



Meri Lou Murray Recreation Center

Spring 2018

Washtenaw County Parks & Recreation Commission

parks.ewashtenaw.org



Credit: Fred Golden Photography

Rates (Effective July 1, 2013; subject to change)

Individual 16-61 • (Y) Youth 3-15 • (S) Senior 62+
(D) Disabled (with doctor's note)

	County Resident	Non-Resident
Daily Fees		
Individual	\$8	\$9
Y/S/D	\$6	\$7

Annual Passes		
Individual	\$230*	\$345*
Y/S/D	\$180*	\$270*
Family	\$495*	\$745*
Over 80	\$60	\$60

*Renew before your Annual Pass expires to receive a \$10 discount. (Does not apply to "Over 80")

6 Month Passes		
Individual	\$175	\$265
Y/S/D	\$135	\$205
Family	\$370	\$555

30-Day Pass	\$45	\$45
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Fitness/Instructional Swim Classes
See pages 6-8 for class registration fees †

Fitness Class "Drop-In" Rates †		
Individual	\$8/class	\$9/class
Senior	\$6/class	\$7/class

† Registered participants are allowed to make up their absences in any class priced at **equal or lesser value** of the class in which they are registered. Non-registered individuals may drop in to Fitness classes when space is available.

About Us

Facilities & Programs

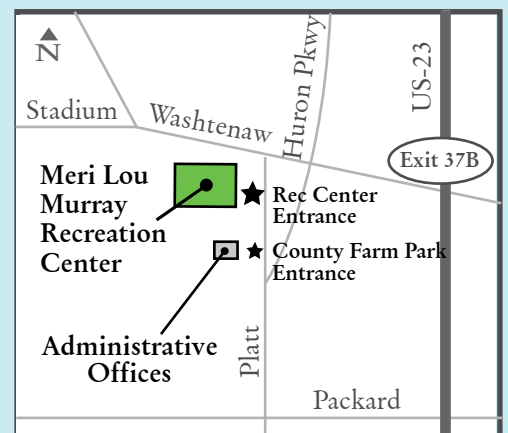
- Track (1/12 mile)
- Gymnasium
- Heated Pool (Barrier-free)
- Cardio Training Equipment
- Strength Training Equipment
- Locker Rooms
- Assisted Care Locker Room
- Personal Trainers
- Swim Instruction
- Fitness Classes

Building Hours

Mon-Fri, 6am-10pm
Sat, 8am-6pm
Sun, Noon-10pm
Easter, April 1 - Closed
Memorial Day, May 28 - Closed

Visit Us!

2960 Washtenaw Avenue
(entrance on Platt Road)
Ann Arbor, Michigan
(734) 971-6355



Group Fitness Classes

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 Online Registration: 3/4 - 3/31
 Walk-in Registration: 3/5 - until filled
 (\$2 registration late fee after class begins)
 Classes Run: 4/1 - 6/16
 No Classes: 4/1, 5/28

CARDIO

Aerobic Interval #33200
 Combination of aerobic conditioning and muscle work using weights, bands, balls and steps. This is a great cardiovascular workout!
 Th 9:40-10:40a A \$58 (Sr. \$47)

Basic Aerobics #33210
 Slower paced, entry-level workout for all ages. 40 min. aerobics, 20 min. conditioning & stretch.
 M 9:15-10:15a A \$53 (Sr. \$43)
 F 9:00-10:00a B \$58 (Sr. \$47)

Step It Up! #33220
 Basic step class designed for older adults who still love to move! Class includes light weights and bands. Get those hearts moving and step along with us. No prior step instruction required.
 M 8:15-9:00a A \$40 (Sr. \$32)
 W 8:15-9:00a B \$44 (Sr. \$35)

Boot Camp #33230
 Ready to kick your workout routine up a notch? Come experience this high-energy, whole body workout! This class can be adapted to most fitness levels and is sure to generate results.
 W 6:10-7:10a A \$58 (Sr. \$47)

