

# Midlife Fitness with Mary

Mary Latenser is nationally certified in Group Exercises, Pilates Mat, Silver Sneakers, Cancer Exercises Specialist and Personal Trainer. Call or visit Leawood Parks and Recreation website for class availability after June 30th.

Classes meet Mondays at 10:30 am, Wednesdays at 10:30 am, and Fridays at 10:00 am. Five Weeks - 3 days a week sessions.

**Mary Latenser • Oak Room, LCC • 18 years +  
Fee \$90/Resident Disc Fee \$85 • Min 5 Max 15**

Session	Dates	Days	Time
01	Mar 19-Apr 20	Mon & Wed Fri	10:30-11:30 am 10:00-11:00 am
02	Apr 23-May 25	Mon & Wed Fri	10:30-11:30 am 10:00-11:00 am

## Mondays: Cardio/Strength

Intervals alternating traditional muscle conditioning exercises with easy to follow cardiovascular segments. Intervals are proven to be the most efficient way to lose body fat.

## Wednesdays: Resistance Training

Total Body conditioning using dumb bells, exertubes, gliders and body weight to shape and strengthen the whole body.

## Fridays: 20-20-20 Class

"A little of everything". 20 minutes of choreographed cardio followed by 20 minutes of strength training and finishing with 20 minutes of yoga/pilates inspired core work and stretch.

**NEW**

# Zumba

**Rachael DeAnda & Rose Kotulic  
Oak Room, LCC • 18 years +  
Wednesday • Fee \$60/Resident Disc Fee \$55  
Min 2 Max 10**

Class	Session	Dates	Time
Zumba	01	Mar 7-Apr 11	9:30-10:20 am
Zumba	02	May 9-June 13	9:30-10:20 am
Zumba	03	July 11-Aug 15	9:30-10:20 am
Zumba	04	Sept 5-Oct 10	9:30-10:20 am

Come and enjoy the fun! Zumba is one of the most popular exercise crazes in recent years. You will enjoy the Latin music and dance moves, as well as the many health benefits, burn calories, work out the entire body, boost the metabolism, increase endurance, improve coordination and confidence. Six - 1 hour sessions.



# Bellydance

Ideal for anyone interested in learning bellydance for the very first time. Learn the basics of middle eastern dance using easy to follow dance moves, drills and steps that offer the benefits of a great cardio workout as well as tightening and toning the body. Bellydance is a great way to have fun, learn something new, and beat the winter blues all in a relaxed, accepting and supportive environment. This dance can be enjoyed by all ages and body types. Six - 1 hour sessions.

**Susie Von Bevern • Maple Room, LCC • 18 years +  
Wednesday • Fee \$51/Resident Disc Fee \$45  
Min 2 Max 10 • No Class**

Class	Session	Dates	Time
Bellydance	01	Mar 7-Apr 11	5:30-6:30 pm
Bellydance	02	May 9-June 13	5:30-6:30 pm
Bellydance	03	July 11-Aug 15	5:30-6:30 pm
Bellydance	04	Sept 5-Oct 10	5:30-6:30 pm

## Looking for the Perfect Gift?

*Purchase a gift card from Leawood Parks & Recreation!*

Gift cards are available for any amount and can be used for classes, pool passes, facility rentals, open climb, bike helmets and many other programs we have to offer.

For more information, call 913.663.9154.



# Stress-Management Tai Chi Mediation with Best-Selling Author Bill Douglas

**FREE PRESENTATION**

Limited spots available, call 913.663.9154 to reserve yours

**Session 01** Thursday, March 8 | **Session 05** Thursday, August 30  
6:00 to 7:30 pm, Oak Room • Min 8 Max 40

Best-selling, internationally published, Tai Chi Meditation author and 2009 Inductee to the Internal Arts Hall of Fame in New York, is offering a FREE Tai Chi Meditation presentation, to share tools to reduce stress, improve health, and life performance.

