

CROSS COUNTRY SKI INSTRUCTION

Winter Fun!—Learn to ski on our nature trails at Montibeller Park. Do you have a pair of cross country skis, but never really learned how to use them? These sessions are designed for beginners or for the occasional skier to brush up on old skills (from the proper way to take a fall to maneuvering in uphill terrain).

SESSION 1

DATE: January 14 - January 21 (2 wks), Saturdays
TIME: 2:00 pm - 3:30 pm

SESSION 2

DATE: February 4 - February 11 (2 wks), Saturdays
TIME: 2:00 pm - 3:30 pm

FOR BOTH SESSIONS:

LOCATION: Montibeller Park
RESIDENT FEE: \$15/session
NON-RESIDENT FEE: \$20/session
EQUIPMENT NEEDED: Bring your own skis. We have limited adult sizes of ski equipment available at the Recreation Dept. or we can suggest rental shops.

HATHA YOGA

Hatha Yoga is an ancient system of exercise which includes pranayama asana (yogic breathing) and meditation. It has been proven to reduce stress, lengthen and strengthen muscles, and release chronic tension due to time, poor posture and injury. This class is an inner as well as an outer body workout. Because no two students are alike, in this class students are encouraged to work at their own pace and explore their own limits, within the structure of breath and movement posture flows. Whatever your level of expertise you will leave feeling less stressed, centered and more connected.

SESSION 1

DATE: January 15 - April 1 (12 wks), Sundays
TIME: 9:00 am - 10:15 am

SESSION 2

DATE: January 17 - April 3 (12 wks), Tuesdays
TIME: 6:30 pm - 7:45 pm

FOR BOTH SESSIONS

INSTRUCTOR: Suzanne Willets-Brooks
LOCATION: Pittsfield Twp. Community Center
RESIDENT FEE: \$90/session
NON-RESIDENT FEE: \$95/session

MAT PILATES

Remember those lower abs? Yes you can look better; yes you can feel better, start here! Bring a mat and wake up your core. In this class we will work on strengthening core muscles, lengthening and tightening muscles while learning how to protect ourselves from injury.

SESSION

DATE: January 18 - April 4 (12 wks), Wednesdays
TIME: 6:40 pm - 7:40 pm
INSTRUCTOR: Suzanne Willets-Brooks
LOCATION: Pittsfield Twp. Community Center
RESIDENT FEE: \$80
NON-RESIDENT FEE: \$85

ZUMBA FITNESS

If you like Latin dance and international zest, you'll love Zumba! Interval and resistance training are combined to give you a great cardiovascular workout. Ditch the workout, join the party! Wear fitness shoes and bring a water bottle. This program is run in conjunction with Ann Arbor Community Education & Recreation. No class 2/25.

SESSION 1

DATE: January 19 - March 22 (9 wks), Thursdays
TIME: 7:30 pm - 8:30 pm
INSTRUCTOR: Amanda Webster
LOCATION: Pittsfield Twp. Community Center
FEE: \$75

SESSION 2

DATE: January 23 - March 26 (9 wks), Mondays
TIME: 6:15 pm - 7:00 pm
INSTRUCTOR: Mesha Terrell
LOCATION: Scarlett Intermediate Cafeteria
FEE: \$65

SESSION 3

DATE: January 21 - March 24 (9 wks), Saturdays
TIME: 9:30 am - 10:30 am
INSTRUCTOR: Doris Farrugia
LOCATION: Scarlett Intermediate Cafeteria
FEE: \$75

ZUMBA TONING

If you like Zumba, you'll love Zumba Toning! Toning exercises and Latin-infused Zumba moves create a body-sculpting dance fitness party. Learn how to use lightweights to enhance rhythm while toning your arms, abs, glutes and thighs. Please wear fitness shoes and bring a water bottle and light hand weights. No class 2/25.

SESSION

DATE: January 21 - March 24 (9 wks), Saturdays
TIME: 10:40 am - 11:30 am
INSTRUCTOR: Doris Farrugia
LOCATION: Scarlett Intermediate Cafeteria
FEE: \$69

CARDIO FITNESS

Let Tom Wright, MMA Conditioning Coach Core Certified, help you increase your flexibility, stamina and agility. This will be full body core conditioning training. Come to work out, wear comfortable clothes and bring a water bottle. No class 1/16.