Advanced Step #33240
 Targets lower extremities, excellent fat burner. Advanced choreography and/or intensity.
 T 6:45-8:00a A \$73 (Sr. \$59)
 Th 6:45-8:00a B \$73 (Sr. \$59)
 Sat 8:05-9:05a C \$58 (Sr. \$47)

Step Interval #33250
 Combination of aerobic conditioning using step and muscle work through weights, bands, and/or ball. This is a great cardiovascular workout!
 F 4:00-5:00p A \$58 (Sr. \$47)

Body Weight Boot Camp ★ NEW! #33260
 Get stronger and feel better with this face-paced calisthenic workout utilizing the most powerful piece of equipment you have-your own body! Students of all fitness levels looking for a fun, high-intensity workout are welcome
 Sun 5:15-6:15p A \$53 (Sr. \$43)
 T 9:40-10:40a B \$58 (Sr. \$47)

CONDITIONING

Aerobics and Strength #33300
 Tone, strengthen and firm your entire body! Bands, weights, resistance tubes, floor mats provided.
 T 5:35-6:35p A \$58 (Sr. \$47)

Basic Sculpt & Condition #33310
 Slower paced entry level workout for all ages. Hand weights and tubes strengthen and tone muscles, while improving flexibility and balance.
 T 8:30-9:30a A \$58 (Sr. \$47)
 Th 8:30-9:30a B \$58 (Sr. \$47)

Power Sculpting #33320
 Intervals of aerobics, low-impact and conditioning. Fast paced, easy to follow and a very effective fat burner.
 M 5:30-6:30p A \$53 (Sr. \$43)
 W 5:30-6:30p B \$58 (Sr. \$47)

Sculpt & Condition #33330
 Tone and strengthen the total body. Mild aerobic workout, adaptable yet challenging for all fitness levels. Hand-held weights, tubes and bands provided.
 Sat 9:20-10:20a A \$58 (Sr. \$47)

5 Start #33340
 This class offers a little of everything and is designed to increase balance, flexibility, coordination, agility, and strength. In this class participants will use weights, bands, and various equipment. A chair is used for seated or standing support.
 F 7:45-8:45a A \$58 (Sr. \$47)

CYCLING

Studio Cycling #33600
 Experience the high gear cardio energy of this indoor cycling class! Blast calories, build muscle, and increase endurance. **Drop-ins not permitted when class is at capacity.**
 T 12:05-1:05p A \$77 (Sr. \$66)
 F 6:15-7:15a B \$77 (Sr. \$66)
 F 11:30a-12:30p C \$77 (Sr. \$66)

Group Fitness Hotline
 734-971-6355, #5
 Call for daily, current class schedule; updated only to announce class cancellations. (Substitutes for regular instructors will not be recorded)

Personal Trainers!
 If you're looking for that extra boost of motivation, personal trainers are available. Photos and bios of each trainer are available on the bulletin board at the facility and our website at parks.ewashtenaw.org.

MIND & BODY

Balanced Yoga #33400
 Use yoga movements and breathing techniques to relax and strengthen your mind and body, while increasing flexibility and working core muscles.
 Th 5:35-6:35p A \$58 (Sr. \$47)

Beginning Pilates #33410
 Pilates with resistance bands for whole body conditioning. Strength training, stability work, and gentle stretching will improve core strength, posture, balance and flexibility.
 Sun 1:20-2:20p A \$53 (Sr. \$43)
 Sat 11:45a-12:45p B \$58 (Sr. \$47)

Fitness Pilates #33430
 Increase core strength and flexibility of the spine, improve posture, alignment and mind-body connection.
 M 6:45-8:00a A \$66 (Sr. \$53)

Matwork Pilates #33440
 Benefits include increased overall flexibility, abdominal strength and an overall sense of well being. Feel stronger and leaner as you develop your core.
 M 10:30-11:30a A \$53 (Sr. \$43)
 W 10:30-11:30a B \$58 (Sr. \$47)

Pilates Plus #33455
 Inspired by Pilates & yoga, this class is a fun workout combining aerobic movement with strength, flexibility, and balance. All fitness levels welcome!.
 Th 4:15-5:15p A \$58 (Sr. \$47)

