



Fitness & Wellness



fitness

GYMTONE FITNESS:

EARLY MORNING FITNESS!

with *Silvano A. Vial, Fitness Instructor and Founder/Developer of the "Gymtone® Fitness Bar". Ways Of Wellness, Inc.*

Join the most complete Cross-Training Fitness Program available: GYMTONE® Fitness. This is truly a unique class, which concentrates on helping you achieve your optimum health potential. Body toning, strength building, flexibility, aerobic, and balancing exercises are emphasized. We invite you to come visit us free of charge, and see how this program could fit your needs. *No workout on 11/11, 11/24, 11/25, 12/23, 12/30*

Location: RMCC

\$157 / \$177 NR

26.401 M-F 6-7:15am 10/3-12/29

26.402 M-F 7:30-8:45am 10/3-12/29

STRENGTH TRAINING

with *Monique Story*

We will create a home workout using hand weights. You will learn to do safe and effective exercises to help strengthen and tone all muscles groups as well as increase bone density to help prevent Osteoporosis. An additional benefit can be weight loss. Our class will start with a gentle cardio warm up and end with stretching. Please bring: 3 to 5 pound hand weights for woman and 7 to 9 pounds for men and a mat. **Please bring a Yoga mat.**

Location: RMCC

\$55 / \$65 NR • 3 classes

26.436 Sa 10:30-11:30am 9/24-10/8

GYM JAM NEW

GROUP PERSONAL TRAINING

with *Community Street Jam*

An affordable alternative to one-on-one training sessions. This small group training session provides an engaging strength and cardio workout without that "meat-market" feeling. Using our gym equipment, jelly bells and calisthenics students will increase endurance, strength and flexibility. The best thing about working out, is working out with a buddy! Community Street Jam is Redwood City's Premier Fitness, Dance & Performance Academy. Our fitness instructors care!

Location: Community Street Jam

849 Veterans Blvd Redwood City

\$168 • 14 classes

26.481 M 10-11am 9/12-12/12

FITNESS

YOGALATES

with Monique Story

Yogalates is a combination of traditional Yoga postures, Pilates, lots of stretching and relaxation. This class is a great total body workout that improves posture, increases strength (including core and back) and enhances flexibility as well as balance. It's a terrific stress reliever and helps to detox your body. You will leave feeling transformed, rejuvenated and energized. All ages, body types and fitness levels welcome. **Please bring a Yoga mat.**

Location: Wednesday @ CAB
Saturday @ RMCC

\$170 / \$190 NR • 15 classes no 11/23

26.416 W 6-7:15pm 9/7-12/21

\$138 / \$158 NR • 12 classes no 10/15, 10/22, 11/12

26.417 Sa 9-10:15am 9/10-12/17

THE WHOLE BODY METHOD NEW

with Monique Story

Join the Ballet Fitness workout craze that's transforming bodies. This class is a **fusion of ballet conditioning, strength training and Pilates**. With the use of light weights and ballet barre, you will develop long, lean muscles, gaining definition in all the major muscle groups, as well as improve posture and core strength. Whether you want to look better, feel better, or help increase bone density...this class is for you! Come have fun with us getting healthy and strong. Great for guys too! **Please bring a Yoga mat & towel.**

Location: RMCC Dance Studio

\$159 / \$179 NR • 14 classes

26.437 M 10:30-11:30am 9/12-12/19 no 12/12



EXTRA GENTLE YOGA

Karen Stepp, Yoga Alliance RYT 200

Relax, refresh and renew. In this class we will use the power of yoga to relax the mind and body so that we can more easily deal with the stress of our daily lives. By moving slowly in and out of poses, taking time to connect to our breath and our experience we can develop an inner sense of peace and calm. This gentle class is suitable for beginners and anyone who wants to reduce stress. We will learn breathing techniques, postures and enjoy wonderful relaxations. **Bring a mat, a towel and an empty stomach.**

Location: Redwood Shores Library 399 Marine Pkwy. 94065 S

\$135 / \$155 NR • 13 classes

26.412 M 5:45-7pm 9/12-12/19 no 10/10, 10/31

YOGA FOR YOU! (HATHA)

Karen Stepp, Yoga Alliance RYT 200

Classic Hatha Yoga as taught in India. Recharge, refresh and rejoice in a safe, non-competitive environment. This series is suitable for beginners or advanced yogis and features postures, breathing practices, deep relaxation and meditation. **Wear loose clothing, have an empty stomach and open mind. Bring a yoga mat and a cushion to sit on.** Yoga practice will help you to develop and maintain strength, flexibility, and peace of mind.

