

# November 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](http://bloomington.in.gov/TLRC).

**Group Exercise trial week for Session I in 2020—try any class for free January 6–12. Session I runs through February 23. Registration opens December 9.**

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

### ADDITIONAL ACTIVITIES

## EXCEL TAE KWON DO FOR ALL AGES.



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 • 150213-A**  
Tuesdays and Thursdays, 5:30–6:30 p.m.

**Advanced • 150213-B**  
Tuesdays, 6:45–7:45 p.m.  
and Thursdays, 5:30–6:30 p.m.

**January 7–February 20**  
\$65 • Register by 1/12 • For all ages.  
Registration opens 12/9.

## 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.



### Hours:

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

### Thanksgiving Hours:

November 28: Closed  
November 29: 7 a.m.–1 p.m.



1700 W. Bloomfield Rd.  
812-349-3720



[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>					Advanced German

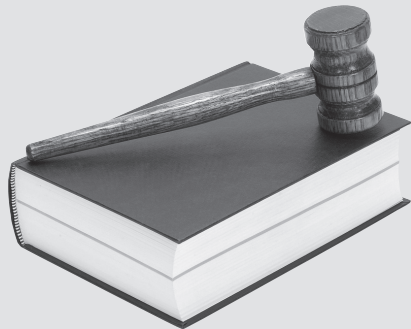
Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

## ADDITIONAL ACTIVITIES

### Legal Counseling

November 4 • 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](http://silversneakers.com)



[myrenewactive.com](http://myrenewactive.com)



[silverandfit.com](http://silverandfit.com)



[activeandfit.com](http://activeandfit.com)

**FitnessCoach**

[fitnesscoach.com](http://fitnesscoach.com)



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



Twin Lakes  
Recreation Center

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