

October 2019

Group Exercise, Excel Tae Kwon Do, and Pickleball

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 VI—try any class for free October 21–27. Session VI runs through December 22.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.			Boot Camp		Boot Camp		
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		
10:30 a.m.		SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga		
noon			ZUMBA Gold	Hatha Yoga	ZUMBA Gold	Beginning Yoga	
5:30 p.m.		Cardio Kickboxing Power Vinyasa	Yoga Stretch	Core 360 Yoga Core	Hatha Yoga		
6:45 p.m.		Mindful Flow ZUMBA	Yoga Nidra	Beginning Yoga H.I.I.T.	Yoga Stretch ZUMBA		

ADDITIONAL ACTIVITIES

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. 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 • 350215-C
Tuesdays and Thursdays, 5:30–6:30 p.m.

Advanced • 350215-D
Tuesdays, 6:45–7:45 p.m.
and Thursdays, 5:30–6:30 p.m.

10/22–12/19
Class does not meet 11/25–12/1.
\$70 • Register by 10/27 • For all ages.

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.



1700 W. Bloomfield Rd.
812-349-3720

Hours:

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



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



Twin Lakes
Recreation Center

bloomington.in.gov/TLRC

October 2019

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.					

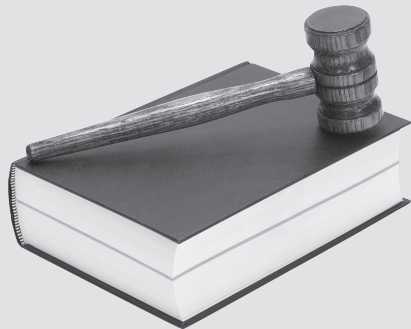
Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

ADDITIONAL ACTIVITIES

Legal Counseling

October 7 • 3 p.m.
by Atty. Tom Bunger
Call 812-349-3720
to register.

FREE



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.



silversneakers.com



myrenewactive.com



silverandfit.com



activeandfit.com

FitnessCoach

fitnesscoach.com



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