

FITNESS

Tucson Beat Cancer Boot Camp Fitness Classes for Adults

Whether you are a long term cancer survivor, a supporting buddy, currently going through cancer treatment, or if you just want to improve your health through a great exercise program with some inspiring people in a beautiful setting, come and join our workouts. Exercises can be modified for all fitness levels. Bring water, a towel or mat and wear appropriate clothing and shoes. Classes are one hour long, and are held outdoors all year long at Brandi Fenton Memorial Park on Tuesdays at 5:30 p.m. and on Saturdays at 7:00 a.m. From Fall to Spring, classes are also held once a week at the Northwest Community Neighborhood Park. The cost for attending one class a week is \$52.50 per quarter (3 months). The cost for attending two classes a week is \$75.00 per quarter. For more information or to register please email us at tucsonbcabc@gmail.com or call us at 520-505-1406.

Athletic Intensity Cardio Fitness

Instructor: Sifu Williams

Effective interval training focused on increased aerobic activity and peak athletic performance. Overall conditioning to kick start your personal fitness goals is the core of this group workout program. Exercises are based on proven athletic drills. Wear comfortable clothing. For more info visit www.northernkungfu.com or email sifu@northernkungfu.com.

Class Code	Location	Dates	Time	Fee
5-270AW	ALKF	Thu 9/4-9/25	8:05-8:35 p.m.	\$30
5-271AW	ALKF	Sun 9/7-9/28	4:00-4:30 p.m.	\$30
5-272AW	ALKF	Thu 10/2-10/23	8:05-8:35 p.m.	\$30
5-273AW	ALKF	Sun 10/5-10/26	4:00-4:30 p.m.	\$30
6-270AW	ALKF	Thu 10/30-11/20	8:05-8:35 p.m.	\$30
6-271AW	ALKF	Sun 11/2-11/23	4:00-4:30 p.m.	\$30

Mommy (or Daddy) and Me Kung Fu (Ages 2-4)

Instructor: Sifu Williams (Shi Yan Lin)/Laoshi Pruett (Shi Yan Shao)

Our Mommy and Me Kung Fu class offers an introduction to martial arts for children ages 2-4. Moms, Dads, Nannies, Grandparents, etc. will have a great time in this unique bonding experience. Your child will learn martial arts and fitness fundamentals while improving their motor, listening and social skills. Materials fee of \$5 is paid to the instructor at the first class. Class fee is for adult participant and one child. For more info visit www.northernkungfu.com or email sifu@northernkungfu.com.

Class Code	Location	Dates	Time	Fee
5-280AW	ALKF	Sat 9/6-9/27	11:30 a.m.-Noon	\$48
5-281AW	ALKF	Sat 10/4-10/25	11:30 a.m.-Noon	\$48
6-280AW	ALKF	Sat 11/1-11/22	11:30 a.m.-Noon	\$48
6-281AW	ALKF	Sat 12/6-12/20	11:30 a.m.-Noon	\$36

Kung Fu and Chinese Martial Arts – Beginner Adult

Instructor: Sifu Williams (Shi Yan Lin)/Laoshi Pruett (Shi Yan Shao)

Learn the basic techniques of traditional ChangQuan Kung Fu. Course will cover fitness conditioning, technique refinement, formal routines and self-defense training. The course will also cover fitness drills and exercises. Materials fee of \$5 is paid to the instructor at the first class. For more info visit www.northernkungfu.com or email sifu@northernkungfu.com.

Class Code	Location	Dates	Time	Fee
5-292AW	ALKF	Fri 9/5-10/24	6:45-7:45 p.m.	\$30
5-293AW	ALKF	Sat 9/6-10/25	9:45-10:15 a.m.	\$30
6-292AW	ALKF	Fri 10/31-12/12	6:45-7:45 p.m.	\$30
6-293AW	ALKF	Sat 11/1-12/13	9:45-10:15 a.m.	\$30

Qigong for Health

Instructor: Sifu Williams (Shi Yan Lin)/Laoshi Pruett (Shi Yan Shao)

Qigong is a very low impact exercise similar to Tai Chi. The focus is on proper breathing and alternating periods of muscle relaxation and tension. The exercises are time proven, being practiced at Shaolin Temple for over a thousand years. Qigong movements are designed to cultivate internal energy and promote mental and physical wellness. Great for all ages. Wear comfortable clothing. For more info visit www.northernkungfu.com or email sifu@northernkungfu.com.

