

January 2018

Group Exercise, SilverSneakers, Silver&Fit, and Active&Fit

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

Group Exercise trial week for January session—try any class for free January 8–14. This session runs through February 25.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.			SilverSneakers Circuit		SilverSneakers Circuit		
9 a.m.							Yoga Core
9:30 a.m.		SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic	SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic		Run/Walk X-Train
10:30 a.m.		SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga		ZUMBA Gold
noon						Beginning Yoga	
5:30 p.m.		Vinyasa Flow I Cardio Kickboxing	Yoga Stretch	Pilates R.I.P.P.E.D.	R.I.P.P.E.D.		
6:45 p.m.		Vinyasa Flow II ZUMBA	Core 360	Beginning Yoga Boot Camp	Core 360 ZUMBA		

INSURANCE-BASED MEMBERSHIP OPTIONS



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. Active&Fit provides eligible members with 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 812-349-3720.

You may also visit Active&Fit at www.ActiveandFit.com. Active&Fit is a federally registered trademark of American Specialty Health Incorporated.



SilverSneakers is the premier fitness program provided at no cost by more than 70 health plans nationwide.

If you qualify, your TLRC membership is free!

SilverSneakers Circuit—Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

SilverSneakers Classic—Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

SilverSneakers Yoga—Move your whole body through a complete series of seated and standing yoga poses.



The Twin Lakes Recreation Center is now 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 memberships.

If your health plan offers Silver&Fit and you would like more information about the TLRC, please ask at the front desk or call 812-349-3720.

You may also visit Silver&Fit at www.SilverandFit.com. Silver&Fit is a federally registered trademark of American Specialty Health Incorporated.



1700 W. Bloomfield Rd.
812-349-3720

Hours:

Mon.–Fri.: 6 a.m.–10 p.m.
Sat.–Sun.: 7 a.m.–10 p.m.

Holiday Hours:

January 1: Closed
January 15: 6 a.m.–10 p.m.



[btownparks](https://www.instagram.com/btownparks)



Twin Lakes
Recreation Center

bloomington.in.gov/TLRC

January 2018

The lower level is open for scheduled programming and rentals only.
Members may request use of the lower level at the front desk.

FREE, ONGOING PROGRAMS FOR ADULTS (ages 50 yrs. and up)

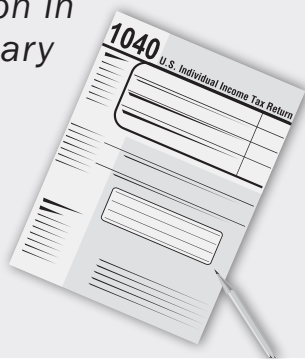
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.			International Folk Dance		Advanced German

Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

ADDITIONAL ACTIVITIES

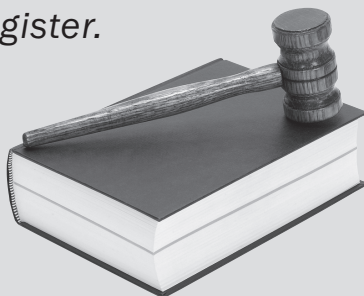
AARP Tax Preparation

Starting in February!
Look for more information in our February calendar.



Legal Counseling

Jan. 15 • 3 p.m. • FREE
by Atty. Tom Bunger
Call 812-349-3720
to register.



Pickleball

M, W, F • 9:30 a.m.–1 p.m.
Court 4
TLRC membership
or purchase of a
daily admission
pass is required
to participate.



Excel Tae Kwon Do

Beginner—
Tuesdays and Thursdays, 5:30–6:30 p.m.
Advanced—
Tuesdays, 6:45–7:45 p.m. and
Thursdays, 5:30–6:30 p.m.
1 Jan.–Feb. 22 • For all ages.
\$55 • Register by Jan. 14.
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.



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