



ADDISON

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Spring 2015

Accolade

A digital publication of the Town of Addison Recreation Department



You may register for all classes beginning Monday, February 22, 2015. Spring session will run from Monday, March 2, 2015 through Saturday, May 30, 2015. Please register in advance for all activities unless otherwise noted. Register for all activities in person at the Addison Athletic Club, 3900 Beltway Drive or Online registration is available at:
<https://apm.activecommunities.com/addisonclub/Home>
If you don't already have an online account, just stop by the front desk to sign up.

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A great reason to live in Addison is the Addison Athletic Club. The Athletic Club offers a wide variety of recreational, health, fitness and athletic programs for Addison residents only. We have about 3,600 members with about 400 participating on our busiest days, and we offer special programs and events for all ages.

Facilities

- Indoor and Outdoor swimming pools
- Four racquetball courts
- Lifefitness weight circuit, Hammer Strength weight circuit, dumbbells
- Treadmills, electronic bikes, elliptical trainers
- Gymnasium, indoor track, aerobics studio, multipurpose room
- Whirlpool spa, sauna and steam rooms
- Outdoor trails
- Tennis court

Hours of Operation

Monday-Thursday	5:30 a.m. - 10:00 p.m.
Friday	5:30 a.m. - 8:00 p.m.
Saturday	8:00 a.m. - 8:00 p.m.
Sunday	1:00 p.m. - 6:00 p.m.

So you will know...

May 23 - Outdoor pool opens
May 25 - Club closed for Memorial Day, the outdoor pool will be open 12:00-8:00 p.m.

Racquetball Court Reservations:

Racquetball court reservations are available up to 3 days in advance by calling 972-450-7048. Please call before noon for same-day reservations. Reservations are for one hour beginning on the hour, and two names are required to reserve a court. No back-to-back reservations will be taken. Courts are available on a first come, first serve basis when there are no reservations. If you have an online account go to:
<https://apm.activecommunities.com/addisonclub/Home>
to make a reservation.
If you don't already have an online account, just stop by the front desk to sign up.

Tennis Court Reservations:

Tennis court reservations are available up to 3 days in advance by calling 972-450-7048. Please call before noon for same-day reservations. Reservations are for one hour and a half, and two names are required to reserve the court. No back-to-back reservations will be taken. The court is available on a first come, first serve basis when there is no reservation and on weekends. Check-in at the front desk is required.
If you have an online account go to:
<https://apm.activecommunities.com/addisonclub/Home>
to make a reservation.
If you don't already have an online account, just stop by the front desk to sign up.

Gym Activities:

Come inside for some friendly basketball competition. Pickup games are always in motion. Everyone is welcome. Gym schedule is as follows:
Full Court Basketball:
Monday - Wednesday 6:00 - 8:00 p.m.
Open Gym:
Thursday - Sunday

The Accolade is published quarterly by the Town of Addison Recreation Department. Any questions, letters to the editor or other comments regarding this publication should be emailed to Randy Rogers, Recreation Manager at rrogers@addisontx.gov



Pacesetters



[Dinner Tour-Trinity Groves Dallas Bites](#)

Type: Standard Activity
Location: Trip to Trinity Grove Area
Fee: Standard charge: \$50.00
Thu, March 19, 2015

Ages: 50 and up
Follow your appetite and sample must-try foods from restaurants and specialty establishments throughout the all new Trinity Groves Area in Dallas located by the new Margaret Hunt Hill Bridge. We will take a charter bus from the Addison Athletic Club and we will have a tour guide explain the food and area.

4:30pm to 8pm Fri, March 20, 2015 F Hermes, Deena

[Austin Overnight Trip-Share](#)

Type: Standard Activity
Location: Location unspecified
Fee: Standard charge: \$170.00
1 Week Session
Thu, April 16 - Fri, April 17

Ages: 50 and up
Enjoy an overnight trip to Austin, Texas. We will enjoy history tours, good food and museums. We will meet at the Addison Athletic Club and take a charter bus. Come learn all about the wonderful town of Austin and its uniqueness. Price \$170 share room.

