

Fitness & Adult programs



Addison Run Club

Type: Standard Activity
Location: Location Varies
Fee: Free
13 Week Session
Wed, March 4 - Wed, May 27

Ages: 18 and up
Addison Run Club is a free club where everyone can run together and socialize at the same time. We run every Wednesday at 7:30 p.m. at the Addison Circle Park by the little fountains. There are two different groups: a fast group that has a pace under 10 minutes per mile, and the slow group with a pace of over 10 minutes per mile. We have four different routes that we rotate every week of the month, so it's easy to remember them and you never get bored. The routes are approximately 2.7 to 3 miles long and water is always provided at the end of every run. Come to run, meet new people and socialize. For more information contact Jorge Tomas or email him at orjetomas@outlook.com or on Facebook page <https://www.facebook.com/AddisonRunClubFree> weekly run @ Addison Circle Park every Wednesday at 7:30 p.m. Follow us on FACEBOOK.COM/ADDISONRUNCLUB

7:30pm to 9pm Wed, March 4 - Wed, May 27 W Tomas, Jorge

Brazilian Jiu Jitsu

Type: Standard Activity
Location: Basketball Gym
Fee: Please Call for Fee Information
1 Week Session
Sun, March 1 - Sun, May 31

Ages: 18 and up
What is it? It is a method for promoting physical fitness by focusing on grappling techniques and self-defense tactics. There is no age limit to start Brazilian Jiu Jitsu. This class features physical conditioning, patience and discipline training, self-defense, anti-bullying techniques and fun. Come learn this cool martial art. Contact information: Brauzon Neves at 972-835-1166 or brauzon@gmail.com. Contact instructor for schedule and fee.

8am to 9am Sun, March 1 - Sun, May 31 Sa Neves, Brauzon

Co-Ed Sports

Type: Standard Activity
Location: Location Varies
Fee: Please Call for Fee Information
14 Week Session
Sun, March 1 - Sun, May 31

Ages: 21 and up
Fun and competitive with 9 different sports and multiple divisions. Sports include dodge ball, indoor volleyball, sand volleyball, flag football, soccer, wiffle ball, bowling, kickball and softball. LoneStar SSC makes playing sports fun for individuals of all skill levels! Each player will receive a team jersey and it's yours to keep! All sports are co-ed and you can sign up as a team with friends and co-workers or sign up as an individual. Open to residents and non-residents. There is no membership fee, simply pay for the sports you want to play! Upcoming sports will be posted at the Club. Once the sport is posted, then you may sign up at the front desk. For more information contact Justin Pollard at 972-450-7048 or jpollard@addisontx.gov. Check out www.lonestarssc.com for additional information. Fee: Varies between \$35 - \$50 per person depending on sport.

2pm to 7pm Sun, March 1 - Sun, May 31 Su Th Pollard, Justin

Free Weight Room Orientation

Type: Standard Activity
Location: Weight Room at Athletic Club
Fee: Free
1 Week Session
Sun, March 1 - Sun, May 31

Ages: 18 and up
Are you helping or hurting yourself while working out? Let our fitness staff show you the proper way to use the cardio and strength training machines. For more information contact Justin Pollard at 972-450-7048 or jpollard@addisontx.gov.

-- Sun, March 1 - Sun, May 31 Pollard, Justin

[Yoga Flow](#)

Type: Standard Activity
Location: Aerobic Studio
Fee: Free
13 Week Session
Tue, March 3 - Thu, May 28

Ages: 18 and up
This dynamic class will improve your strength, flexibility, muscle tone and balance. Harmonize the energy within to restore vitality, rejuvenate the nervous system, reverse the effects of aging and quiet the mind. Fee: \$7.00 per class, pay instructor.

5:45pm to 6:45pm Tue, March 3 - Thu, May 28 Tu Th Pirtle, Susan

[Spring Cooking 101](#)

Type: Standard Activity
Location: Conference Room 2nd Floor
Fee: Please Call for Fee Information
Tue, March 17, 2015

Ages: 18 and up
Come learn how to prepare simple, delicious and healthy meals for you and your family. Each session will have a different theme and samples will be provided. Sign up early because space is limited and reservations will fill up fast!