PiYo #33460
 Mix of Pilates & yoga that increases flexibility and core strength. All fitness levels welcome.
 M 11:45a-12:45p A \$53 (Sr. \$43)
 Th 6:40-7:40p B \$58 (Sr. \$47)

Yoga with Weights ★ NEW! #33470
 Strengthen your bodies muscles and bone density with easy weights and learn to correct your alignment with gentle yoga poses and relaxation.
 T 4:25-5:25p A \$58 (Sr. \$47)

Stretch and Strengthen #33480
 This class is for all ages to strengthen and stretch all major muscle groups at their own level. Core work and balance will be addressed.
 T 10:50-11:50a A \$58 (Sr. \$47)
 Th 10:50-11:50a B \$58 (Sr. \$47)

Yoga #33490
 Class includes breath control, meditation, and the adoption of specific bodily postures to increase health and relaxation.
 F 5:20-6:20p A \$58 (Sr. \$47)

REC CENTER BRIEFS

MIND & BODY

Yoga Flow #33495
Cultivate a deeper mind-body connection and improve both strength and flexibility with this vinyasa-style yoga. All levels welcome!
Sun 6:20-7:20p A \$58 (Sr. \$47)

MARTIAL ARTS & SELF DEFENSE

Tae Kwon Do
Learn the technique, strength and proficiency of this martial arts style under the instruction of Grand Master B.C. Yu.
Youth (Ages 5-12) Sun/W 4:10-5:10p #33500
4/4-4/29 A \$48
5/2-5/30 B \$54
6/3-6/27 C \$48
Adult (Ages 12 and up) T/Th 7:45-8:45p #33501
4/3-4/26 A \$48
5/1-5/31 B \$60
6/5-6/28 C \$48

Tai Chi #33510
Harmonize body & mind, better handle stressful situations, learn to release body energy to move with unified integrity using your structural alignment. All levels welcome. Instructed by Karla Groesbeck.
T 6:40-7:40p A \$58 (Sr. \$47)

Commando Krav Maga #33520
Commando Krav Maga is not traditional or sport-based martial art. There are no competitions, rules, or regulations. Instead, CKM is designed for the primary goal of survival in no rules environment.
M 7:45-9:15p A \$71

WATER AEROBICS

Water Aerobics #32000
Looking for a new and refreshing way to stay in shape? Water aerobics is a great low impact workout that can improve strength, flexibility, circulation and cardiovascular stamina. Workouts can easily be tailored to match your abilities. No swimming skills required.
M 9:00-10:00a A \$53 (Sr. \$43)
M 6:00-7:00p B \$53 (Sr. \$43)
T 9:00-10:00a C \$58 (Sr. \$47)
T 10:00-11:00a D \$58 (Sr. \$47)
W 9:00-10:00a E \$58 (Sr. \$47)
W 6:00-7:00p F \$58 (Sr. \$47)
Th 9:00-10:00a G \$58 (Sr. \$47)
Th 10:00-11:00a H \$58 (Sr. \$47)
F 9:00-10:00a I \$58 (Sr. \$47)
Sat 9:00-10:00a J \$58 (Sr. \$47)



AEROBICS

World Dance Fitness #33100
This fun and easy to follow cardio dance class combines high-energy and motivating music with unique moves and combinations that make you feel like you are partying on the dance floor!
Sat 10:35-11:35a A \$58 (Sr. \$47)

Zumba Fitness® #33110
This Latin-based aerobic fitness class uses easy, fast, and slow rhythms set to fun Latin and international music. A real "feel happy" cardio workout!
M 6:40-7:40p A \$53 (Sr. \$43)
F 6:30-7:30p B \$58 (Sr. \$47)

Zumba Gold® #33120
Class combines zesty Latin and international rhythms with exhilarating, easy-to-follow moves and an invigorating party-like atmosphere. The pacing and moves are designed to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.
F 10:20-11:20a A \$58 (Sr. \$47)
Sat 12:50-1:50p B \$58 (Sr. \$47)

