

SPORTS AND FITNESS FOR ADULTS

Women's Self Defense (ages 14+)

This class includes simple & effective techniques for striking, escapes from grabs & discussions on many defense related topics.

Session: Wed, Jan. 11 – Feb. 22,
7:00 – 8:00 pm #121255

Session: Wed, Mar. 7 – Apr. 25,
7:00 – 8:00 pm #121256

No class Apr. 4

Location: Newtown Elementary
Instructor: John McDonald & Tim Perry
Fee: \$61 **Resident Discount:** \$49



CrossFit-Style Workout

We will focus on functional movement utilizing Olympic lifts, Gymnastics, & Cardiovascular training. Have you seen the CrossFit Games on ESPN2? You will be doing the same thing! Very educational, instructional and challenging! Classes are 1hr.

Session: Sat., Jan. 30 – Mar. 24,
M/W, 6:30 – 7:30 pm,
S, 9:00 – 10:00 am #121290

Session: Sat., Mar. 26 – May 19,
M/W, 6:30 – 7:30 pm,
S, 9:00 – 10:00 am #121291

Instructor: Christian Korn
Location: Transcend Fitness, 591 Durham Road
Fee: \$160 **Resident Discount:** \$150



Tai chi

This form of exercise and relaxation brings the body into harmony, both mentally and physically. Tai Chi involves a series of easy to follow poses

that are held for a few seconds that benefit one's flexibility, posture and balance as well as reduces stress. This class is suitable for all ages & abilities.

Session: Tue, Jan. 24 – Apr. 10,
7:30 – 8:30 pm #121302

Session: Tue, Apr. 17 – Jul. 3,
7:30 – 8:30 pm #121303

Instructor: Stan Paul, Certified Tai Chi Instructor,
Brown Sash
Location: Newtown Athletic Club
Fee: \$154 **Resident Discount:** \$144

Adult Basketball

Supervised full-court pick-up games. **Pre-registration is required** – you cannot play if you have not registered. Sessions fill up quickly so please register early! Please be advised this schedule is tentative and subject to change.

Session 1: Mon, Jan. 23 – May 21,
8:00 – 10:00 pm #121358

No game Feb. 20, Apr. 2, May 28
Fee: \$90 **Resident Discount:** \$72

Session 2: Wed, Jan. 25 – May 30,
8:00 – 10:00 pm #121359

No game Apr. 4
Fee: \$102 **Resident Discount:** \$81

Or play both days!

Session 3: Mon. & Wed, Jan. 23 – May 30,
8:00 – 10:00 pm #121360

No game Jan. 16, Feb. 20,
Apr. 2 & 4, May 28

Fee: \$173 **Resident Discount:** \$138

Supervisor: Alan Most

Location: Newtown Middle School Gym

Boxing

In this introductory boxing class learn basic self-defense & punching combinations while increasing cardio and decreasing body fat! transcendfit.net **Boxing Gloves required.**

Session: T/Th, Jan. 31 – Mar. 22,
6:30 – 7:30 pm #121287

Session: T/Th, Apr. 3 – May 24,
6:30 – 7:30 pm #121288

Instructor: Olympic Boxer, Terrance Cauthen
Location: Transcend Fitness, 591 Durham Road
Fee: \$140 **Resident Discount:** \$130

Co-ed Volleyball (ages 18+)

Recreational pick-up games for men and women of all skill levels!

Session: Mon, Jan. 9 – Feb. 27,
8:00 – 10:00 pm #121045

No games Jan. 16 & Feb. 20

Session: Mon, Mar. 12 – Apr. 16,
8:00 – 10:00 pm #121361

Session: Mon., Apr. 30 – Jun. 11,
8:00 – 10:00 pm #121362

No games May 28

Location: Goodnoe Elementary School
Fee: \$34 **Resident Discount:** \$27



Tough Mudder Training

Doing a Tough Mudder? Want to train on the same obstacles that you will be expected to do at the race? Transcend has built a 5 acre Tough Mudder obstacle course with a 2 mile track & access to miles of trail running, right in our backyard! 15' Cargo nets, 12' A-Frames, Vertical Monkey Bars and that darn 10" Wall! Learn technique, increase endurance, & learn from instructors who are Tough Mudders themselves! (Pocono competition 4/28/12!)

