

Registration Form: Jan, Feb, & Mar 2023

Name: _____ Phone: _____

Circle the price of each class or activity for which you would like to register. For example, if I want to sign up for Cardio Dance for January and February, but not March, I would circle the \$4 and \$5 in line with that class.

FITNESS CLASS SCHEDULE

Class	Day	Time	No Class	Location	Jan	Feb	Mar
Cardio Dance	Wednesday	10:30-11:15 am	1/4	USRC	\$4	\$5	\$6
Cardio & Strength	Monday	8:30-9:15 am	1/2	USRC	\$5	\$5	\$5
Cardio & Strength	Monday	10:30-11:15 am	1/2	USRC	\$5	\$5	\$5
Cardio & Strength	Tuesday	8:30-9:15 am	1/3	USRC	\$5	\$5	\$5
Cardio & Strength	Tuesday	10:30-11:15 am	1/3	USRC	\$5	\$5	\$5
Cardio & Strength	Wednesday	9:30-10:15 am	1/4	USRC	\$4	\$5	\$6
Cardio & Strength	Thursday	10:30-11:15 am	1/5	USRC	\$4	\$5	\$6
Cardio & Strength	Friday	9:30-10:15 am	1/6, 2/10	USRC	\$4	\$4	\$6
Chair Yoga	Thursday	11:30 am-12:15 pm	1/5	USRC	\$4	\$5	\$6
Chi Kung	Thursday	8:30-9:15 am	1/5, 2/2	USRC	\$4	\$4	\$6
Circuit Training	Thursday	9:30-10:15 am	1/5	USRC	\$4	\$5	\$6
Kickboxing	Wednesday	8:30-9:15 am	1/4	USRC	\$4	\$5	\$6
Line Dance	Monday	9:30-10:15 am	1/2	USRC	\$5	\$5	\$5
Line Dance	Friday	10:30-11:15 am	1/6, 2/10	USRC	\$4	\$4	\$6
Mat Pilates	Tuesday	11:30 am-12:15 pm	1/3	USRC	\$5	\$5	\$5
Personal Training	Monday	9:30-10:15 am	1/2	USRC	\$68	\$68	\$68
Personal Training	Wednesday	7:30-8:15 am	1/4	USRC	\$51	\$68	\$85
Personal Training	Thursday	7:30-8:15 am	1/5	USRC	\$51	\$68	\$85
Seated Seniors	Monday	11:30 am-12:15 pm	1/2	USRC	\$5	\$5	\$5
Seated Seniors	Wednesday	11:30 am-12:15 pm	1/4	USRC	\$4	\$5	\$6
Seated Seniors	Friday	11:30 am-12:15 pm	1/6, 2/10	USRC	\$4	\$4	\$6
Yoga	Monday	1:00-1:45 pm	1/2	USRC	\$5	\$5	\$5
Yoga	Wednesday	1:00-1:45 pm	1/4	USRC	\$4	\$5	\$6
Yoga	Friday	7:30-8:15 am	1/6, 2/10	USRC	\$4	\$4	\$6
Zumba Gold	Tuesday	9:30-10:15 am	1/3	USRC	\$5	\$5	\$5
Zumba	Friday	8:30-9:15 am	1/6, 2/10	USRC	\$4	\$4	\$6



Please, wait to write checks until the total has been confirmed with staff at check out. Checks can be made out to the City of Urbandale. -Thank you!

Craft Workshops			
Resin Paperweight	Mon. Jan. 9	1-2 PM	\$10
Acrylic Pour Painting	Fri, Jan 13	2-3 PM	\$20
Watercolor	Mon. Feb 27	2-4 PM	\$15
Origami	Mon. March 6	1-3 PM	\$15
Soapmaking with Alex	Mon. March 27	1-3 PM	\$20
Educational Sessions			
Buy. Eat. Live Healthy	Thu Jan. 12-Mar 2	12:30-2 PM	Free
Generation RX	Wed. Jan. 25	2:30-3:30 PM	Free
Urbandale Historical Society: McDivitt Grove Cemetery	Thu. Jan. 26	2-3:30 PM	Free
AARP Safe Drivers Course	Fri. Jan. 27	8:30 AM-12:30 PM	PAY AT EVENT
R.A.D.	Thu. Feb. 2-23	12:30-2:30 PM	\$25
Endless Possibilities: Iowa's African American History	Fri. Feb. 3	12:30-1:30 PM	Free
Bird Feeder Basics	Mon. Feb 6	2-3 PM	Free
Rec Talk with Jan Herke	Mon. Feb 13	2-3 PM	Free
Alzheimer's Association Effective Communication Strategies	Thu. Feb 16	2-3 PM	Free
National Park History: Yellowstone	Fri. Feb 17	1-2 PM	Free
Alzheimer's Association: Understanding Alzheimer's and Dementia	Thu. March 2	2-3 PM	Free
Learn to Play Mahjongg	Thu. March 2-23	10 AM-12 PM	\$40
Lunch and Learn: Lewis and Clark	Fri. March 24	12:30-1:30 PM	\$5/Meal
Special Events			
Bluegrass and BBQ Winter Party	Fri. Jan. 20	6-8 PM	\$16
Mini Golf: Senior (55+) Showdown	Fri. Feb 24	1-2:30 PM	\$10
Urbandale Open: Mini Golf All-Age Event	Sat. Feb 25	9-10:30 AM	\$10
π Pi(e) Day π	Tue. 3.14	1:59 PM	Free
Indoor Sports and Recreation			
Learn to Play Shuffleboard	Mon. Jan. 9th	1:30-2:30 PM	\$5
Monday Spring Shuffleboard League	Mon. Jan 30-Mar13	8 AM-3 PM	\$10/team
Tuesday Spring Shuffleboard League	Tues. Jan 31-Mar14	8 AM-3 PM	\$10/team
Podcast & Pizza - NEW!			
Wondery's American History Tellers: J. Edgar Hoover's FBI	Jan 10-Feb 14	11:30-1 PM	Free
Wondery's American History Tellers: The Plot to Steal Lincoln's Body	Feb 21-Apr 4	11:30-1 PM	Free

Thank you for waiting while we enter all of your classes into our system. We appreciate your patience and happy to get you signed up for some fun activities!