SESSION 1

DATE: January 9 - February 20 (6 wks), Mondays
TIME: 9:15 am - 10:15 am

SESSION 2

DATE: January 12 - February 16 (6 wks), Thursdays
TIME: 6:45 pm - 7:45 pm

SESSION 3

DATE: March 5 - April 9 (6 wks), Mondays
TIME: 9:15 am - 10:15 am

SESSION 4

DATE: March 8 - April 12 (6 wks), Thursdays
TIME: 6:45 pm - 7:45 pm

FOR ALL SESSIONS

AGES: 14 and up
INSTRUCTOR: Tom Wright, 7th degree black belt
LOCATION: Wright Isshinryu Karate, 4597 Platt Rd.
FEE: \$69/session



NEW!

AQUA ZUMBA

Join the pool party! Do your favorite Latin dance moves but in the water. No need to worry about keeping up the pace or sore joints. In Aqua Zumba, movements are much slower compared to dance routines in a Zumba class due to the water resistance. This workout is full of cardio-conditioning, body toning and fun! Remember to bring a water bottle, towel, swim suit and aqua shoes! This program runs in conjunction with Ann Arbor Community Education & Recreation. No class 2/20.

SESSION

DATE: January 23 - March 19 (8 wks), Mondays
 TIME: 5:15 pm - 6:00 pm
 INSTRUCTOR: Meshia Terrell
 LOCATION: Scarlett Intermediate Pool
 FEE: \$55

DEEP WATER AEROBICS

This non-impact class emphasizes both aerobics and deep water conditioning. Stretching and strengthening included. Various flotation devices (water noodles) provided, or bring your own. Must be comfortable in deep water. No classes 2/21 & 2/23.

SESSION 1

DATE: January 24 - March 20 (8 wks), Tuesdays
 TIME: 7:05 pm - 8:05 pm

SESSION 2

DATE: January 26 - March 22 (8 wks), Thursdays
 TIME: 7:05 pm - 8:05 pm

FOR BOTH SESSIONS

INSTRUCTOR: Amy McCullough
 LOCATION: Scarlett Intermediate Pool
 FEE: \$59/session

WATER AEROBICS

Come experience the fun of a well rounded water exercise program including stretching, strengthening and low impact aerobic conditioning. For swimmers and non-swimmers. Please bring clean milk jugs. This program is run in conjunction with Ann Arbor Community Education & Recreation. No classes week of 2/21 - 2/25.

SESSION 1

DATE: January 24 - March 20 (8 wks), Tuesdays
 TIME: 6:00 pm - 7:00 pm
 INSTRUCTOR: Amy McCollough

SESSION 2

DATE: January 26 - March 22 (8 wks), Thursdays
 TIME: 6:00 pm - 7:00 pm
 INSTRUCTOR: Amy McCollough

SESSION 3

DATE: January 28 - March 24 (8 wks), Saturdays
 TIME: 8:45 am - 9:45 am
 INSTRUCTOR: Donna Kujat

FOR ALL SESSIONS

LOCATION: Scarlett Intermediate Pool
 FEE: \$65/session

SANCHIN-RYU SYSTEMS KARATE-OPEN FAMILY PROGRAM

Focus on the family for all ages. A wonderful family activity or a good study opportunity for any individual. This program builds self-confidence, teaches stress management, composure and self defense awareness through the art form of Sanchin-Ryu. Each person grows at their own pace. Good exercise. Wear comfortable clothes.

SESSION 1

DATE: January 23 - February 27 (6 wks), Mondays
 TIME: 7:30 pm - 9:00 pm

SESSION 2

DATE: March 5 - April 9 (6 wks), Mondays
 TIME: 7:30 pm - 9:00 pm

FOR BOTH SESSIONS

LOCATION: Pittsfield Twp. Community Center
 RESIDENT FEE: \$49/person, \$98/family
 NON-RESIDENT FEE: \$54/person, \$103/family



RUMBA

Let's get ready to Rumba!... This dance causes the hips to sway from side to side in what's known as the 'Cuban Motion'. No class 2/5.

