

November 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 I in 2019—try any class for free January 7–13. This session runs through February 24.
REGISTRATION FOR SESSION I OPENS DECEMBER 7.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.			SilverSneakers Circuit		SilverSneakers Circuit		
9 a.m.							Trekking Yoga Core
9:30 a.m.		SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic	SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic		
10:30 a.m.		SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga		
noon						Beginning Yoga	
5:30 p.m.		Vinyasa Flow I Cardio Kickboxing	Yoga Stretch	Body Blast Pilates			
6:45 p.m.		ZUMBA	Core 360	Beginning Yoga Boot Camp	Core 360 ZUMBA		

ADDITIONAL ACTIVITIES

EXCEL TAE KWON DO January 2019 registration opens December 7.



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.
150212-A

Advanced

Tuesdays, 6:45–7:45 p.m.
and Thursdays, 5:30–6:30 p.m.
150212-C

January 8–February 21
For all ages.
\$55 • Register by 1/13.

DROP-IN SOCCER

Sundays, May 20–Dec. 30 • 5:30–7 p.m.
Admission \$5/player • Free to members

DROP-IN VOLLEYBALL

Wednesdays, Sept. 5–Dec. 26 • 8–10 p.m.
Admission \$5/player • Free to members

*For more information,
please stop by the front desk.*



1700 W. Bloomfield Rd.
812-349-3720

Hours:

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

Thanksgiving Hours:

November 22: Closed
November 23: 7 a.m.–1 p.m.



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
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

Legal Counseling

November 5 • 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.



activeandfit.com



silversneakers.com



silverandfit.com



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

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812-349-3720

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



Twin Lakes
Recreation Center

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