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

<table>
<thead>
<tr>
<th>Hours</th>
<th>Sessions</th>
<th>Rate Options</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>9</td>
<td>$45 or $7 per session</td>
<td>Jan. 9- Mar. 12</td>
<td>M 6:00pm- 7:00pm</td>
</tr>
<tr>
<td>10</td>
<td>10</td>
<td>$50 or $7 per session</td>
<td>Mar. 19- May 21</td>
<td>M 6:00pm- 7:00pm</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Hours</th>
<th>Sessions</th>
<th>Rate Options</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.5</td>
<td>19</td>
<td>$50 or $3 per session</td>
<td>Jan. 9- Mar. 14</td>
<td>M 11:45am- 12:15pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mar. 9- Mar. 14</td>
<td>M 4:45pm- 5:15pm</td>
</tr>
<tr>
<td>10</td>
<td>20</td>
<td>$55 or $3 per session</td>
<td>Mar. 19- May 23</td>
<td>M 11:45am- 12:15pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mar. 19- May 23</td>
<td>M 4:45pm- 5:15pm</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Hours</th>
<th>Sessions</th>
<th>Rate Options</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>10</td>
<td>$60 or $9 per session</td>
<td>Jan. 10- Mar. 13</td>
<td>T 6:15pm- 7:15pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mar. 20- May 22</td>
<td>T 6:15pm- 7:15pm</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Hours</th>
<th>Sessions</th>
<th>Rate Options</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>10</td>
<td>$45 or $7 per session</td>
<td>Jan. 10- Mar. 13</td>
<td>T 6:00am- 7:00am</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mar. 20- May 22</td>
<td>T 6:00am- 7:00am</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>May 22- May 24</td>
<td>R 6:00am- 7:00am</td>
</tr>
</tbody>
</table>

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

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

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

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

www.terra.edu/learning 800-826-2431 or 419-559-2255