



NEW! Lindy Hop

Ages 16-Adult. Known as the bridge between East & West Coast Swing, this unique style is a must for any serious swing dancer. Learn the basic concepts of frame, timing, rhythm, style, breaks, and steps. You will also learn the basic swing out, closed lindy circle, and a few basic moves. Swing dancing background recommended, but not necessary. No partner is needed.

Hamilton — #6332-300

Thurs., June 30-Aug. 4, 5:30-7:00 p.m.
\$24.50Res/\$36.75Non-res

NEW! Hip-Hop Lindy

Ages 16-Adult. This dance combines the crazy style of lindy with the smooth slides and “pop & lock” of hip-hop. Basic swing out, style, and break moves will comprise most of the lessons. You will be dancing to hip-hop or rhythm & blues in swing tempo, not big band or swing music. Basic understanding of either hip-hop or lindy is recommended, but not required. No partner is needed.

Hamilton — #6334-300

Thurs., June 30-Aug. 4, 7-8:30 p.m.
\$24.50Res/\$36.75Non-res

NEW! Argentinean Tango

Ages 16-Adult. There is no basic step to this tango. Also known as “The Forbidden Dance,” this is not to be confused with ballroom tango. You must feel comfortable dancing very closely with your partner. Learn basic concepts, including connection, walking with a partner, containment, timing, rhythm, syncopation, into the cross, and exercises. Partner recommended, but not necessary.

Hamilton — #6336-300

Mon., June 27-Aug. 8 (No class July 4)
5:30-7:00 p.m.
\$24.50Res/\$36.75Non-res

NEW! Contact Improv Jam

Ages 16-Adult. Learn the basics of contact improv, a dance game that allows you and a partner to improvise to desired moves. This style is used by many modern choreographers. Learn basic concepts, including partnering, connection, falling, weight sharing, lifting, and improvisation techniques. No dance background necessary.

Hamilton — #6338-300

Mon., June 27-Aug. 8 (No class July 4)
7-8:00 p.m.
\$17Res/\$25.50Non-res

Fitness

ABsoGLUTEly Fit

Work on your upper and lower abdomen. You will be targeting the gluteus maximus area to the backs of your thighs. Look and feel better. Wear comfortable clothing.

Brinton — #6342-300

Mon., June 27-Aug. 15 (No class July 4) 7:15-8:15 p.m.
\$22Res/\$33Non-res

Brinton — #6344-300

Wed., June 22-Aug. 10, 7:15-8:15 p.m.
\$25Res/\$35Non-res

Hamilton — #6346-300

Wed., June 29-Aug. 3, 7-8:00 p.m.
\$24.50Res/\$36.75Non-res

Riverside — #6350-300

Mon., June 20-Aug. 8 (No class July 4)
6-7:00 p.m.
\$22Res/\$33Non-res

Riverside — #6352-300

Wed., June 22-Aug. 10, 6-7:00 p.m.
\$25Res/\$37.50Non-res

Webster — #6356-300

Tues., June 21-Aug. 9, 6-7:00 p.m.
\$25Res/\$37.50Non-res

Webster — #6358-300

Thurs., June 23-Aug. 11, 6-7:00 p.m.
\$25Res/\$37.50Non-res

Webster — #6360-300

Sat., July 9-Aug. 13, 9-10:00 a.m.
\$19Res/\$28.50Non-res

Aerobics (Mild Intensity)

Aerobic exercise is a great way to improve your health and reduce stress. Through movement exercises performed to music, you will enhance your flexibility, endurance, and body tone.

Milw. Sch. of Lang. — #6362-300

Mon., June 20-Aug. 15 (No class July 4) 6:30-7:30 p.m.
\$22Res/\$33Non-res

Milw. Sch. of Lang. — #6364-300

Wed., June 22-Aug. 10, 6:30-7:30 p.m.
\$22Res/\$33Non-res

North — #6366-300

Mon., June 20-Aug. 15 (No class July 4) 6:30-7:30 p.m.
\$25Res/\$37.50Non-res

North — #6368-300

Wed., June 22-Aug. 17, 6:30-7:30 p.m.
\$25Res/\$37.50Non-res

Dynamic Duo

This dynamic duo combines a cardio workout with muscle toning. Get a regular dose of body sculpting exercises such as sit-ups, push-ups and leg raises. See and feel the results. Combine this with cardio-kickboxing for a great workout. Wear comfortable clothing and shoes.