SESSION 1 BEGINNER

DATE: January 29 - February 26 (4 wks), Sundays

SESSION 2 CONTINUING

DATE: March 4 - March 25 (4 wks), Sundays

BOTH SESSIONS

TIME: 6:30 pm - 8:00 pm
 INSTRUCTOR: Sue Bareis
 LOCATION: Pittsfield Twp. Community Center
 RESIDENT FEE: \$60/couple/session
 NON-RESIDENT FEE: \$65/couple/session



CARDIO INTERVAL AND PILATES

This class offers a well rounded workout in a motivating group atmosphere while working at your own level. Cardio kick-boxing moves are interspersed with interval training and light weight training. Please bring your own mat, water bottle and light hand weights. This program is run in conjunction with Ann Arbor Community Education & Recreation. No class 2/22.

SESSION

DATE: January 25 - March 28 (9 wks), Wednesdays
 TIME: 6:00 pm - 7:00 pm
 INSTRUCTOR: Amy Leighton
 LOCATION: Scarlett Intermediate Cafeteria
 FEE: \$69



Adult Softball Leagues

SPRING/SUMMER SLOW PITCH ORGANIZATION MEETING

Monday, March 5 ~ 7:00 pm • Pittsfield Twp. Community Center

All returning teams, as well as all new teams, must send a representative to the meeting!



10% discount if we receive full sponsor fee by March 16!

Visit the Michigan Amateur Softball Association website for all the rules, policies, tournaments, bat information and more!

www.masasoftball.org

TEAM REGISTRATION

Starts Monday, March 5, for all returning teams. New teams are welcome to sign up and make a deposit, but are not guaranteed a spot in the league until the returning teams deadline date passes on Friday, March 9. Registration runs through April 13 or until the leagues are full.

DISTRICT #6 M.A.S.A. SOFTBALL UMPIRE CLINICS

Now you can stop wondering where ump's become ump's, rusty ump's come to practice, and old pros keep sharp! Pittsfield Township Parks & Rec brings you the best in umpire training. Pittsfield Twp. Umpire-in-Chief, District #6 U-I-C, and MASA Hall of Fame Umpire head up an informal gathering of would-be and experienced ASA ump's and anyone else (we encourage team managers) to cover rules and guidelines using detailed outlines and videos. No cost. We always need umpires and we will train! Must be 18 years of age.

For those attending a minimum of 3 out of 5 classes, the #4, #5, and #6 Districts' Clinic is not required, but highly recommended. The District #6 Clinic will be March 4, 10:00 am - 2:00 pm at Ypsilanti Township Recreation Center.

SESSION

DATE: March 28 - April 25 (5 weeks), Wednesdays
 TIME: 5:30 pm - 7:30 pm
 LOCATION: Pittsfield Twp. Community Center

CO-ED RECREATION LEAGUES

A double elimination tournament for 1st and 2nd place teams only from each league night. All teams play 10 game schedule (1 game/week); game balls provided; A.S.A. registered umpires; individual and sponsor awards for 1st place.

SESSION

DATE: Season starts week of April 30, Mondays, Tuesdays, Thursdays or Fridays
 TIME: 6:00 pm & 7:15 pm game times
 LOCATION: Montibeller Park
 FEE: \$345.00/team, plus an additional \$50.00 refundable forfeit fee. (Individual player fee \$25/player)

MEN'S RECREATION LEAGUE

A double elimination season ending league tournament for all teams regardless of record; all teams play no less than 10 games, maximum 16 games; game balls provided; A.S.A. registered umpires; individual & sponsor awards for 1st place.

SESSION

DATE: Season starts May 2, Wednesdays (1 game/week)
 TIME: 6:00 pm & 7:15 pm game times
 LOCATION: Montibeller Park
 FEE: \$345.00/team, plus an additional \$50.00 refundable forfeit fee. (Individual player fee \$25/player)