7pm to 8pm Tue, March 17, 2015 Tu Suh, Minok

[Spring Cooking 102](#)

Type: Standard Activity
Location: Conference Room 2nd Floor
Fee: Please Call for Fee Information
Tue, April 21, 2015

Ages: 18 and up
Come learn how to prepare simple, delicious and healthy meals for you and your family. Each session will have a different theme and samples will be provided. Sign up early because space is limited and reservations will fill up fast!

7am to 8:30am Tue, April 21, 2015 Tu Suh, Minok

[Spring Cooking 103](#)

Type: Standard Activity
Location: Conference Room 2nd Floor
Fee: Please Call for Fee Information
Tue, May 19, 2015

Ages: 18 and up
Come learn how to prepare simple, delicious and healthy meals for you and your family. Each session will have a different theme and samples will be provided. Sign up early because space is limited and reservations will fill up fast!

7pm to 8pm Tue, May 19, 2015 Tu Suh, Minok

[Body Fat Test](#)

Type: Standard Activity
Location: Front Desk
Fee: Free
1 Week Session
Sun, March 1 - Sun, May 31

Ages: 18 and up
Weight alone is not a clear indicator of good health, because it does not distinguish between pounds that come from body fat and those that come from lean body mass or muscle. Carrying too much fat is a condition called obesity and this puts a person at risk for many serious medical conditions including heart disease, diabetes and even certain forms of cancer. In fact, obesity contributes to at least half the chronic diseases in western society. To learn more about your body fat percentage, have our staff check it using our body fat analyzer or skin fold calipers.

Sun, March 1 - Sun, May 31 Pollard, Justin

[Addison Gridiron \(Co-ed Flag Football\)](#)

Type: Standard Activity
Location: Location unspecified
Fee: Free
6 Week Session
Sat, April 25 - Sat, May 30

Ages: 21 and up
**** NEW**** Need a change in pace of your workout routine. Then come out and join Addison's Gridiron a game of co-ed flag football. Flag football is a fast-paced, non-contact game played between teams of eight players. Each player on the offense and defense wears a set of flags. "Tackles" are made by pulling the flags. All physical contact is strictly monitored for the safety of the players. If interested contact Justin Pollard at 972-450-7048 or email. jpollard@addisontx.gov. closing date will be Friday, April 10th.

10am to 2pm Sat, April 25 - Sat, May 30 Sa Pollard, Justin

Spring 2015

AEROBICS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 (AM)			SPIN & CARDIO			
8:00 (AM)	STRETCH YOGA		STRETCH YOGA		STRETCH YOGA	
8:30 (AM)		FIT TO BE SENIOR		FIT TO BE SENIOR		
9:00 (AM)						EXTRA EXTRA
9:15 (AM)	WATER TRIM		WATER TRIM		WATER TRIM	
9:15 (AM)	TOTAL BODY		TOTAL BODY		TOTAL BODY	
9:30 (AM)		FIT TO BE SENIOR		FIT TO BE SENIOR		
10:45 (AM)		LINE DANCING		SENIOR ZUMBA		
11:00 (AM)			CHOGA-FLOW			BRAZILIAN JUI JITSU
12:30 (PM)		SPIN CLASS		SPIN CLASS		
5:45 (PM)		EVENING YOGA		EVENING YOGA		
6:00 (PM)	NO EXCUSES		NO EXCUSES			
7:00 (PM)	TOTAL BODY	CARDIO DANCE	TOTAL BODY	CARDIO DANCE		

FREE CLASS

PAY INSTRUCTOR (\$7 A CLASS)

PAY INSTRUCTOR: (Call Cynthia Fritz: Semi Private Pillates 972-922-3482 or cynthia.fritz1@verizon.net)

(Call Brauzon: Brazillian Jui-Jitsu 972-835-1166 or brauzon@gmail.com for days and times)

Option 1 - \$75.00 (3 month session)

If you are planning on taking three or more classes per week, this is the best deal. Attending class three times as week during the three month session will reduce your cost to just over \$2.00 per class.

Option 2: \$40.00 (15 punch passes)

If you can't make it to class on a constant basis a punch pass may be the way to go. For this price you get 15 classes.. The punch pass is good for six months from date of purchase.

Option 3: \$4.00 (Drop in)

Not sure you want to take a full session of aerobics? Take one class for \$4.00 to see you like it.

On any option residents 50 + years of age and over pay half price