

New! Agility Drills and Athletic Conditioning (Ages 10-17)

Tue/Thu 6:30-7:15 pm (Ages 10-13) OR
Tue/Thu 7:15-8:00 pm (Ages 14-17)

Let our personal trainers take your young athlete to the next level! All athletes need more than specific sport practice to improve their performance. By working on agility drills athletes improve their speed and nimbleness creating the ability for rapid direction change. General athletic conditioning uses plyometrics, core conditioning and flexibility training to create balance throughout a body thereby enhancing overall performance as well as recovery time. **SESSION I and II ONLY**

6 week session - Fee: \$139

Session I: January 12-February 18

Session II: March 2-April 15

(No class on Mar 30, Apr 1)

Belly Dancing with Samia

Thu 8:30-9:30pm OR Sat 1:30-2:30pm

Practice the art of Middle Eastern Dance in this hour long torso slimming class! Students 16 and older are welcome.

6 week session - Fee: \$65

Thu Session I: January 14-February 18

Thu Session II: March 4-April 15 (No class on Apr 1)

Thu Session III: April 29-June 3

Sat Session I: January 9-February 13

Sat Session II: February 27-April 10

(No class on Apr 3)

Sat Session III: April 24-June 5

(No class on May 29)



Just for Kids Summer Camps 2010

Fun and memorable developmental camps for preschoolers through high school age youth

Full Day and Part Day Camps

- Sports programs for a broad range of interests
- Age appropriate Fitness Conditioning activities emphasized
- Drama, Arts, and more!

Full Day Camps have "built-in" before and after care for your convenience — 6:30 am-6:30 pm each day!

Find everything you wanted to know about Freedom Summer Camps, including detailed camp descriptions, camp policies, and registration forms, will be available on our website March 1, 2010 at www.freedom-center.com

Registration begins March 8, 2010

New! HoopDance (Ages 18 and up)

Sun 12:30-1:30 pm

HoopDance Mission Statement: Our goal is to help millions of people discover HoopDance as a path to fitness, joy and wellbeing. A HoopGirl certified instructor will provide you with the means to feel powerful, radiant, and healthy. HoopDance brings people together, it lightens the heart and it helps "non-dancers" find their unique flow and inner rhythm. 6 week session - Fee: \$65

Session I: January 10-February 14 — Beginning HoopDance

Session II: February 28-April 11

(No class on Apr 4)-Beginning HoopDance

Session III: April 25-June 6

(No class on May 30)-Intermediate HoopDance

New! Perinatal Moves

Thu 5:30-6:30 pm

Expectant moms and new moms work out together in this nurturing, but fitness-oriented class. Emphasis is placed on proper body mechanics and alignment beneficial for changing bodies — both before and after birth! You'll experience cardiovascular, strength and flexibility exercises perfect for this time of your life.

6 week session - Fee: \$65

Session I: January 14-February 18

Session II: March 4-April 15 (No class on Apr 1)

Session III: April 29-June 3

Pre Season Training (Ages 10-15)

Sat 8:30-10:00 am

No matter what sport you enjoy, this class will provide the overall fitness fundamentals every athlete needs to succeed. Activities will include agility drills, core conditioning, joint stability exercises, anaerobic and aerobic activities and more! **SESSION I ONLY**

6 week session - Fee: \$90

Sat Session I: January 9-February 13

New! Teen Boot Camp (Ages 12-15)

Mon/Wed 6:30-7:15 pm

This class is perfect for 12-15 year olds who want to work out with their friends. Participants will improve their cardiovascular and strength abilities as well as increasing flexibility. All participants will be encouraged to work at their own pace, but will be expected to work. **SESSION I and II ONLY**

6 week session - Fee: \$90

Session I: January 11-February 17

Session II: March 1-April 14

(No class on Mar 29 and Mar 31)

Teen Fitness (Ages 12-15)

Tue/Thu 5:30-6:15 pm OR Sat 12:30-1:15 pm

In this teen-oriented fitness class, your teen will exercise in a sensible, non-competitive environment. He/she will learn the proper intensity of aerobic, flexibility and strength training for general health and fitness.

SESSION I and II ONLY

6 week session - Fee: \$90/\$10 drop in rate non-member; \$9 drop in rate member

Tue/Thu Session I: January 12-February 18

Tue/Thu Session II: March 2-April 15

(No class on Mar 30, Apr 1)

Sat Session I: January 9-February 13 Fee: \$48

Sat Session II: February 27-April 10 Fee: \$48

(No class on Apr 3)

Teen Spin (Ages 10-15 and taller than 5'1")

Tue/Thu 4:30-5:15 pm

These teens get to experience what their parents have been enjoying in Spin all these years! This workout is designed specifically for this age with their music and their input on the rides. Not only will they increase their aerobic endurance, but they'll burn off lots of energy and calories!

6 week session - Fee: \$90

Session I: January 12-February 18

Session II: March 2-April 15

(No class on Mar 30, Apr 1)

Session III: April 27-June 3