This FREE 1.5 hour introduction will give you tools you can use right away to manage stress and increase health and performance, and give an overview of the evening class teachings. Anyone can do this Tai Chi Meditation workshop and benefit from it. Harvard Health Publications wrote that the moving meditation of Tai Chi, should more aptly be called "medication" in motion, because of all the myriad health issues it can prevent or even help treat.

Modern research shows that Mind-Body practices like Tai Chi and Meditation can prevent or treat most of the common health issues we face, reduce anxiety, depression, lower high blood pressure, improve balance, help with rehab from injury and chronic illnesses. Tai Chi Meditation author, Bill Douglas, teaches mind-body techniques worldwide and for some of the world's largest corporations and medical centers. A DVD he produced has been provided to patients by physicians and neurologists all across America. See how his classes have changed people's lives, by reading "Reader Reviews" of his book and DVD on amazon.com, "The Complete Idiot's Guide to T'ai Chi & Qigong," book, and his DVD "Anthology of T'ai Chi & Qigong: The Prescription for the Future."

Bill has been a Tai Chi source for: The New York Times; Wall Street Journal; WebMD; BBC World Radio; Reader's Digest; China's Xinhua News Agency; The South China Morning Post; and media worldwide. He was commissioned by Prevention Magazine to create their Tai Chi Tutorial for their article on 'boosting your immune system with Tai Chi.' Bill's book was recommended by American Airlines American Way Inflight Magazine and he is the official Tai Chi Expert for famed naturopathic physician/author Dr. Andrew Weil's websites.

## T'ai Chi Qigong Meditations Classes

Bill Douglas • Oak Room, LCC • Thursday • Ages 18 y+ • Min 15 Max 35

Class	Session	Dates	Time	Fee/Res Disc
T'ai Chi Qigong Meditations	02	Mar 15-May 3	6:30-8:00 pm	\$108/\$98
T'ai Chi Qigong Meditations	03	May 17-July 5	6:30-8:00 pm	\$108/\$98
T'ai Chi Qigong Meditations (6 weeks)	04	July 19-Aug 23	6:30-8:00 pm	\$81/\$73.50
T'ai Chi Qigong Meditations	06	Sept 6-Oct 25	6:30-8:00 pm	\$108/\$98



Learn Tai Chi Short Form and Qigong Meditation Relaxation Therapies. Harvard Medical Health Publications called Tai Chi "medication in motion" because of all the many health issues modern medical research is finding Tai Chi can benefit. LEARN TAI CHI and Qigong meditation from #1 best selling Tai Chi author, Bill Douglas. Bill is a world renowned expert in this field, and has been a Tai Chi source for Prevention Magazine; The Wall Street Journal; The New York Times; Reader's Digest; and media worldwide.

Tai Chi is proven to help with anxiety, depression, chronic pain, balance issues, high blood pressure, heart disease, menopause, bone loss, and many other common health issues. It is an easy and relaxed, very low impact, exercise that involves visualization, breathing, and gentle movement techniques. Anyone can do it. Eight - 1 hour sessions.



## Internships for College Students

The Leawood Parks & Recreation Department is seeking interns for the 2018 spring, summer, and fall semesters.

**Position is full-time (40 hours/week)**

You will gain valuable experience working in a wide variety of areas and be part of the Leawood Parks and Recreation team. Must be in your senior year in college working towards a degree in the Parks and Recreation field to qualify.

Please contact Jacinta Tolinos, Program and Facilities Supervisor at 913.663.9153 or jacintat@leawood.org or apply online at www.leawood.org.



# Yoga

Kay Sipple • Oak Room, LCC • 18 years + • Min 2 Max 30  
 Fee \$51/Resident Disc Fee \$45 • No Class May 28, July 4

## Ask About A Yoga Punch Card!

### Yoga

This gentle Hatha Yoga class enhances your body's strength, flexibility and sense of balance. Through yoga poses and breathing you can become calm and relaxed creating an environment for healing in the body, as well as the mind. Gentle yoga is often helpful for chronic conditions such as arthritis, fibromyalgia and back pain.

Each student will be supported at his or her own level and painful or weak areas of the body will be addressed. Comfortable clothing is all you need. Six - 1 hour sessions.