Location: Redwood Shores Library 399 Marine Pkwy. 94065 S

\$147 / \$167 NR • 13 classes

26.413 M 7-8:30pm 9/12-12/19 no 10/10, 10/31

YOGA

with Betty Coleman

Yoga is the only type of exercise that lets you feel as if you are working with your body rather than against it! This class will help you build strength, tone muscles, increase flexibility, improve endurance, and leave you feeling invigorated and relaxed. Simple, easy to follow back exercises will be presented. Betty Coleman's class is designed for beginning and continuing students. **Bring a mat and wear comfortable clothing.**

@ THE CAB no 9/15, 11/24, 11/29

\$103 / \$123 NR • 14 classes

26.406 Tu 6-7pm 9/6-12/13

\$ 96 / \$114 NR • 13 classes

26.407 Th 5:45-6:45pm 9/8-12/15

@ THE VMSC

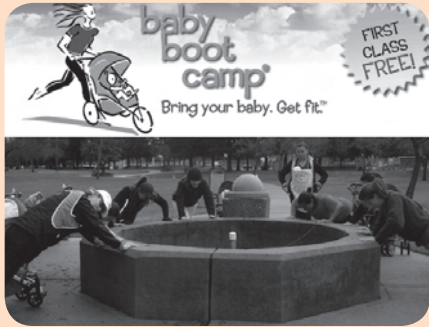
\$103 / \$123 NR • 14 classes

26.410 Th 9:30-10:30am 9/8-12/15



fitness





BABY BOOT CAMP

PRE & POST NATAL

Parents of Babies 6 weeks +
with *Christy Doyle*

TUES / THURS / FRI @9:30AM
RED MORTON PARK

Sign up through Baby Boot Camp online: babybootcamp.com or call 650.823.0119 for more information

Baby Boot Camp stroller-based fitness classes are designed specifically to help moms get fit. It takes the place of a personal trainer at a time in your life when you need one more than ever. Classes combine strength-training exercises with cardiovascular drills. The stroller, resistance tubes (and even your child) are used as an integral part of the workout! The structure of all Baby Boot Camp classes follows the guidelines set by the American College of Obstetrics and Gynecology and the American Council on Exercise. Pregnant moms must have a note from their healthcare provider indicating that they have been cleared for exercise. Postnatal moms must be 6 weeks postpartum (8 if delivered by cesarean section).

WANT ADDITIONAL PROGRAMS?

STROLLER STRIDES

MON / WED @ 9:30AM

RED MORTON PARK

Email midpeninsula@strollerstrides.net or call

1 888 726 8615 for info.



X-BIKING/KETTLEBELL NEW CARDIO TONE

Age 14+

with *Community Street Jam*

Stop spinning your wheels! X-biking is much more than "spinning" which only works your lower body. Get a more fun and effective workout to burn an extra 500 calories in this combination indoor 30-minute group X-Bike ride and Kettlebell class. Get one and half hours of targeted training for your arms, legs and core. Get stronger, leaner, faster! Don't let father time eat away at you; plan your future fitness level today! The Kettlebell technique is a time-tested method for keeping you strong at any age! Easy to learn and delivers fast results. All fitness and cycling experience levels welcome!

Location: Community Street Jam, 849 Veterans Blvd, Redwood City

\$180 • 15 classes no 11/24

26.420 M 6-7:30pm 9/12-12/19

26.421 Th 6-7:30pm 9/8-12/22



The classes below are offered at the Veterans Memorial Senior Center. Students must register with the instructor on the first day of class. No online / mail-in registration.



