



# Recreation Programs

## Winter 2023



### ICE RINK

For updates regarding the status of the ice rink please visit our website and click "Winter Activities."

### Latin Fusion Dance Fitness



**Mondays**

**January 5<sup>th</sup> – June 2<sup>nd</sup>**

5:45 pm—6:45 pm

Cost: FREE

Artworks

No Classes:

Instructor: Janitza Sawyer

Do you love to dance? Latin Fusion Dance Fitness combines Latin and International music with easy-to-follow choreography and aerobic moves for a fun cardiovascular workout. This energetic dance-fitness class will have you movin', rockin', shakin', and feelin' good! Improve your flexibility, strength, balance & endurance at Latin Fusion Dance Fitness. Great for beginners; all levels welcome.

### CO-ED VOLLEYBALL LEAGUE

**Sundays**

Scrimmage: January 8<sup>th</sup>

League Games Begin: January 15<sup>th</sup>

Cost: \$300 per team

Big Rapids Middle School Gym

Games are played on Sundays starting at 1:00pm and ending as late as 9:00pm. 10-week season. Ages 18 and older. Registrations due by January 4<sup>th</sup>.



### PICKLEBALL

**January 11<sup>th</sup> —April 28<sup>th</sup>**

**Wednesdays**

5:00pm-7:00pm

**Fridays**

8:00am-10:00am

Cost: \$5 Indoor



Ferris State Racquet Center

Coordinator: Jerry Garner

No need to have a paddle, all new players are welcome!  
All players must wear tennis shoes in the facility.

### WATER AEROBICS

**January 9<sup>th</sup> – May 5<sup>th</sup>**

**Mon. Wed. Fri.**

1:00pm-2:00pm

No classes: March 6,8,10 &

April 7



Ferris State University Recreation Center Pool

Cost: \$4 Drop in

\$40 Punch Card (12 classes)

Low impact exercise offered for adults. Beginning in the shallow area and progressing to the deep water to allow for a full body workout.

Instructor: Christina Hatfield

To Register go to City Hall and see Josh Pyles

To register for programs please fill out form and return to:

City Hall

Recreation Department

226 N. Michigan Avenue, Big Rapids, MI 49307

OR fax to 231-592-4059

Forms and further information can be found at

[www.brpr.org](http://www.brpr.org) or by calling 231-592-4038.

---

## GROOVE

January 3<sup>rd</sup> – May 30<sup>th</sup>  
Thursdays



5:30pm-6:30pm

Cost: Free  
Artworks  
No Classes:  
Instructor: Janitza Sawyer

Class description: No dance experience required or fancy choreography to memorize! Do the simple steps your way, at the intensity of your choice, and add your own style! Have fun moving and groovin' to ALL genres of music. GROOVE is a great opportunity to cultivate your innate creativity and self-confidence. Wear comfy clothes to move in & comfy shoes (or go barefoot). Be sure to bring along a water bottle and a towel (or yoga mat) for light stretching at the end. Come for the fun and stress relief! Take a sneak peek of the class at [bodygroove.com](http://bodygroove.com).

---

## WALKING PROGRAM

January 9<sup>th</sup> – April 27<sup>th</sup>  
Monday–Thursday  
4:00 pm –8:00 pm



Cost: FREE

Big Rapids Middle School Hallways

To register, please call or stop in to City Hall. A map of the facility with distance is available.

---

## SENIOR FIT TIME

January 17<sup>th</sup> – April 27<sup>th</sup>  
Tuesday: 4:00 pm–5:00 pm  
Thursday: 3:00 pm–4:00 pm



No Class

Cost: \$2 per participant

Style Station (1619 Catherine Street)

Instructor: DeMar Hatchew, Certified in Senior Fitness

A senior fitness class geared to get those in need of a low impact routine emphasizing cardio, balance and muscle stretching. The class will get you feeling energized and active! Bring a mat, water bottle and personal weights.

---

## DELAY THE DISEASE FITNESS FOR PARKINSON'S

January 19<sup>th</sup>–April 27<sup>th</sup>  
Thursdays  
1:00 pm– 2:00 pm  
Cost: \$2 per participant



No Class

Style Station (1619 Catherine Street)

Instructor: DeMar Hatchew, Continuing Education in Parkinson's Disease Training Methods

A fitness class designed to slow the progression of Parkinson's disease. No matter what stage of the disease you are battling—it's never too late to start exercising! The class will incorporate a variety of chair exercises, stretching, balance work, strength training, and vocal and facial exercises. Caregivers are welcome to join participants.

---

## DADDY DAUGHTER DANCE

Friday, February 17<sup>th</sup>  
7:00 pm–9:00 pm



Cost: \$7 per person pre-registered **OR**  
\$10 per person at the door

Big Rapids Middle School

Attention all dads, grandpas and uncles! This is the event you've all been waiting for! Grab your favorite little lady and get ready for a night you'll both remember forever. Enjoy a night of dancing, refreshments, photos, and crafts! Create memories that will last a lifetime for you and the most important girl in your life! All ages welcome.



Follow us on Facebook @BRParksandrec!