Class Code	Location	Dates	Time	Fee
5-290AW	ALKF	Tue 9/2-9/23	4:45-5:15 p.m.	\$30
5-291AW	ALKF	Tue 9/30-10/21	4:45-5:15 p.m.	\$30
6-290AW	ALKF	Tue 10/28-11/18	4:45-5:15 p.m.	\$30
6-291AW	ALKF	Tue 11/25-12/16	4:45-5:15 p.m.	\$30

Qigong for ADD/ADHD (adolescents/teens)

Instructor: Sifu Williams (Shi Yan Lin)/Laoshi Pruett (Shi Yan Shao)

Qigong is a moving meditation exercise system that can hold many benefits for people with ADD/ADHD. The visualizations and harmonious movements fit well with creative, bright minds. University studies have shown Qigong promotes focus, relaxation and anchors our mind to our bodily movements all of which combine to benefit individuals with ADD/ADHD. Benefits of regular practice can include less anxiety, improved conduct, less inappropriate emotions and less hyperactivity. Wear comfortable clothing. For more info visit www.northernkungfu.com or email sifu@northernkungfu.com.

Class Code	Location	Dates	Time	Fee
5-283AW	ALKF	Fri 9/5-9/26	5:30-6:00 p.m.	\$30
5-284AW	ALKF	Fri 10/3-10/24	5:30-6:00 p.m.	\$30
6-283AW	ALKF	Fri 10/31-11/21	5:30-6:00 p.m.	\$30
6-284AW	ALKF	Fri 11/28-12/19	5:30-6:00 p.m.	\$30

Tai Chi for Fall Prevention-Beginning Level

Instructor: Susan Cooper

Based on Tai Chi for Arthritis from the Sun Style form, this class combines joint-safe moves, agile steps and Qigong breathing. Regular practice will help improve balance, help prevent falls, increase muscle strength, improve immune function and increase concentration and mental focus. Class will learn the Basic 6 Moves. Please wear low-heeled, comfortable 'indoor' shoes. (No class 11/28)

Class Code	Location	Dates	Time	Fee
5-902SC	FW-108	Fri 9/5-10/24	11:00 a.m.-Noon	\$50
6-902SC	FW-108	Fri 10/31-12/12	11:00 a.m.-Noon	\$50

Tai Chi for Fall Prevention-Extended Level

Instructor: Susan Cooper

This class is for people who have learned the Basic 6 Moves of the Beginning Level. It combines joint-safe moves, agile steps and Qigong breathing. Regular practice will help improve balance, help prevent falls, increase muscle strength, improve immune function, increase concentration and mental focus. The class will learn the Extended 6 moves following the Basic 6. Please wear low-heeled, comfortable 'indoor' shoes.

Class Code	Location	Dates	Time	Fee
5-910SC	FW-108	Wed 9/3-10/22	11:00 a.m.-Noon	\$50
6-910SC	FW-108	Wed 10/29-12/10	11:00 a.m.-Noon	\$50

Tai Chi for Fall Prevention-Part 2

Instructor: Susan Cooper

This class is for people who have learned the 6 Extended Level Moves of the form. It adds an additional 9 moves to

the Extended Level. Please wear low-heeled, comfortable 'indoor' shoes. (No class 11/10)

Class Code	Location	Dates	Time	Fee
5-903SC	FW-108	Mon 9/8-10/20	12:15-1:15 p.m.	\$50
6-903SC	FW-108	Mon 10/27-12/8	12:15-1:15 p.m.	\$50

Sun Style 73 Forms

Instructor: Susan Cooper

The parent form for Tai Chi for Arthritis and Fall Prevention, this class continues on from Part 2 and is for those who already know the 40 forms of that program. Please wear low-heeled, comfortable 'indoor' shoes. (No class 11/10)

Class Code	Location	Dates	Time	Fee
5-904SC	FW-108	Mon 9/8-10/20	11:00 a.m.-Noon	\$50
6-904SC	FW-108	Mon 10/27-12/8	11:00 a.m.-Noon	\$50

Seated Tai Chi for Arthritis

Instructor: Sally Adams

This modified seated version of Dr. Paul Lam's Tai Chi for Arthritis program can be enjoyed by anyone who wishes to exercise sitting down. It is ideal for anyone with balance, strength, or mobility issues, including wheelchair users. The exercises are taught in small, easy to learn steps. The movements are slow and smooth, and the class is safe. You always work in your own comfort zone, doing what you can and visualizing the rest. Almost anyone can benefit from this class. Exercise your body and your brain, begin your journey to better health and well being, and enjoy the camaraderie of your classmates. For more information, email SeatedTaiChi@yahoo.com.

Class Code	Location	Date	Time	Fee
5-935SA	FW MPR-1	Tue 9/2-10/21	9:30-10:30 a.m.	\$46
5-936SA	FW MPR-1	Wed 10/1-10/22	1:30-2:30 p.m.	\$23