Hamilton — #6372-300

Tues., June 28-Aug. 2, 6:45-7:30 p.m.
\$14.50Res/\$21.75Non-res

What's Going On?

“When will the next Activity Guide be available?”

“How can I register for Milwaukee Recreation's classes on-line?”

“Is Michael Jordan really the greatest shoe salesman who ever lived?”

Milwaukee Recreation's free electronic newsletter can answer 2 out of every 3 recreation questions.

Visit www.MilwaukeeRecreation.net to sign up today!



50 Adult Enrichment

Registration begins **MAY 2** for City of Milwaukee residents and **MAY 9** for non-City of Milwaukee residents. See page 2 for our refund policy.

Belly Dance Exercise

Belly aerobics involves exercises designed to tighten and tone your waist, hips and abdominal muscles through easy-to-follow isometric movements. This “dance” class will enhance your overall flexibility and general conditioning. Bring leotards, a large scarf or veil, and a towel or mat.

Hamilton — #6376-300

Mon., June 27-Aug. 8 (No class July 4) 6:30-7:30 p.m.
\$19Res/\$28.50Non-res

Hamilton (Adv.) — #6378-300

Mon., June 27-Aug. 8 (No class July 4) 7:45-8:45 p.m.
\$19Res/\$28.50Non-res

Hamilton (Beg.) — #6380-300

Thurs., June 30-Aug. 4, 6:30-7:30 p.m.
\$19Res/\$28.50Non-res

Milw. Sch. of Lang. (Beg.) — #6379-300

Thurs., June 23-Aug. 11, 7:30-9:00 p.m.
\$37Res/\$55Non-res

Riverside — #6382-300

Mon., June 20-Aug. 8 (No class July 4) 7:30-9:00 p.m.
\$32.50Res/\$48.75Non-res

Body Sculpting

Use bands and weights to tone all areas of your body. Improve your mind, as well as your self image. Bring your own weights and toning band. Wear comfortable, loose clothing.

Brinton — #6386-300

Tues., June 28-Aug. 9, 6-7:00 p.m.
\$22Res/\$33Non-res

Brinton — #6388-300

Thurs., June 30-Aug. 11, 7:15-8:15 p.m.
\$22Res/\$33Non-res

Brinton — #6390-300

Sat., June 25-Aug. 13 (No class July 2) 9-10:00 a.m.
\$22Res/\$33Non-res

LOSE THE WAIT

Our web site contains instant information about all of our programs, so why wait? Visit www.MilwaukeeRecreation.net.

Static Mania

Slim down that person in the mirror. Try Static Mania. This low-impact class focuses on toning the entire body with emphasis on strengthening the abdominals. This is not a cardio fitness class. Wear comfortable shoes.

Pulaski — #6392-300

Thurs., June 30-Aug. 4, 7-8:00 p.m.
\$19Res/\$28.50Non-res

Body Toning

Improve your overall physical conditioning through the use of weights. Learn how to choose weights, to lift properly, and to affect various parts. Wear comfortable clothing.



North — #6396-300

Tues., June 21-Aug. 9, 6:30-7:30 p.m.
\$25Res/\$37.50Non-res

North — #6398-300

Thurs., June 23-Aug. 11, 6:30-7:30 p.m.
\$25Res/\$37.50Non-res

Afrobics

Come and get in shape using movements combining African Dance and high/low impact aerobics. Recommended attire for this class includes lappas (wrapping cloth) for women and loose fitting pants for men.

Webster — #6400-300

Sat., July 9-Aug. 13, 10-11:00 a.m.
\$19Res/\$28.50Non-res

Wheezers & Geezers

Scared of joining an exercise class? Start slowly with this low-impact cardio workout. The class ends with traditional exercises for muscle toning and strengthening. Add music and enjoy this upbeat workout. The last portion of this class is spent on the floor. Bring an exercise mat or large towel.