ACTIVE ADULTS EVENING WEIGHT LOSS PROGRAM

with *Scott Lohmann, Certified Personal Fitness Instructor*

This unique exercise program focuses on weight loss, core training and injury prevention. Class includes on-going consultation with a personal fitness instructor who will plan a personal fitness regime tailored for your specific needs. Personal trainer will also monitor your progress and provide valuable tools and information for continued fitness success!

For more information, please call (650) 823-1225.

Location: Adaptive PE Room, 711 Nevada Street

88.421 Th 7-8pm 9/1-10/27 \$68 • 9 classes

88.422 Th 7-8pm 11/3-12/8 \$45 • 6 classes

PERSONAL TRAINER

Prefer more one-on-one attention when it comes to a fitness regime? If so, sign up for appointments with certified fitness instructor Scott Lohmann (650) 823-1225. This dedicated personal trainer will help design a personal workout plan tailored for you that will increase your endurance and improve your muscular strength. Great Value!

\$65 an Hour / (Senior 62+) \$59 an Hour

GENERAL CONDITIONING FOR OLDER ADULTS

Improve your strength, flexibility and balance. Class will include a full spine support workout to improve lower back and abdominal strength in an effort to prevent or reduce lower back pain. Group class open to people of all levels of function. Instructed by Certified Fitness Instructor, Scott Lohmann. For more info call 650.823.1225.

Location: VMSC Sequoia Room

On-Going Wednesdays 12:30-1:30pm \$5 Drop In Fee

WEIGHT TRAINING FOR OLDER ADULTS

The focus of this class is to increase strength and muscle mass. Benefits include increased bone density to prevent osteoporosis, increase metabolic rate to decrease body fat and improve balance. Instructed by Certified Fitness Instructor Scott Lohmann, who will design individualized programs based on the goals and limitations of every person in the class. For more info call (650) 823-1225. Location: VMSC Adaptive PE Room

On-Going Fridays 2-3pm \$5 Drop In Fee



TRY IT OUT!
FIRST ONE IS FREE!
New Boot campers only!

BROADWAY'S FITNESS BOOT CAMP

All Ages and Fitness Levels Welcome!!

with Sean Broadway, National Academy of Sports Medicine CPT

Tired of the same old boring workout routine? Ready to mix things up and challenge yourself? Then Broadway's Fitness Camp is right for you! 60 minute workouts, 3 days a week. Each class is different and offers a new and exciting way to build some muscle and burn some calories! With the freedom to show up to every class or pick and choose your workouts, you can't go wrong! Plus, I make sure you get the individual attention you need push it to the limit and achieve your fitness goals!

Bring your own towel & water!!

Location: RMCC

MONDAY: EXTREME MELTDOWN - Intense, non-stop, total body circuit resistance training!!

WEDNESDAY: Kettlebells - Experience the intensity of total body Kettle Bell Training!

FRIDAY: 3D ABS - Unleash your 6 pack in this intense, belly busting workout!!

Any Questions? Contact the Sean directly at 650.533.2084

Monday / Wednesday / Friday 6:15-7:15am

26.489 5 sessions - \$80

26.490 10 sessions - \$140

26.491 20 sessions - \$240



FREE FITNESS CONSULTATION
Call SEan 650.533.2084

PERSONAL TRAINING WITH SEAN BROADWAY

1 ON 1 PERSONAL TRAINING (60 MINUTE SESSIONS)

with Sean Broadway, National Academy of Sports Medicine CPT

Whether you're new to the fitness world or a seasoned athlete, I can get you to your fitness goals! You will receive a custom tailored exercise plan specific to your goals. I will educate, motivate, and push you every step of the way to ensure your success!!