8am to 8pm Thu, April 16 - Fri, April 17 Th F Hermes, Deena

[Austin Overnight Trip-Single](#)

Type: Standard Activity
Location: Charter Trip to Austin
Fee: Standard charge: \$220.00
1 Week Session
Thu, April 16 - Fri, April 17

Ages: 50 and up
Enjoy an overnight trip to Austin, Texas. We will enjoy history tours, good food and museums. We will meet at the Addison Athletic Club and take a charter bus. Come learn all about the wonderful town of Austin and its uniqueness. Price \$220 single person room

8am to 8pm Thu, April 16 - Fri, April 17 Th F Hermes, Deena

[Beading](#)

Type: Standard Activity
Location: Conference Room Second Floor at Athletic Club
Fee: Free
3 Week Session
Wed, March 11 - Wed, May 13

Ages: 50 and up
On the 2nd Wednesday of every month come join the jewelry beading group. The group meets upstairs in the conference room. Bring your own supplies, and let's be creative together.
Dates: 3/11, 4/8, 5/13.

1pm to 4pm Wed, March 11 - Wed, May 13 W Hermes, Deena

[Birthday Bash](#)

Type: Standard Activity
Location: Multipurpose Room - Full Room at Athletic Club
Fee: Free
3 Week Session
Fri, March 13 - Fri, May 8

Ages: 50 and up
Everyone loves birthday parties! Come celebrate all the spring birthdays in the multi-purpose room. Cake will be served and if anyone wants to bring extra goodies that would be great! Come and celebrate! Everyone is invited, so it's going to be a party!

10:30am to 11:30am Fri, March 13 - Fri, May 8 F Hermes, Deena

[Chogaflow](#)

Type: Standard Activity
Location: Aerobics Studio at Athletic Club
Fee: Standard charge: \$7.00
13 Week Session
Wed, March 4 - Wed, May 27

Ages: 50 and up
Chogaflow is a unique chair yoga practice, done both seated and standing, integrating breath with movement. You will enjoy the many benefits of a traditional yoga practice without ever having your knees touch the floor. Join Valerie Rogers, the creator of Chogaflow, as she guides you through a fun, easy-to-follow, safe journey of self exploration. Experience increased vitality, strength, flexibility, and balance. Modifications are offered. Pay instructor. Fee: \$7

11am to 12:10pm Wed, March 4 - Wed, May 27 W Rogers, ValerieE

[Dunn Bros Coffee](#)

Type: Standard Activity

Location: Location Dunn Bros. Coffee Shop

Fee: Free

3 Week Session

Wed, March 4 - Wed, May 6

Ages: 50 and up

Every first Wednesday of the month come visit Dunn Bros. Coffee House and enjoy a special speaker from the Town of Addison. Can't wait to see you there! Dates: 3/4, 4/1, 5/6.

10:30am to 11:30am

Wed, March 4 - Wed, May 6 W

Hermes, Deena

[Fit to be a Senior](#)

Type: Standard Activity

Location: Aerobics Studio at Athletic Club

Fee: Free

13 Week Session

Tue, March 3 - Thu, May 28

Ages: 50 and up

Have you been thinking about getting fit, but aren't sure how? Has your doctor suggested weight training or strength training? Come try out this group class and meet some new friends and get fit together safely with great instruction. The class is designed for ages 50 and older.

9:30am to 10:30am

Tue, March 3 - Thu, May 28 Tu Th

Suh, Minok

[Fit to be a Senior](#)

Type: Standard Activity

Location: Aerobics Studio at Athletic Club

Fee: Free

13 Week Session

Tue, March 3 - Thu, May 28

Ages: 50 and up

Have you been thinking about getting fit, but aren't sure how? Has your doctor suggested weight training or strength training? Come try out this group class and meet some new friends and get fit together safely with great instruction. The class is designed for ages 50 and older.

8:30am to 9:30am

Tue, March 3 - Thu, May 28 Tu Th

Suh, Minok

[Horse Country Tour and Lunch](#)

Type: Standard Activity

Location: Horse Country Tour Trip

Fee: Standard charge: \$30.00

Sat, May 9, 2015

Ages: 50 and up

Behind-the-scenes tours. You'll wind your way through the beautiful North Texas Horse Country aboard a luxury Motorcoach. The guided tour visits two premier horse ranches, includes lunch and gives the visitor an up close and personal look at the equine industry. Fee \$30

9am to 4pm Sat, May 9, 2015

Sa

Hermes, Deena

[How to Play Bridge](#)

Type: Standard Activity

Location: Conference Room Second Floor at Athletic Club

Fee: Please Call for Fee Information

13 Week Session

Tue, March 3 - Tue, May 26

Ages: 50 and up

Come learn how to play bridge. Play bridge while you learn. The instructor will collect the money. \$20 per session.