Hamilton — #6402-300

Thurs., June 30-Aug. 4, 6-6:45 p.m.
\$14.50Res/\$21.75Non-res

NEW! Fluid Motion

This low-impact class will combine stretching exercises with various forms of dance, including belly dance, ballet, modern and yoga. These graceful moves will help to tone and improve your flexibility. No dance experience required.

Riverside — #6404-300

Sat., July 9-Aug. 13, 2-3:00 p.m.
\$19Res/\$28.50Non-res

NEW! Stretch and Relaxation

Stretching is a way to improve flexibility, enhance physical fitness, increase mental and physical relaxation, reduce muscular soreness and tone your muscles. Learn proper stretching techniques for the entire body.

Webster — #6406-300

Tues., June 21-Aug. 9, 8:15-8:45 p.m.
\$13Res/\$19.50Non-res



Boxing Aerobics

This exciting, high energy workout incorporates punching, footwork and rope jumping to optimize physical conditioning. This non-contact workout uses the excitement of boxing, floor movements, coordination drills and upbeat music to capture the ambiance of the ring.

Brinton — #6408-300

Mon., June 27-Aug. 15 (No class July 4) 6-7:00 p.m.
\$22Res/\$33Non-res

Brinton — #6410-300

Wed., June 29-Aug. 10, 6-7:00 p.m.
\$22Res/\$33Non-res

Riverside — #6412-300

Mon./Wed., June 20-Aug. 10 (No class July 4), 7:15-8:15 p.m.
\$46Res/\$69Non-res

Cardio Combo

Jump start your weekend activities with this exciting workout. This class combines boxing aerobics, step aerobics and low-impact aerobics.

Brinton — #6414-300

Sat., June 25-Aug. 13 (No class July 2) 8-9:00 a.m.
\$22Res/\$33Non-res



Cardio-Kickboxing

Get ready for the hottest workout around: cardio-kickboxing. With this musical workout you will attempt to lose weight, tone your body, and have fun while incorporating components of self-defense. Do it for your health or just do it for “kicks”. Wear comfortable clothing. Bring an exercise mat or towel.

Hamilton — #6416-300

Wed., June 29-Aug. 3, 6-7:00 p.m.
\$19Res/\$28.50Non-res

Milw. Sch. of Lang.-- #6418-300

Wed., June 22-Aug. 10, 6-7:00 p.m.
\$25Res/\$37.50Non-res

Milw. Sch. of Lang.--- #6417-300

Thurs., June 23-Aug. 11, 6-7:00 p.m.
\$25Res/\$37.50Non-res

Pilates

A no-impact class where you will improve your core strength and flexibility. This class focuses on lengthening, defining, and strengthening your muscles. Bring your own mat to class. Mats will be available for sale from the instructor.

Brinton — #6420-300

Wed., June 29-Aug. 3, 6:10-6:55 p.m.
\$18Res/\$27Non-res

Hamilton — #6424-300

Mon., June 27-Aug. 8 (No class July 4)
6-6:45 p.m.
\$18Res/\$27Non-res

Hamilton — #6426-300

Mon., June 27-Aug. 8 (No class July 4)
6:50-7:35 p.m.
\$18Res/\$27Non-res

Milw. Sch. of Lang. — #6428-300

Mon., June 20-Aug. 15 (No class July 4)
7-8:00 p.m.
\$25Res/\$37.50Non-res

Riverside — #6432-300

Sat., June 25-Aug. 6 (No class July 2)
9:25-10:10 a.m.
\$18Res/\$27Non-res

Webster — #6433-300

Tues., June 21-Aug. 9, 6:15-7:15 p.m.
\$25Res/\$37.50Non-res

Yogalates

Challenge your body and your mind. Increase your flexibility, muscle strength, posture, and balance by combining Yoga and Pilates.