Session: Sat, Jan. 28 – Mar. 17,
8:00 – 9:00 am #121289

Location: Transcend Fitness, 591 Durham Road
Fee: \$130 **Resident Discount:** \$120



Zumba!

Zumba combines high energy and motivating music with unique moves and combinations that allow participants to work out on their own level! Working out shouldn't be work! Join us for this feel-happy exercise program that is great for your body AND mind!

Mondays: Location - Newtown Twp Administration Bldg

Session: Mon, Jan. 2 – Feb. 13,
9:30 – 10:30 am #121363

No Class Jan. 16

Session: Mon, Feb. 27 – Apr. 9,
9:30 – 10:30 am #121364

Session: Mon., Apr. 9 – May 14,
9:30 – 10:30 am #121365

Thursdays: Location - Wrightstown Elementary School

Session: Thu, Jan. 5 – Feb. 9,
6:30 – 7:30 pm #121366

Session: Thu, Feb. 16 – Mar. 22,
6:30 – 7:30 pm #121367

Session: Thu, Mar. 29 – May 10,
6:30 – 7:30 pm #121368

No Class Apr. 5
Instructor: Janice Santiago
Fee: \$71 **Resident Discount:** \$57



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SPORTS AND FITNESS FOR ADULTS

Evening Yoga

Join our well trained, and experienced, certified Hatha Yoga instructor to learn the physical path of self-transformation. Exercises include: fluid movements, standing poses and gentle stretches. All levels of experience welcome. Designed to gradually increase your flexibility, balance and strength. Your posture and concentration may be positively affected. Specific breathing techniques improve your ability to manage stress and increase relaxation. **Bring a yoga mat or towel and wear non-restrictive clothes!**

Session: Wed, Jan. 4 – Feb. 8,
7:00-8:15 pm #121470

Session: Wed, Feb. 15 – Mar. 21,
7:00-8:15 pm #121471

Fee: \$68 **Resident Discount:** \$54
Or receive 10% off when you sign up for two sessions!

Session: Wed, Jan. 4 – Mar. 21,
7:00-8:15 pm #121472

Fee: \$121 **Resident Discount:** \$97

Session: Wed, Mar. 28 – May 2,
7:00-8:15 pm #121473

Session: Wed, May 9 – Jun. 13,
7:00-8:15 pm #121474

Fee: \$68 **Resident Discount:** \$54
Or receive 10% off when you sign up for two sessions!

Session: Wed, Mar. 28 – Jun. 13,
7:00-8:15 pm #121475

Fee: \$121 **Resident Discount:** \$97

Instructor: Jim Whitmoyer

Location: Newtown Twp Administration Bldg



Step Fusion

Experience a class that is an exciting, effective blend of step aerobics and weight training mixed with the principles of aerobic and interval training and the disciplines of Pilates and yoga. The result will be a fitter, healthier you! Appropriate for beginner and advanced exercisers. *Childcare available for an additional fee!*

Session: Wed, Jan. 18 – Feb. 22,
9:15 – 10:15 am #121346

Session: Wed, Mar. 7 – Apr. 11,
9:15 – 10:15 am #121347

Session: Wed, Apr. 25 – May 30,
9:15 – 10:15 am #121348

Location: Newtown Swim Club
Fee: \$60 **Resident Discount:** \$50

Pilates with Chi

Pilates is a body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back. Join our instructor as she guides you through the movements of Pilates.

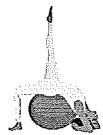
Session: Sat, Mar. 3 – Apr. 7,
12:00-1:00 pm

Session: Sat, Mar. 3 – Apr. 7,
1:00-2:00 pm

Instructor: Chi Balance

Location: Newtown Twp Administration Bldg

Fee: \$74 **Resident Discount:** \$60



Cardio Kickboxing

A GREAT cardiovascular workout with a kick and a punch! This coed class incorporates karate choreography to provide the participant with an excellent total body workout while using bags and mat work. This class is appropriate for people of all fitness levels!