Purchase at Red Morton Front Desk

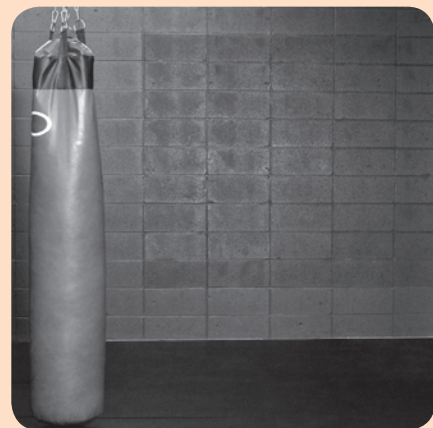
Location: Red Morton Community Center

5 SESSIONS: \$55 SESSION • 10 SESSIONS: \$50 SESSION • 20 SESSIONS: \$45 SESSION

BUDDY TRAINING (60 MINUTE SESSIONS)

Need a little extra motivation? Train with a friend!! Buddy Training allows you to still enjoy the benefits of custom tailored workouts that fulfill your needs without burning a hole in your wallet!! **Purchase at Red Morton Front Desk**

5 SESSIONS: \$65 SESSION • 10 SESSIONS: \$60 SESSION • 20 SESSIONS: \$55 SESSION



RECREATIONAL BOXING FITNESS

with Peninsula Boxing & Fitness

You don't have to be a boxer to get a boxing workout. Our high intensity classes challenge individuals in a fun and exciting way combining music, movement, and motivation. Increase cardiovascular fitness, lose weight, elevate energy levels, enhance muscle tone, build confidence, and reduce stress. Learn stance, footwork, and striking technique employing explosive punch and kick combinations on heavy bags for a super cardio total body conditioning workout. Do interval training to build lung capacity and increase heart rate for high calorie burn. Sharpen skills and develop stamina with punch mitt routines combined with strength exercises that focus on core stability. Conclude with cool down and flexibility. **\$36 fee for training gloves and protective hand-wraps.**

Location: Peninsula Boxing & Fitness

2860 Spring St. #1, RWC

SESSION 1

\$80 • 8 classes

26.450 Tu 7-8pm 9/6-10/25

26.451 W 7-8pm 9/7-10/26

26.452 Sa 9-10am 9/10-10/29

SESSION 2

\$80 • 8 classes

26.453 Tu 7-8pm 11/1-12/20

26.454 W 7-8pm 11/2-12/21

\$70 • 7 classes

26.455 Sa 9-10am 11/5-12/17

fitness

JAZZERCISE



JAZZERCISE - IT SHOWS

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today! All ages, levels, and sizes welcome, so come join us today.

Every Jazzercise class combines cardio moves to enhance endurance and burn mega calories, strength training to define muscles and strengthen your core, and stretching to increase flexibility. Through the use of hand-held weights and resistance tubes, you will get a total body workout while blasting fat, and having fun!

You'll feel comfortable once you step into class. Jazzercise is a very welcoming and non-competitive environment. Instructors and customers are friendly and helpful, and the moves are simple enough for everyone to follow.

When you love your work-out, results come easy!
Jazzercise.com

JAZZERCISE

The original dance exercise phenomenon! Each 60-minute workout is a fusion of dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. Our instructors make all the routines fun and easy-to-follow. Every class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and stretching. Weights and mats provided at the center.

JAZZERCISE STEP

Jazzercise's trademark choreography and music are specially adapted to create an original step aerobic class that's anything but routine. Our instructors keep this class fun and easy-to-follow. The low-impact, high intensity workout is a great way to add variety to your personal fitness program. Every class includes a gentle warm up, 30-40-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. Steps and weights are provided at the center. For all fitness levels.

PM Classes at Sandpiper Community Center (SCC) **S**

797 Redwood Shores Parkway, RWC

AM Classes at Dance Mode Studio (DMS)

767 Industrial Road (near Holly Street and HWY 101)

Drop-in or Call 415.608.4394

email: shores_jazzercise@yahoo.com

Easy Fitness Ticket \$45 (monthly electronic transfer)

8-Week Pass \$109

Joining Fee \$49

Childcare available for a small fee for classes marked with an *

Classes at Red Morton Community Center

1120 Roosevelt Ave., RWC

Drop-in or Call 650.458.8190 or 650.367.9566

email: jazzercise.rwc@comcast.net

Easy Fitness Ticket \$49 (monthly electronic transfer)

