr>
<td>Turf field prime (October-March)</td>
<td>$100/hour</td>
</tr>
<tr>
<td>Entire Lower Level</td>
<td>$150/hour</td>
</tr>
</tbody>
</table>

Party Room Rental at Twin Lakes Recreation Center

Party Room rental includes tables and chairs. Decorating, setup, and cleanup must be done during the rental time, or additional time can be added. Renters are responsible for their own decorations, party supplies, tableware, food service utensils, and equipment (e.g. basketballs, footballs, and soccer balls).

$40/hour for use of the party room only
$60/hour includes use of one basketball court
$75/hour includes use of Studio A or B
$100/hour includes use of the turf (April-September)
$125/hour includes use of the turf (October-March)

The studios offer wood floors and full-length mirrors. Court, turf, and studio room rental time runs simultaneously with the party room rental time.

For more information on booking a party, call 349-3720. Rental fees MUST be paid in full at the time of the reservation to secure the date.