1pm to 3pm

Tue, March 3 - Tue, May 26 Tu

Patterson, Randy

[Lunch Bunch-La Comida](#)

Type: Standard Activity

Location: La Comida-Village on the Parkway

Fee: Please Call for Fee Information

Wed, April 15, 2015

Ages: 50 and up

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather and catch up, along with a good meal!! So, let's gather! I will pick the place and the date, but you must sign up and show up. We will meet at 11:30 a.m. each month at a different location.

11:30am to 1:30pm

Wed, April 15, 2015

W

Hermes, Deena

[Lunch Bunch-Taco Boraacho](#)

Type: Standard Activity

Location: Taco Boraacho-Addison Circle Area

Fee: Please Call for Fee Information

Wed, May 20, 2015

Ages: 50 and up

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather and catch up, along with a good meal!! So, let's gather! I will pick the place and the date, but you must sign up and show up. We will meet at 11:30 a.m. each month at a different location. *Please sign up at the front desk.

11:30am to 1:30pm

Wed, May 20, 2015

W

Hermes, Deena

[Lunch Bunch-VertsKehap](#)

Type: Standard Activity

Location: VertsKebab-Village on the Parkway

Fee: Please Call for Fee Information

Wed, March 18, 2015

Ages: 50 and up

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather and catch up, along with a good meal!! So, let's gather! I will pick the place and the date, but you must sign up and show up. We will meet at 11:30 a.m. each month at a different location. *Please sign up at the front desk.

11:30am to 1:30pm

Wed, March 18, 2015

W

Hermes, Deena

[Mothers Day Tea Party](#)

Type: Standard Activity

Location: Multipurpose Room - Full Room at Athletic Club

Fee: Free

Fri, May 8, 2015

Ages: Any

Celebrate all moms at the Mother's Day tea party. Tea is a fashionable and trendy way to carve out some meaningful time with friends. It provides a refined retreat where we can connect with others and appreciate some quality time together. You are asked to bring yummy treats to share and a fashionable hat to wear. Some examples of treats might be scones, fruit salad, cucumber and cream cheese sandwiches, egg salad sandwiches, chicken salad sandwiches or a variety of desserts. The tea will be provided. If you have any questions please feel free to ask Deena. Fee: Free bring a dish

Noon to 1:30pm

Fri, May 8, 2015

F

Hermes, Deena

[Pancake Breakfast](#)

Type: Standard Activity

Location: Multipurpose Room - Full Room at Athletic Club

Fee: Free

Fri, March 27, 2015

Ages: 50 and up

Take time out and enjoy a pancake breakfast prepared personally by the Addison Athletic Club staff. Bring your friends and meet new ones during this wonderful time. Please register at the front desk for your spot! Fee: Free

8am to 10am Fri, March 27, 2015

F

Hermes, Deena

[Pickleball](#)

Type: Standard Activity

Location: Basketball Gym - Full Court at Athletic Club

Fee: Free

13 Week Session

Mon, March 2 - Thu, May 28

Ages: 50 and up

What do you get when you combine badminton, tennis, and ping-pong? These are the ingredients for the sport known as pickleball. Come have fun and learn the game. Anyone can play this game! You don't have to be strong. You don't have to be quick. You don't have to be tall. You don't have to be athletic or good at other sports. You don't need a powerful stroke because this game is not about power but of shot placement and accuracy. If you don't move very well then pickleball doubles is ideal for you. Fee: free

10am to Noon Mon, March 2 - Thu, May 28 M-F

Hermes, Deena

[Senior Dance Fitness](#)

Type: Standard Activity

Location: Aerobics Studio at Athletic Club

Fee: Please Call for Fee Information

13 Week Session

Tue, March 3 - Thu, May 28

Ages: 50 and up

Bored with the treadmill? Need a new way to stay in shape? Then try out senior dance fitness. No experience required to take class. Fee: \$2/aerobics pass

10:45am to 11:45am

Tue, March 3 - Thu, May 28

Tu Th

Lyon, Kay-Lynn

[Senior Techie Q&A](#)

Type: Standard Activity

Location: Multipurpose Room - Full Room at Athletic Club

Fee: Free

13 Week Session

Thu, March 5 - Thu, May 28

Ages: 50 and up

Bring all your phone, computer, camera questions to this Q/A and get your questions answered for free.

1pm to 2pm

Thu, March 5 - Thu, May 28

Th

[Trivia Cafe](#)

Type: Standard Activity

Location: Multipurpose Room - Full Room at Athletic Club

Fee: Standard charge: \$5.00

3 Week Session

Tue, March 10 - Tue, May 12

Ages: 50 and up

Come enjoy trivia and lunch.