6-Week Pass \$99

Joining Fee \$49

Childcare available for a small fee for classes marked with an *

RED MORTON CLASS SCHEDULE

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am		Jazz		Step			
8:00am	Jazz	Step	Jazz	Step	Jazz	Step	
9:00am	Jazz* DMS	Jazz DMS	Jazz* DMS	Jazz DMS	Jazz* DMS	Jazz SCC	Jazz DMS
4:45pm		Jazz		Jazz			
5:45pm	Jazz	Jazz	Jazz	Jazz			
6:50pm	Jazz	Jazz	Jazz	Jazz			

SANDPIPER/DMS CLASS SCHEDULE

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am		Jazz DMS		Jazz DMS	Jazz DMS		
9:00am	Jazz* DMS	Jazz DMS	Jazz* DMS	Jazz DMS	Jazz* DMS	Jazz SCC	Jazz DMS
6:00pm	Jazz SCC	Jazz SCC	Jazz SCC	Jazz SCC			

Fitness Center Schedule

Monday-Thursday 7:30am-10:00pm
 Friday 7:30am-8:00pm
 Saturday 8:00am-5:00pm

We will be closed on:
 9/5, 11/11, 11/24, 11/25,
 12/22, 12/23, 12/24, 12/30,
 12/31, 1/1

Red Morton Community Center
 1120 Roosevelt Avenue
 Redwood City, CA 94061
 (650) 780-7311

RED MORTON FITNESS CENTER INFORMATION

The Red Morton Fitness Center has a variety of cardio and exercise equipment to fit your needs: Treadmills, Power Rack, Free Weights, Exercise Bicycles, Universal 3 Station Mini Gym, Elliptical Trainer, Stairmasters, Leg Press, Ab Trainer, Lockers, Showers, and a Wall-Mounted Color T.V.

ADULT GYM AND FITNESS CENTER RATES

	Adult	Per Visit
Drop-In (one time)	\$3.00	
5 visit card (good for 3 months)	\$12.50	\$2.50
10 visit card (good for 3 months)	\$25.00	\$2.50
25 visit card (good for 3 months)	\$50.00	\$2.00
50 visit card (good for 6 months)	\$87.50	\$1.75

YOUTH AND TEEN GYM AND FITNESS CENTER RATES

Drop-In activities are available for youth & teens. Youth membership includes use of the gym and teen center for young people ages 6 to 15 years old. **Participants ages 16 & 17 pay a higher fee that includes use of the fitness center. Membership card required. No refunds will be given for unused cards.**

	Youth 6-15	Teen 16-17
Drop-In (one time)	\$1.00	\$1.00
1 Year Membership	\$10.00	\$15.00



FALL GYMNASIUM SCHEDULE

SEPTEMBER - DECEMBER

The following programs are open to men and women age 18 and over, unless otherwise indicated. All participants will need to check in at the facility's front counter to pay for individual visits or to have their multi-visit card validated for entry. Bring your own equipment or check out balls and racquets from the gym supervisor's office located in the gym. Please wear appropriate shoes. No hard or dark soled shoes will be permitted. Schedule subject to change. Multi-use cards are available for purchase at the front reception counter. They can be used for entry to Drop-in Gym and the Fitness Center. Please estimate your usage and purchase the type of card appropriately. No refunds will be given for unused cards. **FOR INFO CALL 780-7311.**

CLOSED: 9/5, 10/14, 10/15, 11/11, 11/12, 11/24, 11/25, 12/22, 12/23, 12/24, 12/30, 12/31

ADULT ACTIVITIES ARE AGES 18 & UP.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 11:30am-2:30pm	Open Gym 11:30am-2:30pm	Open Gym 11:30am-2:30pm	Open Gym 11:30am-2:30pm	Open Gym 11:30am-2:30pm	Open Gym 11:30am-4:30pm	Closed to the Public
After School Sports 3:30-7pm	After School Sports 3:30-7pm	After School Sports 3:30-7pm	After School Sports 3:30-7pm	After School Sports 3:30-7pm	↓	
Adult Open Volleyball 7-10pm	Adult Sports League 7-10pm	Open Gym 7-10pm	Adult Sports League 7-10pm			

Register Online Today!

RedwoodCity.Org/Parks