Brinton — #6434-300

Wed., June 29-Aug. 3, 5:15-6:00 p.m.
\$18Res/\$27Non-res

Juneau — #6436-300

Mon., June 20-Aug. 15 (No class July 4)
7:15-8:15 p.m.
\$25Res/\$37.50Non-res

Juneau — #6437-300

Wed., June 22-Aug. 10, 7:15-8:15 p.m.
\$25Res/\$37.50Non-res

Riverside — #6438-300

Sat., June 25-Aug. 6 (No class July 2)
8:30-9:15 a.m.
\$18Res/\$27Non-res

Plus Size Exercise

This class is for larger men and women who want to improve their fitness. Moderate activities will improve their cardiovascular system, strength and endurance. A cool-down with stretching and relaxation will end the class. Have fun and enjoy exercising in a private setting. Class will also include a discussion of plus size issues. Dress comfortably.

Brinton (Beg.) — #6442-300

Sat., June 25-Aug. 13 (No class July 2)
8-9:00 a.m.
\$22Res/\$33Non-res

Brinton (Beg.) — #6444-300

Wed., June 29-Aug. 10, 7:05-8:05 p.m.
\$22Res/\$33Non-res

Brinton (Adv.) — #6446-300

Sat., June 25-Aug. 13 (No class July 2) 10:10-11:10 a.m.
\$22Res/\$33Non-res

Hamilton (Beg.) — #6448-300

Tues., June 28-Aug. 2, 6-7:00 p.m.
\$19Res/\$28.50Non-res

Riverside (Beg.) — #6450-300

Mon., June 20-Aug. 8 (No class July 4)
6-7:00 p.m.
\$22Res/\$33Non-res

Salsa Aerobics

Dance your way to fitness through exercise with a Latin beat. Develop coordination, style and poise in this aerobic class.

Brinton — #6452-300

Fri., July 1-Aug. 12, 6-7:00 p.m.
\$22Res/\$33Non-res

Step Aerobics

Get a great workout while staying in one place. Step aerobics offers the cardiovascular benefits of aerobic dance in combination with toning for thighs, stomach, buttocks, arms and legs. “Step on it” and sign up today! Bring your own steps.

Brinton — #6454-300

Thurs., June 30-Aug. 11, 6-7:00 p.m.
\$22Res/\$33Non-res

Milw. Sch. of Lang. — #6458-300

Wed., June 22-Aug. 10, 6-7:00 p.m.
\$25Res/\$37.50Non-res

Milw. Sch. of Lang. — #6460-300

Wed., June 22-Aug. 10, 8-9:00 p.m.
\$25Res/\$37.50Non-res



Tummy, Waist, and Thighs

If you're dissatisfied with the shape or size of your hips, glutes, abs, or thighs, you can choose to transform them into the shape you've always wanted. This class is devoted to exercises and nutritional tips that shape, strengthen and tone your body. Start today. Wear comfortable, loose fitting clothing.

Webster — #6462-300

Tues., June 21-Aug. 9, 7:15-8:15 p.m.
\$25Res/\$37.50Non-res

Webster — #6464-300

Thurs., June 23-Aug. 11, 7:15-8:15 p.m.
\$25Res/\$37.50Non-res



52 Adult Enrichment

Registration begins **MAY 2** for City of Milwaukee residents and **MAY 9** for non-City of Milwaukee residents. See page 2 for our refund policy.

Yoga

Release some stress in your life with the calming ritual of yoga. Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, and meditation. Exercise mat recommended. Wear comfortable clothing.