11:30am to 12:30pm

Tue, March 10 - Tue, May 12

Tu

Hermes, Deena

[Walking Club](#)

Type: Standard Activity

Location: Front Desk #1 at Athletic Club

Fee: Free

13 Week Session

Mon, March 2 - Wed, May 27

Ages: 50 and up

Walking is so easy to do and great for your health. Meet Mondays and Wednesdays in the lobby of the Addison Athletic Club and we will walk together around the neighborhood.

8:30am to 9:30am

Mon, March 2 - Wed, May 27 M W

Hermes, Deena



Craft & Play

Type: Standard Activity
Location: Conference Room
Fee: Standard charge: \$5.00
Wed, March 4, 2015

Ages: At least 3 but less than 5
Ready to make new friends! This class is designed to improve fine motor skills, enhance critical thinking, and increase cognitive growth. Have your preschoolers expand their creative horizons as they learn about colors, shapes, values, and more. Come experience the excitement! Child must be potty trained to enroll.

10:30am to Noon Wed, March 4, 2015 W Suh, Minok

Craft & Play

Type: Standard Activity
Location: Conference Room
Fee: Standard charge: \$5.00
Wed, March 18, 2015

Ages: At least 3 but less than 5
Ready to make new friends! This class is designed to improve fine motor skills, enhance critical thinking, and increase cognitive growth. Have your preschoolers expand their creative horizons as they learn about colors, shapes, values, and more. Come experience the excitement! Child must be potty trained to enroll.

10:30am to Noon Wed, March 18, 2015 W Suh, Minok

Mini Hawk Sports

Type: Standard Activity
Location: Basketball Gym
Fee: Please Call for Fee Information
4 Week Session
Sat, March 7 - Sat, March 28

Ages: At least 4 but less than 8
This multi-sport program gives children ages 4 to 7 a positive first step into athletics. Soccer, basketball & t-ball are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Mini-Hawk games and activities are designed to allow young athletes to explore balance, movement, hand/eye coordination, and skill development at their own pace. Participant-to-coach ratio 8:1 Please wear appropriate clothing, running shoes and bring water bottle. Fee \$39 for 4 week session.

10:30am to 11:30am Sat, March 7 - Sat, March 28 Sa Scott, Austin

Parent's Night Out

Type: Standard Activity
Location: Multipurpose Room
Fee: Standard charge: \$8.00
Fri, March 6, 2015

Ages: At least 3 but less than 8
It's a night of fun and games for the kids and a night on the town for you! Each Parent's Night Out includes pizza, games, and arts and crafts centered on a different theme! The kids will have a blast at the Addison Athletic Club while you get a night out. Offered for kids ages 3 - 7. Limited space so register early!

6:30pm to 9pm Fri, March 6, 2015 F Staff, AAC

Parent's Night Out

Type: Standard Activity
Location: Multipurpose Room
Fee: Standard charge: \$8.00
Fri, April 17, 2015

Ages: At least 3 but less than 8
It's a night of fun and games for the kids and a night on the town for you! Each Parent's Night Out includes pizza, games, and arts and crafts centered on a different theme! The kids will have a blast at the Addison Athletic Club while you get a night out. Offered for kids ages 3 - 7. Limited space so register early!

6:30pm to 9pm Fri, April 17, 2015 F Staff, AAC

Parent's Night Out

Type: Standard Activity
Location: Multipurpose Room
Fee: Standard charge: \$8.00
Fri, May 15, 2015

Ages: At least 3 but less than 8
It's a night of fun and games for the kids and a night on the town for you! Each Parent's Night Out includes pizza, games, and arts and crafts centered on a different theme! The kids will have a blast at the Addison Athletic Club while you get a night out. Offered for kids ages 3 - 7. Limited space so register early!

6:30pm to 9pm Fri, May 15, 2015 F Staff, AAC

[Preschool Friends](#)

Type: Standard Activity
Location: Conference Room
Fee: Standard charge: \$20.00
4 Week Session
Wed, April 1 - Wed, April 22

Ages: At least 3 but less than 5
Join the fun and make new friends and learn new things! The goal of this program is to offer a variety of theme-based crafts, story time, music, and movement to develop social skills, motor skills, and academics. The instructor will provide an introduction to language, writing skills, math, and science. Come experience the fun! Child must be potty trained to enroll.

