

May 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 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
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	Body Blast Pilates	Body Blast		
6:45 p.m.		Vinyasa Flow II ZUMBA	Core 360	Beginning Yoga Boot Camp	Core 360 ZUMBA		

ADDITIONAL ACTIVITIES

Family Yoga

NEW!

Family Yoga provides a wonderful place to spend healthy and happy, quality time together. It is a powerful program that can inspire, create community, and build family bonds. Classes include songs and rhymes, verbal and physical interaction, stories and creative play. No mobile phones, no iPads or TV, no other duties ... it's just you and your family! Let's Family Yoga! Instructor: Valeria DeCastro
F 5/11–6/22 • 5:30–6:30 p.m.
Register by 5/13 • 250215-A
F 7/6–8/17 • 5:30–6:30 p.m.
Register by 7/8 • 250215-B
\$30 • For ages 3–12 yrs. w/parent

Mommy & Me: Exercise in the Park

NEW!

This class is a full-body workout that the kids are welcome to join! This class is a great way to get exercise, reduce stress, be social, and get outside! Children participate free with their adults. Instructor: Janet Scott
Sa 5/12–6/23 • 10:15–11:15 a.m.
Register by 5/13 • 250216-A
\$55 • For ages 18 yrs. and up.
Youth registration is free with adult registration. Youth participants must be age 3 yrs. and up.
Bryan Park, 1001 S. Henderson St.

Yoga Together

NEW!

Practicing Yoga Together is a fabulous medium for building stronger communication and intimacy in just about any kind of relationship, whether it is friendship, a family member, or your significant other. Postures are designed to nurture trust, strengthen communication and create a sense of laughter and light-heartedness. Instructor: Valeria DeCastro
Sa 5/12–6/23 • 2–3 p.m.
Register by 5/13 • 250217-A
Sa 7/7–8/18 • 2–3 p.m.
Register by 7/8 • 250217-B
\$30 • For ages 12 yrs. and up.

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

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:

May 28: 7 a.m.–1 p.m.



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



Twin Lakes
 Recreation Center

bloomington.in.gov/TLRC

May 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

50+ EXPO

Changing the Way We Age
Wednesday, May 9
3–6 p.m. • FREE

- Expo hall
- Free health screenings
- Community area with representatives from local activity clubs
- Quick-draw caricaturist and other fun stuff!
- Interactive activities celebrating Bloomington's Bicentennial.

bloomington.in.gov/50expo

Legal Counseling

May 7 • 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.



Insurance-based Membership Options

The TLRC is a participating fitness facility with the following options. If you would like more information, ask at the front desk or call 812-349-3720.

 Active&Fit. activeandfit.com

 SilverSneakers silversneakers.com

 Silver&Fit. silverandfit.com



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