### Intermediate Yoga

If you are an experienced yoga student who would like to expand your practice, join us for a more aerobic class of yoga flow. This class can help you deepen your understanding of yoga and offers a greater focus on breathing and meditation. Six - 75 minute sessions.

Class	Session	Dates	Day	Time
Yoga	01	Apr 9-May 14	Mon	6:00-7:00 pm
Yoga	02	Apr 3-May 8	Tues	9:00-10:00 am
Yoga	03	Apr 4-May 9	Wed	6:00-7:00 pm
Yoga	04	May 21-July 2	Mon	6:00-7:00 pm
Yoga	05	May 15-June 19	Tues	9:00-10:00 am
Yoga	06	May 16-June 20	Wed	6:00-7:00 pm
Yoga	07	July 9-Aug 13	Mon	6:00-7:00 pm
Yoga	08	June 26-July 31	Tues	9:00-10:00 am
Yoga	09	June 27-Aug 8	Wed	6:00-7:00 pm
Yoga	10	Sept 10-Oct 15	Mon	6:00-7:00 pm
Yoga	11	Sept 4-Oct 9	Tues	9:00-10:00 am
Yoga	12	Sept 5-Oct 10	Wed	6:00-7:00 pm
Intermediate Yoga	01	Apr 5-May 10	Thurs	9:00-10:15 am
Intermediate Yoga	02	May 17-June 21	Thurs	9:00-10:15 am
Intermediate Yoga	03	June 28-Aug 2	Thurs	9:00-10:15 am
Intermediate Yoga	04	Sept 6-Oct 11	Thurs	9:00-10:15 am



# Better Sleep & Introduction to Mindfulness

Alicia Polk • Maple Room, LCC • 18 years +  
 Thursday • Min 8 Max 30

Class	Session	Dates	Time	Fee/Res Disc
Better Sleep	01	Apr 12-26	5:30-7:00 pm	\$36/\$33
Better Sleep	02	May 3-17	5:30-7:00 pm	\$36/\$33
Better Sleep	04	Aug 2-16	5:30-7:00 pm	\$36/\$33
Better Sleep	05	Aug 23-Sept 6	5:30-7:00 pm	\$36/\$33
Intro to Mindfulness	03	Apr 12-May 17	7:00-8:30 pm	\$72/\$66
Intro to Mindfulness	06	Aug 2-Sept 6	7:00-8:30 pm	\$72/\$66



### Better Sleep

This class teaches people several components of the number-one doctor-recommended treatment for chronic insomnia. Participants will learn about how sleep works and how important it is for both mental and physical health; how to prevent chronic insomnia; relaxation techniques; sleep hygiene (what helps sleep and what gets in the way of sleep); and how to change problematic thoughts and worries interfering with sleep. Six - 1.5 hour sessions.

### Introduction to Mindfulness

Participants will learn several mindfulness techniques, including mindfulness meditation, which will allow them to be more fully present in the present (as opposed to thinking ahead to the future or back to the past) and experience the present more fully. Research shows that mindfulness can be an effective treatment for many mental and physical illnesses. Mindfulness has been shown to decrease depression, anxiety, and stress and can help with coping with many physical conditions, including chronic pain, cardiovascular disease, fibromyalgia, and cancer among others. Three - 1.5 hour sessions.

# Bridge is King



# Open Bridge Play

Mondays • 6:30 - 8:30 pm • \$1.00

Here is your chance to practice what you have learned and to play bridge with your friends. This opportunity is open to the public.

