

# Ann Arbor Rec & Ed

## Summer 2025 ADULT Fitness & Enrichment Classes

**Register Today!**

**Click on Class ID# below to see full class descriptions**

**\*\*All classes are IN PERSON unless otherwise indicated\*\***

### Color Key:

	Enrichment
	Fitness
	Yoga & Pilates
	Adapted

**IMPORTANT:** Summer classes that are FULL (as of 5/13/25) have already been removed from this document but are still viewable online.

### ADULT Class Schedule

SUNDAYS	Name of Class	Dates	Ages	Class ID#
Sun, 10:00-11:30AM	Iyengar Yoga - <b>HYBRID</b>	6/22-8/3	10th-Adult	<a href="#">3706.805</a>
Sun, 1:00-2:30PM	Walking History: Tour of Downtown Ann Arbor	8/3 ONLY	Adult	<a href="#">1654.802</a>
Sun, 2:00-4:30PM	<b>NEW!</b> Art of Radish Kimchi and Cucumber Kimchi-Making	6/22 ONLY	9th-Adult	<a href="#">1486.801</a>
Sun, 6:00-7:15PM	Yoga Flow & Restorative - <b>HYBRID</b>	6/22-7/27	10th-Adult	<a href="#">3711.809</a>
MONDAYS	Name of Class	Dates	Ages	Class ID#
Mon, 9:15-10:30AM	Yoga Pilates - <b>ONLINE</b>	6/16-8/11	10th-Adult	<a href="#">3110.807</a>
Mon, 10:00-11:15AM & Thurs, 6:00-7:15PM	Introduction to Tai Chi - Mon and/or Thurs (Extension)	6/2-7/28	Adult	<a href="#">1821.801</a>
Mon, 4:00-5:30PM	Strike Force Bowling	6/23-8/11	9th-Adult	<a href="#">6112.801</a>
Mon, 5:30-6:30PM	<b>NEW!</b> Pickleball 101 <b>Only 3 spots left!</b>	6/16-7/28	10th-Adult	<a href="#">3179.801</a>
Mon, 6:00-7:30PM	Iyengar Yoga - <b>HYBRID</b>	6/16-8/4	10th-Adult	<a href="#">3706.806</a>
Mon, 7:00-9:00PM	Ann Arbor Civic Chorus: Community Summer Sing	6/23 ONLY	Adult	<a href="#">1769.801</a>

Mon - Wed, 7:00-9:00PM	<b>NEW!</b> Ann Arbor Civic Chorus: Collaboration with A2 Civic Band	7/7-7/9	Adult	<a href="#"><u>1769.802</u></a>
Mon, 7:00-9:00PM	Ann Arbor Civic Chorus: Vocal Sight-Reading Workshop	8/4 ONLY	Adult	<a href="#"><u>1779.801</u></a>
<b>TUESDAYS</b>	<b>Name of Class</b>	<b>Dates</b>	<b>Ages</b>	<b>Class ID#</b>
Tues, 6:00-7:00PM	Intro to Yoga	6/17-7/15	10th-Adult	<a href="#"><u>3701.804</u></a>
Tues, 6:00-7:00PM	Hiit Fit	6/17-7/29	10th-Adult	<a href="#"><u>3106.805</u></a>
Tues, 6:00-7:00PM	GROOVE Movement	6/17-7/29	9th-Adult	<a href="#"><u>3148.806</u></a>
Tues, 6:00-7:00PM & Sat, 9:30-10:30AM	<b>NEW!</b> GROOVE Movement - Tues/Sat COMBO	6/17-7/29	9th-Adult	<a href="#"><u>3148.807</u></a>
Tues, 6:00-7:00PM & Thurs, 6:00-7:00PM	Women's Strength Training	7/1-7/24	12th-Adult	<a href="#"><u>3167.801</u></a>
Tues, 6:00-7:15PM	French Level 1	6/17-7/8	10th-Adult	<a href="#"><u>1512.801</u></a>
Tues, 7:15-8:30PM	French Level 2	6/17-7/8	10th-Adult	<a href="#"><u>1513.801</u></a>
Tues, 6:00-7:30PM	Creative Photography Basics	6/17 ONLY	10th-Adult	<a href="#"><u>1263.801</u></a>
Tues, 6:00-8:00PM	<b>NEW!</b> Mastering Tempeh: Learn to Make and Cook Tempeh	7/29 ONLY	Adult	<a href="#"><u>1326.801</u></a>
Tues, 6:00-8:00PM	Estate Planning Basics	5/13 ONLY	Adult	<a href="#"><u>1915.701</u></a>
Tues, 6:00-8:00PM	Estate Planning Basics	6/24 ONLY	Adult	<a href="#"><u>1915.801</u></a>
Tues, 6:00-8:00PM	Long Term Care/Medicaid Planning	6/10 ONLY	Adult	<a href="#"><u>1916.701</u></a>
Tues, 6:00-8:00PM	Long Term Care/Medicaid Planning	7/29 ONLY	Adult	<a href="#"><u>1916.801</u></a>
Tues, 6:00-8:00PM	American Sign Language (ASL): Level 2	6/17-7/29	9th-Adult	<a href="#"><u>1502.801</u></a>
Tues, 6:00-9:00PM	Retirement Planning Today	5/13 & 5/20	Adult	<a href="#"><u>1923.702</u></a>
Tues, 6:30-8:00PM	Intro to Drawing with Colored Pencils	5/13-6/3	8th-Adult	<a href="#"><u>2184.701</u></a>
Tues, 7:00-8:00PM	Social Dance 101	6/17-8/5	10th-Adult	<a href="#"><u>2274.801</u></a>
Tues, 8:00-9:00PM	Swing Dance 101	6/17-8/5	10th-Adult	<a href="#"><u>2262.801</u></a>
<b>WEDNESDAYS</b>	<b>Name of Class</b>	<b>Dates</b>	<b>Ages</b>	<b>Class ID#</b>
Wed, 9:15-10:30AM	Yoga Pilates - Flow Style - <b>ONLINE</b>	6/18-8/13	10th-Adult	<a href="#"><u>3110.808</u></a>
Wed,	Yogilates® - <b>HYBRID</b>	6/25-7/30	12th-Adult	<a href="#"><u>3176.802</u></a>