Mondays

Session: Mon, Jan. 16 – Feb. 20,
7:00 – 8:00 pm #121310

Session: Mon, Mar. 5 – Apr. 9,
7:00 – 8:00 pm #121311

No class May 28

Session: Mon, Apr. 23 – Jun. 4,
7:00 – 8:00 pm #121312

Saturdays

Session: Sat, Jan. 21 – Feb. 25,
10:00 – 11:00 am #121313

Session: Sat, Mar. 10 – Apr. 14,
10:00 – 11:00 am #121314

Session: Sat, Apr. 28 – Jun. 2,
10:00 – 11:00 am #121315

Location: Newtown Swim Club

Fee: \$60 **Resident Discount:** \$50

Core & More

Back to basics! This class is a real calorie burner. It will combine some cardio with strength training for a total body workout. Resistance balls and light weights will add definition to your body. Appropriate for all fitness levels.

Session: T/Th, Jan. 17 – Feb. 23,
10:15 – 11:00 am #121316

Session: T/Th, Mar. 6 – Apr. 12,
10:15 – 11:00 am #121317

Session: T/Th, Apr. 24 – May 31,
10:15 – 11:00 am #121318

Location: Newtown Swim Club

Fee: \$90 **Resident Discount:** \$80



Zumba Toning!

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

*1lb. weights or zumba toning sticks required for class. Bring your own or purchase toning sticks from the instructor (\$20).

Session: Sat, Apr. 28 – June 9,
9:00 – 10:00 am #121456

No Class May 26

Instructor: Janice Santiago

Location: Newtown Twp Administration Bldg

Fee: \$71 **Resident Discount:** \$57

Spinning

This cardiovascular class will be held on a Spin Bike. You will experience hills, sprints and jumps—all to motivational music. Target Heart Rate will be used to track your progress. All levels welcome. Please bring a towel and water bottle to class.

Tuesdays AM, Childcare available for an additional fee!

Session: Tue, Jan. 17 – Feb. 21,
9:15 – 10:00 am #121328

Session: Tue, Mar. 6 – Apr. 10,
9:15 – 10:00 am #121329

Session: Tue, Apr. 24 – May 29,
9:15 – 10:00 am #121330

Tuesdays PM,

Session: Tue, Jan. 17 – Feb. 21,
5:00 – 6:00 pm #121331

Session: Tue, Mar. 6 – Apr. 10,
5:00 – 6:00 pm #121332

Session: Tue, Apr. 24 – May 29,
9:15 – 10:00 am #121333

Thursdays, AM Childcare available for an additional fee!

Session: Thu, Jan. 19 – Feb. 23,
9:15 – 10:00 am #121334

Session: Thu, Mar. 8 – Apr. 12,
9:15 – 10:00 am #121335

Session: Thu, Apr. 26 – May 31,
9:15 – 10:00 am #121336

Thursdays, PM

Session: Thu, Jan. 19 – Feb. 23,
5:00 – 6:00 pm #121337

Session: Thu, Mar. 8 – Apr. 12,
5:00 – 6:00 pm #121338

Session: Thu, Apr. 26 – May 31,
5:00 – 6:00 pm #121339

Saturdays, AM

Session: Sat, Jan. 21 – Feb. 25,
8:00 – 9:00 am #121340

Session: Sat, Mar. 10 – Apr. 14,
8:00 – 9:00 am #121341

Session: Sat, Apr. 28 – Jun. 2,
8:00 – 9:00 am #121342

Sundays, AM

Session: Sun, Jan. 15 – Feb. 19,
8:00 – 9:00 am #121343

Session: Sun, Mar. 4 – Apr. 15,
8:00 – 9:00 am #121344

No class Apr. 8

Session: Sun, Apr. 29 – Jun. 3,
8:00 – 9:00 am #121345

Location: Newtown Swim Club
Fee: \$70 **Resident Discount:** \$60

Hot Yoga

Bring a water bottle, mat, & towel for this series of hatha yoga movements performed in a room heated to 100-105*. By performing in the heat, the muscles are stimulated & circulation is greatly improved to the entire body. class is wed 7:35pm-9:00pm