**Christie Thomas-Collier or Dr. Gail Himmelstein • Maple Room, LCC • 18 years + • No Class May 15, 22, 29; June 5; Oct 9**

Class	Instructor	Session	Dates	Day	Time	Fee/ Res Disc	Min Max
Bridge Bidding Review	Christie Thomas-Collier	03	Mar 7-28	Wed	6:30-8:30 pm	\$44/\$40	10/32
BW: Scoring	Christie Thomas-Collier	01	May 2	Wed	6:30-8:30 pm	\$11/\$10	10/32
BW: Stayman Convention	Christie Thomas-Collier	02	May 9	Wed	6:30-8:30 pm	\$11/\$10	10/32
BW: Jacoby Transfer	Christie Thomas-Collier	03	May 16	Wed	6:30-8:30 pm	\$11/\$10	10/32
BW: Plan the Play	Christie Thomas-Collier	04	May 23	Wed	6:30-8:30 pm	\$11/\$10	10/32
BW: Entries	Christie Thomas-Collier	05	May 30	Wed	6:30-8:30 pm	\$11/\$10	10/32
BW: Rebids	Christie Thomas-Collier	06	June 6	Wed	6:30-8:30 pm	\$11/\$10	10/32
BW: Counting	Christie Thomas-Collier	07	June 13	Wed	6:30-8:30 pm	\$11/\$10	10/32
BW: Law of Total Tricks	Christie Thomas-Collier	08	June 20	Wed	6:30-8:30 pm	\$11/\$10	10/32
BW: Intro to Duplicate	Christie Thomas-Collier	09	June 27	Wed	6:30-8:30 pm	\$11/\$10	10/32
BW: Opening Leads	Christie Thomas-Collier	10	July 11	Wed	6:30-8:30 pm	\$11/\$10	10/32
BW: Defensive Signals	Christie Thomas-Collier	11	July 18	Wed	6:30-8:30 pm	\$11/\$10	10/32
BW: Weak Two Bids	Christie Thomas-Collier	12	July 25	Wed	6:30-8:30 pm	\$11/\$10	10/32
Beginning Bridge	Christie Thomas-Collier	02	Aug 29-Oct 17	Wed	6:30-8:30 pm	\$88/\$80	10/32
Adv. Bridge - Bidding Conventions	Dr. Gail Himmelstein	04	June 11-July 16	Mon	10:00 am-12:00 pm	\$77/\$70	10/40
Adv. Bridge - Learn Leads & Discards	Dr. Gail Himmelstein	05	Aug 20-Sept 24	Mon	10:00 am-12:00 pm	\$77/\$70	10/40

## Bridge Bidding Review

You have just finished beginning Bridge lessons OR you are coming back after a break from Bridge and you need a little playing experience. This four week class is designed to review the bidding basics of no trump, one of a major suit, one of a minor suit, and competitive bidding. Four - 2 hour sessions.

## Bridge Workshops (BW)

Discussion of various Bridge topics and play example hands. Enroll in one session or all twelve. Christie Thomas-Collier, accredited Bridge instructor, will lead the workshop sessions. One - 2 hour session.

## Beginning Bridge

Warren Buffett, Bill Gates and Martina Navratilova exercise their mental muscles by playing Bridge. You can, too! During this eight-week class, the basics of bidding will be discussed in the first hour and we will have fun playing the cards during the second hour. Our textbook, written by Audrey Grant, will be available from the instructor, Christie Thomas Collier, for \$12.00 on the first evening of class. Eight - 2 hour sessions.

## Advanced Bridge Bidding Conventions

Sharpen your use of the most important bidding conventions: No Trump (transfers and stayman), Suits (Jacoby 2 and 3 Nt), weak preempts, and Slams (Roman Key Card-1430) Six - 2 hour sessions.

## Advanced Bridge Learn Leads and Discards

Learn Leads and Discards. How to communicate with your partner with the cards you play throughout the play of the hand - Defensive Signals!!! Six - 2 hour sessions.



## Senior Friendship Luncheons

Adults 50+ are invited to join us  
for food, friendship and fun!

### RESERVATION REQUIRED ONE WEEK IN ADVANCE!

Come enjoy a catered lunch and entertainment the second Tuesday of every month. A great way to socialize and meet new friends! For more information or to register please call 913.663.9154.

Tuesdays • 11:30 am - 1:00 pm  
Maple Room, LCC • Cost \$8.00  
Min 10 Max 50

Session	Dates
01	Mar 12
02	Apr 10
03	May 8
04	June 12
05	July 10
06	Aug 14
07	Sept 11

Sponsored by



and

