

# April 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](http://bloomington.in.gov/TLRC).  
**Group Exercise trial week for Session III—try any class for free May 7–13. This session runs through June 24.**  
**Classes do not meet May 28.**

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

April 1: Closed



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



[Twin Lakes Recreation Center](https://www.facebook.com/TwinLakesRecreationCenter)

[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)

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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
<b>9 a.m.</b>	Steady Steppers		Steady Steppers		Steady Steppers
<b>9:30 a.m.</b>		Lap Quilting			
<b>11:45 a.m.</b>			Tai Chi Qigong		
<b>1:30 p.m.</b>			International Folk Dance		Advanced German

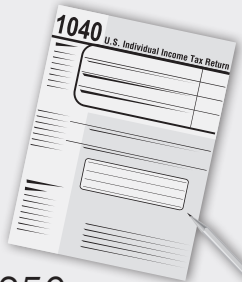
Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

## ADDITIONAL ACTIVITIES

### AARP Tax Aide

#### Free Tax Help

W, 9 a.m.–2:30 p.m.  
Th, 2–5:30 p.m.



For more information, contact Ron Sharer at 812-345-6250.

### Legal Counseling

April 2 • 3 p.m. • FREE  
by Atty. Tom Bungler  
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.

May 8–June 21 • For all ages.  
\$55 • Register by May 13.

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.



**TWIN LAKES RECREATION CENTER**  
CITY OF BLOOMINGTON  
PARKS AND RECREATION

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btownparks



Twin Lakes Recreation Center

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