Zumba Toning® #33130
An innovative muscle training program using lightweight dumbbells in combination with Latin-inspired dance rhythms. It provides participants with a total body workout.
Sun 12:10-1:10p A \$53 (Sr. \$43)
W 6:40-7:40p B \$58 (Sr. \$47)

Zumba Step® #33140
Looking to strengthen and tone your legs and glutes? Step right up. This class combines the awesome toning and strengthening power of step aerobics, with the fun fitness-party of Zumba. Increase your cardio and calorie burning, while adding moves that sculpt your core and legs.
M 4:00-5:00p A \$53 (Sr. \$43)

Body Works NEW! #33160
Have fun with this easy cardio workout. The music will surely move you. Plus basic weight training will maintain muscle tone. Gentle mindful movement and relaxation at the end.
W 9:15-10:15a A \$58 (Sr. \$47)



Friendly Reminders

- Class Drop-In** - Drop-in's are not available when class is at capacity.
- Age Restriction** - Must be 16 or older to enter the cardio or weight room. Must be over 13 to be in the building without an adult. Please make sure to bring a school ID for age verification purposes if you are under 16.
- Fitness** - Review class schedule for new times.
- Gym** - We limit attendance during basketball, therefore you must get a wristband from the front desk in order to be in the gym.
- Pool Schedule Change** - Please note, we have adjusted the pool schedule time for swim lessons.
- Party Space** - When renting this space, each guest must pay to enter and you must follow the pool/gym schedule.

Heartfulness Meditation

- Every Thursday in April, 12:00-1:30pm
- Heartfulness meditation practices are simple daily exercises that create an immediate sense of peace and long-term inner balance. Participants develop a calmness that comes from within and leads to better concentration, increased productivity and greater wellbeing. Each session will cover different topics and techniques. Free. Location: Fitness Studio

Weight Room Orientation

- We currently offer weight room orientation Mondays at 10:30am. Our experienced staff will explain weight room etiquette and demonstrate how to use each station properly. The cost for these 1 1/2 - 2 hour sessions is \$12 per person. Please register in advance.

Class Registration Options

- In person • Fax • Mail • Online**
- Online registration at: parksonline.ewashtenaw.org.
- Forms are at the front desk or online at: parks.ewashtenaw.org ("Forms & Publications"/"Application Forms"/select "Class Registration Form")
- Mail to: Meri Lou Murray Recreation Center
P.O. Box 8645, Ann Arbor, MI 48107-8645
Fax: 734-971-2094

For additional information, contact
Desk Staff
(734) 971-6355 x 0 | dsk@ewashtenaw.org

Class Fee Refund Policy

Cancelled or full class	Full refund
Before class begins	Full refund less \$5 service fee
After class begins*	Pro-rated refund less \$5 service fee
Missed class	No refund

- No cash refunds; credit card or check only.
- *Refund after 1st class only with letter from doctor for medical disability or from employer indicating transfer from the area.

Instructional Swim

Registration Required

|| Online Registration: 3/11 - 3/29
 Walk-in Registration: 3/12 - 3/31
 (\$5 late fee per class for registration after 3/31)
 Lessons Run: 4/5 - 5/6

|| Online Registration: 4/22 - 5/5
 Walk-in Registration: 4/23 - 5/6
 (\$5 late fee per class for registration after 5/6)
 Lessons Run: 5/13 - 6/16

For online registration, select the name of the child you would like to enroll from the drop-down menu.

GROUP SWIM LESSONS

YOUTH

Parent Tot 1 \$40 #31010
 (6 mos–18 mos with adult) With adult participation, infants and toddlers learn to enjoy water activities. Songs and games teach the children water comfort. One adult per child.

	Session I	Session II
Sat 11:00–11:25a	A	B

Parent Tot 2 \$40 #31020
 (18 mos–3 yrs with adult) Through songs and games, and with adult help, pre-school aged children learn water comfort and simple water skills. One adult per child.

	Session I	Session II
Sat 10:30–10:55a	A	B

Parent Tot 3 \$40 #31030
 (2½–4+ yrs with adult) We'll begin to practice skills from Preschool 1; for kids who aren't ready to be in the water without a parent. One adult per child.

