

The Kern Center 2012 Winter/Spring Courses

Fitness Courses

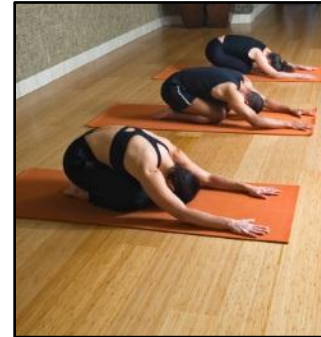
Blast-Off

Challenge yourself this WINTER and SPRING! It's time to really blast off those unwanted holiday calories! Have fun as you blast through various dance styles that combine invigorating body movements and creative toning routines to burn fat. No experience is necessary and all fitness levels are welcome. Come dance your worries and the night away!

Instructor: Angie Schroeder, Certified Fitness and Zumba® Instructor

9 Hrs	9 Sessions	\$45 or \$7 per session
12WSAC1000	Jan. 9- Mar. 12	M 6:00pm- 7:00pm
		FRE

10 Hrs	10 Sessions	\$50 or \$7 per session
12WSAC1001	Mar. 19- May 21	M 6:00pm- 7:00pm
		FRE



Cardio Cycling

Cardio Cycling is all about reaching your personal fitness goals. This new cycling class utilizes heart rate monitors to help you with your own individual fitness goals, while in a fun filled group atmosphere. Whether you are trying to get more competitive in your sport, live a healthier life, tone your body or lose extra body fat, this cycling class is for you! All fitness levels welcome! *Heart Rate Monitor required.*

Instructors: Angie Schroeder and Niki Brough, Nationally Certified Cycle Instructors

10 Hrs	10 Sessions	\$45 or \$7 per session
12WSAC1002	Jan. 10- Mar. 13	T 6:00am- 7:00am
		FRE
12WSAC1003	Mar. 20- May 22	T 6:00am- 7:00am
		FRE
12WSAC1004	Jan. 10- Mar. 13	T 5:00pm- 6:00pm
		FRE
12WSAC1005	Mar. 20- May 22	T 5:00pm- 6:00pm
		FRE
12WSAC1006	Jan. 12- Mar. 15	R 6:00am- 7:00am
		FRE
12WSAC1007	Mar. 22- May 24	R 6:00am- 7:00am
		FRE

Body Works

Tone, strengthen and add flexibility to your muscles with resistance type exercises using dyna bands and hand weights to help prevent degenerative diseases.

Instructor: Debbie Gallagher, Fitness Instructor

9.5 Hrs	19 Sessions	\$50 or \$3 per session
12WSAC1020	Jan. 9- Mar. 14	MW 11:45am- 12:15pm
		FRE
12WSAC1021	Jan. 9- Mar. 14	MW 4:45pm- 5:15pm
		FRE

10 Hrs	20 Sessions	\$55 or \$3 per session
12WSAC1022	Mar. 19- May 23	MW 11:45am- 12:15pm
		FRE
12WSAC1023	Mar. 19- May 23	MW 4:45pm- 5:15pm
		FRE

Yoga-Chi

Relax as you move with the gentle flowing motions of Tai Chi as well as learn yoga posture for cardio, strength, core and balance. Participants will learn how to reduce stress through proper breathing, stretching and relaxation.

Instructor: Angie Schroeder, Certified Yoga and Tai Chi Instructor

10 Hrs	10 Sessions	\$60 or \$9 per session
12WSAC1008	Jan. 10- Mar. 13	T 6:15pm- 7:15pm
		FRE
12WSAC1009	Mar. 20- May 22	T 6:15pm- 7:15pm
		FRE

5 Ways to Register

email

kern@terra.edu

fax

419-334-9414

phone

800-826-2431 or 419-559-2255

walk-in

Ask for Marsha

mail

Kern Center
2830 Napoleon Road
Fremont, Ohio 43420

The Kern Center 2012 Winter/Spring Courses

Fitness Courses

Community Education Discounts

Early Registration

Register by January 20 and receive 10% off

Multiple Course Registration

Register for 3 or more Community Education Courses and receive 20% off (please note this discount applies to a single person registering for 3 or more classes)

Faculty and Staff discounts are also available

Only one discount is applicable. Discounts must be applied at the time of registration.

Please contact the Kern Center at 419-559-2255 or 800-826-2431 for more information.

Zumba® Fitness Class

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Instructor: Angie Schroeder, Licensed Zumba® Instructor

8.5 Hrs	10 Sessions		\$40 or \$5 per session
12WSAC1010	Jan. 11- Mar. 14	W	6:00pm- 6:50pm FRE
12WSAC1011	Mar. 21- May 23	W	6:00pm- 6:50pm FRE

Revamped 212

You can revamp your workout with just one degree of change. A change in temperature from 211 to 212 can produce amazing alterations. So, too, can this class. A one-degree change in your routine will cause muscles to respond to your effort. This class is both a cardiovascular workout as well as strength training. Every fitness level can enjoy a fun, fast paced workout focusing on weight loss while improving overall health.

Instructor: Angie Schroeder, Nationally Certified Personal Trainer & Fitness Instructor

8.5 Hrs	10 Sessions		\$40 or \$5 per session
12WSAC1012	Jan. 11- Mar. 14	W	5:00pm- 5:50pm FRE
12WSAC1013	Mar. 21- May 23	W	5:00pm- 5:50pm FRE



R.I.P.P.E.D.

Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Determination will help you achieve and maintain the physique you desire in ways that are fun, safe and extremely effective. Along with driving, motivating music R.I.P.P.E.D. is effective for all levels of fitness! This class is tough yet doable; R.I.P.P.E.D. will absolutely challenge your levels of fitness and endurance!

Instructor: Angie Schroeder, Nationally Certified Group Fitness Instructor

10 Hrs	10 Sessions		\$40 or \$5 per session
12WSAC1014	Jan. 12- Mar. 15	R	5:00pm- 6:00pm FRE
12WSAC1015	Mar. 22- May 24	R	5:00pm- 6:00pm FRE

Butts and Guts

The name says it all! You'll love this class as Niki helps you tone and tighten those hard to tone spots! You will look smashing for the summer!

Instructor: Niki Brough, Certified Fitness Instructor

7.5 Hrs	10 Sessions		\$40 or \$6 per session
12WSAC1016	Jan. 12- Mar. 15	R	5:00pm- 5:45pm FRE
12WSAC1017	Mar. 22- May 24	R	5:00pm- 5:45pm FRE