Brinton — #6468-300

Sat., June 25-Aug. 13 (No class July 2)
9:10-10:10 a.m.
\$22Res/\$33Non-res

Brinton — #6470-300

Sat., June 25-Aug. 13 (No class July 2)
10:15-11:15 a.m.
\$22Res/\$33Non-res

Brinton — #6472-300

Mon., June 27-Aug. 15 (No class July 4)
5:15-6:15 p.m.
\$22Res/\$33Non-res

Brinton — #6474-300

Mon., June 27-Aug. 15 (No class July 4)
6:20-7:20 p.m.
\$22Res/\$33Non-res

Brinton — #6476-300

Mon., June 27-Aug. 15 (No class July 4)
7:25-8:25 p.m.
\$22Res/\$33Non-res

Brinton — #6477-300

Wed., June 29-Aug. 10, 9-10:00 a.m.
\$22Res/\$33Non-res

Brinton — #6478-300

Thurs., June 30-Aug. 11, 5:15-6:15 p.m.
\$22Res/\$33Non-res

Hamilton — #6480-300

Tues., June 28-Aug. 2, 4-5:00 p.m.
\$19Res/\$28.50Non-res

Hamilton — #6482-300

Tues., June 28-Aug. 2, 5:05-6:05 p.m.
\$19Res/\$28.50Non-res

Hamilton — #6484-300

Tues., June 28-Aug. 2, 6:10-7:10 p.m.
\$19Res/\$28.50Non-res

Juneau — #6486-300

Mon., June 20-Aug. 15 (No class July 4)
6-7:00 p.m.
\$25Res/\$37.50Non-res

Juneau — #6488-300

Wed., June 22-Aug. 10, 6-7:00 p.m.
\$25Res/\$37.50Non-res

Milw. Sch. of Lang. — #6490-300

Mon., June 20-Aug. 15 (No class July 4)
7-8:00 p.m.
\$25Res/\$37.50Non-res

Milw. Sch. of Lang.-- #6492-300

Wed., June 22-Aug. 10, 7-8:00 p.m.
\$25Res/\$37.50Non-res

Riverside — #6494-300

Mon., June 20-Aug. 8 (No class July 4)
6-7:00 p.m.
\$22Res/\$33Non-res

Riverside — #6496-300

Mon., June 20-Aug. 8 (No class July 4)
7-8:00 p.m.
\$22Res/\$33Non-res

Webster — #6498-300

Tues., June 21-Aug. 9, 7:30-8:30 p.m.
\$25Res/\$37.50Non-res



“Streamline Your Body” Plus Size Yoga

Gentle yoga helps to strengthen your metabolism, dissolve fat, tone muscles, and adapt an active lifestyle. Basic

stretches, postures, breathing, relaxation and self-massage will be taught. Class focuses on making yoga fun and doable for all body types.

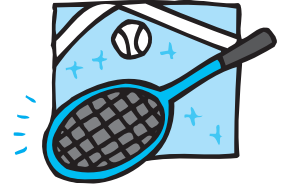
Brinton — #6502-300

Sat., June 25-Aug. 13 (No class July 2)
11:20 a.m. -12:20 p.m.
\$22Res/\$33Non-res

Sports/Recreation

USA Tennis 1–2–3 Play Tennis America

Sign up today for a great lifetime sport you are sure to love. USA Tennis 1–2–3 is an instructional tennis program



designed for players of all ability levels. Three levels of instruction will be provided at each site: Beginner, Advanced Beginner, and Intermediate. Instructors will group participants according to ability level. See you on the court. **Beginner** – Introduction to tennis for individuals with little or no experience. Emphasis is on basic stroke instruction (forehand, backhand, serving, volleying, and rules of play). **Advanced Beginner** – Players should have some prior tennis instruction. Review of basic strokes with more individual pointers to refine your game. Participants will also be introduced to singles and doubles strategy. **Intermediate** – Refinement of ground strokes, serve and volley. Instruction will also be provided on various specialty shots designed to give you an extra edge on your game. Singles and doubles strategy will also be discussed. Beginner/Intermediate - Instructors will group players by ability level.

Cooper Playfield — #6510-300

Mon./Wed., June 20-July 27 (No class July 4),
6-7:30 p.m.
\$43.25Res/\$65Non-res

Custer — #6512-300

Mon./Wed., June 20-July 27 (No class July 4),
6-7:30 p.m.
\$43.25Res/\$65Non-res

Hamilton/Bell — #6514-300

Tues./Thurs., June 21-July 28, 6-7:30 p.m.
\$47Res/\$70.50Non-res

Riverside — #6516-300

Tues./Thurs., June 21-July 28, 6-7:30 p.m.
\$47Res/\$70.50Non-res

Sijan Playfield — #6518-300

Mon./Wed., June 20-July 27 (No class July 4),
6-7:30 p.m.
\$43.25Res/\$65Non-res

Wick Field — #6520-300

Tues./Thurs., June 21-July 28, 6-7:30 p.m.
\$47Res/\$70.50Non-res