Session: Wed, Jan. 25 – Apr. 11,
7:35 – 9:00 pm #121300

Session: Wed, Apr. 17 – Jul. 4,
7:35 – 9:00 pm #121301

Location: Newtown Athletic Club
Fee: \$154 **Resident Discount:** \$144

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Beginner/Basic Level Yoga

This class teaches beginners the fundamentals of yoga. Explore basic yoga postures; learn proper alignment and simple breathing techniques. This class is designed to lower stress and improve flexibility and can be mastered by all levels and age groups. Wear non-restrictive clothes!



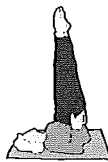
Session: Mon, Jan. 16 – Feb. 20,
5:30 – 6:30 pm #121349
Session: Mon, Mar. 5 – Apr. 9,
5:30 – 6:30 pm #121350
Session: Mon, Apr. 23 – Jun. 4,
5:30 – 6:30 pm #121351
Location: Newtown Swim Club
Fee: \$70 **Resident Discount:** \$60

Pilates

This multi level class increases strength and flexibility to create a total body workout. Pilates focuses on the core (mid section) of the body and improves posture. This workout experience will provide you with increased overall health and a stronger leaner body – while also reducing stress and tension. Resistance bands and Pilates rings are used to help tone & build core strength. A towel/mat and loose fitting clothing is required.

Monday and Friday Combo Childcare available for an additional fee! *Please note different times Mondays @ 9:15 am and Fridays @ 9:30 pm

Session: M/F, Jan. 16 – Feb. 24 #121319
Session: M/F, Mar. 5 – Apr. 13 #121320
Session: M/F, Apr. 23 – Jun. 4 #121321
No class May 28
Fee: \$90 **Resident Discount:** \$80
Mondays
Session: Mon, Jan. 16 – Feb. 20,
8:00 – 9:00 pm #121322
Session: Mon, Mar. 5 – Apr. 9,
8:00 – 9:00 pm #121323
Session: Mon, Apr. 23 – Jun. 4,
8:00 – 9:00 pm #121324
Fee: \$60 **Resident Discount:** \$50
Saturdays
Session: Sat, Jan. 21 – Feb. 25,
9:00 – 10:00 am #121325
Session: Sat, Mar. 10 – Apr. 14,
9:00 – 10:00 am #121326
Session: Sat, Apr. 28 – Jun. 2,
9:00 – 10:00 am #121327
Fee: \$60 **Resident Discount:** \$50
Location: Newtown Swim Club



Multi-Level Yoga

This class is opened to all levels, previous yoga experience is recommended. This class is designed to lower stress & improve flexibility Explore more yoga postures. Wear non-restrictive clothes!

Session: Wed, Jan. 18 – Feb. 22,
4:30 – 5:30 pm #121352
Session: Wed, Mar. 7 – Apr. 11,
4:30 – 5:30 pm #121353
Session: Wed, Apr. 25 – May 30,
4:30 – 5:30 pm #121354
Location: Newtown Swim Club
Fee: \$70 **Resident Discount:** \$60

Virtual Beginner Golf for Women

Indoor golf center with High Definition Golf™ simulators! Playing on our simulator will help you understand your swing, provide you with information such as driving distance, which clubs to use for what distance, club path, club face & more! Practice on our driving ranges & improve your game. Up to 4 golfers per bay.

Session: Mon, Jan. 23 – Feb. 13,
1:30-2:30 pm #121286
Location: Baylinks Golf
Fee: \$80 **Resident Discount:** \$60

Over 30 Basketball

Supervised pick-up games. **Pre-registration is required** – you cannot play if you have not registered. Sessions fill up quickly so please register early! Please be advised this schedule is tentative and subject to change.