10:30am to Noon Wed, April 1 - Wed, April 22 W Suh, Minok

[Preschool Friends](#)

Type: Standard Activity
Location: Conference Room
Fee: Standard charge: \$20.00
4 Week Session
Wed, April 29 - Wed, May 20

Ages: At least 3 but less than 5
Join the fun and make new friends and learn new things! The goal of this program is to offer a variety of theme-based crafts, story time, music, and movement to develop social skills, motor skills, and academics. The instructor will provide an introduction to language, writing skills, math, and science. Come experience the fun! Child must be potty trained to enroll.

10:30am to Noon Wed, April 29 - Wed, May 20 W Suh, Minok

[Spring Break Camp](#)

Type: Standard Activity
Location: Multipurpose Room
Fee: Standard charge: \$150.00
1 Week Session
Mon, March 9 - Fri, March 13

Ages: At least 5 but less than 13
Experience Spring Break Addison-style and have a blast all week with friends. This will be an all day camp filled with arts & crafts, gym time and a field trip. Space is limited and fills quickly so register early. Please bring close toe shoes and sack lunch every day. Please bring a swimsuit & a towel every day.

7:30am to 6pm Mon, March 9 - Fri, March 13 M Tu W Th F Suh, Minok

[Teen Road Trip - Athletic Club](#)

Type: Standard Activity
Location: Addison Athletic Club
Fee: Standard charge: \$8.00
Fri, March 6, 2015

Ages: At least 8 but less than 15

Calling all PRE-Teens & Teens! Time to get out of the house and come down to the Addison Athletic Club. Come hang out with all your friends and play some ping pong, foosball, and gym games. Do not worry about dinner; we will have pizza at the Athletic Club before we start all the fun.

6:30pm to 9pm Fri, March 6, 2015 F Scott, Austin

[Teen Road Trip - Jump Street](#)

Type: Standard Activity
Location: Addison Athletic Club
Fee: Standard charge: \$20.00
Fri, April 17, 2015

Ages: At least 8 but less than 15
Calling all PRE-Teens & Teens! Time to get out of the house and take a road trip to Jump Street. Come jump around with all your friends. Do not worry about dinner; we will have pizza before leaving the Addison Athletic Club. Trip leaves from the Addison Athletic Club and includes transportation.

6:30pm to 9pm Fri, April 17, 2015 F Scott, Austin

[Teen Road Trip - Rough Riders Game](#)

Type: Standard Activity
Location: Addison Athletic Club
Fee: Standard charge: \$20.00
Fri, May 15, 2015

Ages: At least 8 but less than 15
Calling all PRE-Teens & Teens! Time to get out of the house and take a road trip to the Dr Pepper Ballpark to watch the Frisco Rough Riders play the Corpus Christi Hooks. Do not worry about dinner; we will provide pizza before we leave. Trip leaves from the Addison Athletic Club and includes transportation.

6:30pm to 9pm Fri, May 15, 2015 F Scott, Austin

[Tiny Hawk Sports](#)

Type: Standard Activity
Location: Basketball Gym
Fee: Please Call for Fee Information
4 Week Session
Sat, March 7 - Sat, March 28

Ages: At least 3 but less than 4
The essentials of two sports; soccer and t-ball are introduced in a fun and safe environment with lots of encouragement. Young athletes must be between the age of 3 to 4 years old and toilet trained in order to participate. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games tailored to their attention spans. Participant-to-coach ratio 6:1. Please wear appropriate clothing, running shoes, and bring a water bottle.

9:30am to 10:15am Sat, March 7 - Sat, March 28 Sa Scott, Austin

Summer Camp Registration

Type: Standard Activity

Location: Multipurpose Room

Fee: Standard charge: \$150.00

Sat, April 18, 2015

Ages: At least 5 but less than 13

Registration begins Saturday April 18 at 8:00 a.m. School's out for the summer! Now What? Come join the Addison Athletic Club and staff for these weeklong sessions of Summer Camp. Each session is highlighted by a field trip in the DFW Area. Campers will have the chance to experience the summer in a whole new way by participating in arts, crafts, playing games, and swimming while at the AAC. Campers must bring a sack lunch every day. Fee: \$150 per week including \$30 deposit to hold space per week.