	Session I	Session II
Sat 10:00–10:25a	A	B

Preschool 1 \$40 #31040
 (At least 4 yrs) Great for beginners! Children with little or no water experience will learn water comfort, supported floating/kicking, basic arm movement.

	Session I	Session II
Sat 12:00–12:25p	A	B

Preschool 2 \$40 #31050
 (4–5 yrs) Children already comfortable in the water will practice swimming skills without support. Floating, kicking, front crawl and back crawl will be taught.

	Session I	Session II
Sat 11:30–11:55a	A	C
Sat 12:30–12:55p	B	D

Level 1 \$45 #31060
 (At least 5 yrs) Children who can float and kick on both front and back without support begin to complete their strokes. Focus on stroke completion and technique.

	Session I	Session II
Th 4:50–5:30p	A	D
Th 5:40–6:20p	B	E
Sat 10:00–10:40a	C	F

Level 2 \$45 #31070
 (Must pass Level 1 or with permission) Learn to combine and coordinate basic swimming skills into complete strokes. Rhythmic breathing introduced; front and back crawls will improve.

	Session I	Session II
Th 4:50–5:30p	A	D
Th 5:40–6:20p	B	E
Sat 10:50–11:30a	C	F

Level 3 \$45 #31080
 (Must pass Level 2 or with permission) Deep water comfort is a must. Improved stroke technique and endurance is the focus. Children work on more distance with front and back strokes, along with breaststroke and treading water.

	Session I	Session II
Th 4:50–5:30p	A	D
Th 6:30–7:10p	B	E
Sat 11:40a–12:20p	C	F

Level 4 \$45 #31090
 (Must pass Level 3 or with permission) Students will refine and improve all strokes learned while increasing endurance and stroke efficiency. More distance is introduced.

	Session I	Session II
Th 5:40–6:20p	A	D
Th 7:20–8:00p	B	E
Sat 12:30–1:10p	C	F

ADULT & TEEN

Beginning Swimmer \$50 (Sr. \$40) #31100
 (13+ yrs) Designed for those with little or no water experience. Class will focus on water comfort and introduction of strokes.

	Session I	Session II
Th 6:30–7:30p	A	B

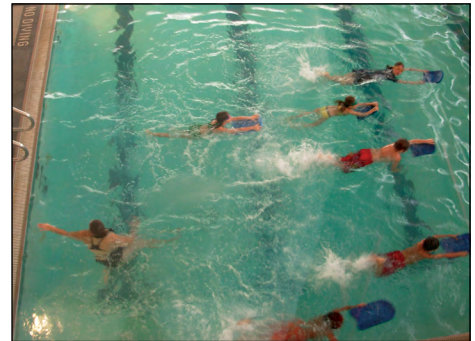
Intermediate Swimmer \$50 (Sr. \$40) #31110
 (13+ yrs) Designed for students with some water experience and swimming ability. Class will focus on stroke improvement, including correct breathing coordination.

	Session I	Session II
Th 6:30–7:30p	A	B

PRIVATE SWIM LESSONS

Private Swim Lessons \$100 #31000
 (4+ yrs) One-on-one instruction to fit individual needs. Five week sessions. A second person may be added to the same lesson for \$50.

		Session I	Session II
Sun	2:00–2:30p	A	L
Sun	2:30–3:00p	B	M
Sun	3:00–3:30p	C	N
Sun	3:30–4:00p	D	O
Th	5:00–5:30p	E	P
Th	5:30–6:00p	E1	P1
Th	6:00–6:30p	E2	P2
Th	6:30–7:00p	E3	P3
Th	7:00–7:30p	E4	P4
Th	7:30–8:00p	E5	P5
Sat	10:00–10:30a	F	Q
Sat	10:30–11:00a	G	R
Sat	11:00–11:30a	H	S
Sat	11:30a–12:00p	I	T
Sat	12:00–12:30p	J	U
Sat	12:30–1:00p	K	V



(734) 971-6355 x 0 | dsk@ewashtenaw.org
No make-ups, refunds, or substitutions for missed instructional swim classes

No class registration refunds