Session 1: Mon, Jan. 23 – May 21,
8:00 – 10:00 pm #121358
No game Feb. 20, Apr. 2, May 28
Fee: \$90 **Resident Discount:** \$72
Session 2: Wed, Jan. 25 – May 30,
8:00 – 10:00 pm #121359
No game Apr. 4
Fee: \$102 **Resident Discount:** \$81
Or play both days!
Session 3: Mon. & Wed, Jan. 23 – May 30,
8:00 – 10:00 pm #121360
**No game Jan. 16, Feb. 20,
Apr. 2 & 4, May 28**
Fee: \$173 **Resident Discount:** \$138
Supervisor: Alan Most
Location: Newtown Middle School Gym



Piloxing

Sculpt your muscles and melt away fat using this unique mix of Pilates and Boxing! You will definitely be in shape after this core-centric interval workout!

Session: Sat, Jan. 21 – Apr. 7,
11:15 – 12:15 pm #121296
Session: Tue, Jan. 24 – Apr. 10,
8:15 – 9:15 am #121297
Session: Sat, Apr. 14 – Jun. 30,
11:15 – 12:15 pm #121298
Session: Tue, Apr. 17 – Jul. 3,
8:15 – 9:15 am #121299
Location: Newtown
Athletic Club
Fee: \$154 **Resident Discount:** \$144

Golf Clinic

Learn to love the game of golf! This clinic provides beginner and intermediate golfers with the opportunity to learn the fundamental skills of golf (grip, posture, full swing, set up, chipping and putting, short game, rules and etiquette). Participants are encouraged to bring their own clubs, although equipment will be provided.

Session: Sat, Apr. 21 – May 12,
10:45 – 11:45 am #121294
Session: Tue, Apr. 24 – May 15,
10:00 – 11:00 am #121295
Instructor: Pete Wentz, Sat./ Vince Sullivan, Tue.
Location: Spring Mill Country Club, Ivyland
Fee: \$106 **Resident Discount:** \$85



Virtual Golf for Seniors

Indoor golf center with High Definition Golf™ simulators! Practice on a driving range, play closest to the pin competitions and other games and see your shot data including shot distance, club path, club face & more while improving your game. Up to 4 golfers per bay.

Session: Mon, Jan. 23 – Feb. 13,
10:00-11:00 am #121285
Location: Baylinks Golf
Fee: \$80 **Resident Discount:** \$60

Bodyshaping

The ultimate total body workout to build a lean, strong sculpted body! If you want to tone and define selected muscle groups, this is class for you! Upper body routines tone your arms, chest & back. Lower body routines focus on legs, thighs, hips, buttocks and abdominals. Appropriate for all fitness levels. Join us for this fun, stress reducing, hour-long class! Please bring your own 1-5 pound weights.

Tues & Thurs
Session: T/Th, Jan. 17 – Feb. 23,
7:00 – 8:00 pm #121304
Session: T/Th, Mar. 6 – Apr. 12, 7: – 8: pm
7:00 – 8:00 pm #121305
Session: T/Th, Apr. 24 – May 31,
7:00 – 8:00 pm #121306
Fee: \$90 **Resident Discount:** \$80
Sundays
Session: Sun, Jan. 15 – Feb. 19,
9:30 – 10:30 am #121307
Session: Sun, Mar. 4 – Apr. 15,
9:30 – 10:30 am #121308
No class Apr. 8
Session: Sun, Apr. 29 – Jun. 3,
9:30 – 10:30 am #121309
Fee: \$60 **Resident Discount:** \$50
Location: Newtown Swim Club

Zumba

Ditch the Workout, Join the Party! Get a great workout and have fun!

Session: Wed, Jan. 18 – Feb. 22,
6:00 – 7:00 pm #121355
Session: Wed, Mar. 7 – Apr. 11,
6:00 – 7:00 pm #121356
Session: Wed, Apr. 25 – May 30,
6:00 – 7:00 pm #121357
Location: Newtown Swim Club
Fee: \$70 **Resident Discount:** \$60

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