Week 1	7:30am to 6pm	Mon, June 8 - Fri, June 12	M Tu W Th F	Scott, Austin
Week 2	7:30am to 6pm	Mon, June 15 - Fri, June 19	M Tu W Th F	Scott, Austin
Week 3	7:30am to 6pm	Mon, June 22 - Fri, June 26	M Tu W Th F	Scott, Austin
Week 4	7:30am to 6pm	Mon, June 29 - Fri, July 3	M Tu W Th F	Scott, Austin
Week 5	7:30am to 6pm	Mon, July 6 - Fri, July 10	M Tu W Th F	Scott, Austin
Week 6	7:30am to 6pm	Mon, July 13 - Fri, July 17	M Tu W Th F	Scott, Austin
Week 7	7:30am to 6pm	Mon, July 20 - Fri, July 24	M Tu W Th F	Scott, Austin
Week 8	7:30am to 6pm	Mon, July 27 - Fri, July 31	M Tu W Th F	Scott, Austin
Week 9	7:30am to 6pm	Mon, Aug 3 - Fri, August 7	M Tu W Th F	Scott, Austin
Week 10	7:30am to 6pm	Mon, Aug 10 - Fri, August 14	M Tu W Th F	Scott, Austin

Easter Eggstravaganza

Location: Les Lacs Park

Fee: Free

Sat, March 28, 2015

Ages: Any

Come join friends and neighbors for the annual Easter egg hunt. Grab your Easter baskets and hop down to Les Lacs Park located across from the Addison Athletic club. There will be refreshments, hundreds of eggs, a petting zoo, prizes, and a special visit from the Easter Bunny. Don't miss out on all the fun! The hunt begins at 10 a.m.!

10am to Noon

Sat, March 28, 2015

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 a 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

Personal Trainers

Personal trainers are available to help you create a practical fitness schedule that's tailored for you. All personal trainers are contracted and have professional certifications through nationally recognized organizations. For more information, contact the individual trainer.



Adam Alexander

Adam is available for appointments Monday - Saturday. Your first visit is a free 30 minute consultation to assess your fitness level and discuss your goals. Whether your goals include getting in shape, losing weight, eating healthy, increasing strength, improving flexibility, or combating the effects of bone density loss, Adam can design a program to help meet your goals while avoiding and/or working around injury. To set up an appointment call Adam at (972)741-2123 or ajalexander32@gmail.com. Contact Adam for rates & discounted package deals. Adam has a Master of Occupational Therapy (MOT) LSU Shreveport, Certified Personal Trainer through Cooper Institute of Aerobics Research, and Certified in Biomechanics through Cooper Institute of Aerobics Research.



Autumn Allan

Autumn is available for sessions Monday-Friday 6:45 a.m.-1:00 p.m. , and Saturdays 9:00 a.m. to 11:30 a.m. Programs are designed specific to your physical fitness and nutrition goals. Plus, Benchmark clients have exclusive use of the PowerTower™ and the BodyBugg™. Periodic blood pressure, weight, and body composition checks are taken. Autumn focuses on motivation and discipline, as well as making fitness fun, interesting, and most importantly, A LIFESTYLE! Gift certificates are also available. Contact Autumn at 214-794-3444 or benchmarkfitness@sbcglobal.net for an appointment. Autumn's fees are \$60 per session, 10 for \$500, or 20 for \$900. Autumn is a certified Health and Fitness Instructor with the American College of Sports Medicine.



Cynthia Fritz

Cynthia is a Certified Personal Trainer who specializes in senior fitness. Cynthia began teaching classes in 2006, became a personal trainer in 2008, and in 2009 she began working primarily with seniors. She gently challenges her clients to become more independent and is motivated to help them become physically stronger. She is certified by AFAA, Silver Sneakers fitness program, and is CPR certified. Contact Cynthia 972-922-3482 or Cynthia@seniorstylefitness.com



Veronika Bobakova

Veronika is a former NCCA track and field hurdles runner. Among her many accomplishments are multiple Slovak National Championship titles. Veronika's solid foundation of balance, flexibility, power, speed and agility are essential for creating workouts suitable for ANYONE looking to stay fit and healthy. Veronika has multiple certifications through Cooper's Institute for Aerobics Research, including Biomechanics, Pregnancy, Diabetes, as well as Older Adults and Exercise. She is also experienced in biomechanics of proper running, multidirectional drills and acceleration skills techniques . Do you feel like you need guidance, are you tired of the same workout routine, did you loose motivation? Veronika has a sincere desire for you to learn and overcome fitness myths and enjoy your time while exercising. Her workouts are tailored to her clients' needs and goals. If you are ready to discover endless benefits of a healthy lifestyle, contact Veronika at 972-835-1131 or veronikafitness@gmail.com.