11:30AM-12:15PM				
Wed, 5:00-7:30PM	Adult & Pediatric First Aid/CPR/AED Certification - Blended Learning	6/25 ONLY	Adult	<a href="#">1964.801</a>
Wed, 5:30-6:30PM	<b>NEW!</b> Pickleball 101	6/18-7/30	10th-Adult	<a href="#">3179.802</a>
Wed, 6:00-7:00PM	Hatha Yoga	6/18-7/30	10th-Adult	<a href="#">3718.803</a>
Wed, 6:00-7:00PM	<b>NEW!</b> Hula Hoop Flow into Fitness	6/18-7/30	10th-Adult	<a href="#">3178.801</a>
Wed, 6:00-7:00PM	Zumba Fitness - <b>HYBRID</b>	6/18-7/30	Adult	<a href="#">3140.805</a>
Wed, 6:45-7:45PM	<b>NEW!</b> Pickleball 101	6/18-7/30	10th-Adult	<a href="#">3179.803</a>
Wed, 7:45-8:30PM	<b>NEW!</b> Beginner Tang Soo Do (Korean Karate)	6/18-7/30	12th-Adult	<a href="#">3192.805</a>
<b>THURSDAYS</b>	<b>Name of Class</b>	<b>Dates</b>	<b>Ages</b>	<b>Class ID#</b>
Thurs, 5:30-6:15PM	Yogilates® - <b>HYBRID</b>	6/26-7/31	12th- Adult	<a href="#">3176.803</a>
Thurs, 6:00-6:45PM	Strength Training	6/26-7/31	10th-Adult	<a href="#">3102.803</a>
Thurs, 6:00-7:00PM	Cardio Dance & Pilates - <b>HYBRID</b>	6/26-7/31	10th-Adult	<a href="#">3108.807</a>
Thurs, 6:00-7:15PM	Yoga Flow - <b>ONLINE</b>	6/26-8/7	10th-Adult	<a href="#">3711.808</a>
Thurs, 6:00-8:00PM	American Sign Language (ASL): Level 1	6/26-7/31	9th-Adult	<a href="#">1502.802</a>
Thurs, 6:00-7:30PM	<b>NEW!</b> Italian Language & Culture for Beginners	6/26-7/31	10th-Adult	<a href="#">1484.801</a>
Thurs, 6:00-7:30PM	<b>NEW!</b> Adult & Child: Father's Day Cookie Decorating Workshop	6/12 ONLY	1st-8th & an Adult	<a href="#">1623.702</a>
Thurs, 6:00-7:30PM	<b>NEW!</b> Photographic Compositional Techniques	7/10 ONLY	10th-Adult	<a href="#">1253.801</a>
Thurs, 6:00-7:30PM	<b>NEW!</b> Adult Fun in the Sun Cookie Decorating	8/7 ONLY	9th-Adult	<a href="#">1534.801</a>
Thurs, 6:00-9:00PM	Retirement Planning Today	5/8 & 5/15	Adult	<a href="#">1923.701</a>
Thurs, 7:00-8:30PM	Iyengar Yoga - <b>HYBRID</b>	6/26-8/7	10th-Adult	<a href="#">3706.807</a>
<b>FRIDAYS</b>	<b>Name of Class</b>	<b>Dates</b>	<b>Ages</b>	<b>Class ID#</b>
Fri, 9:15-10:30AM	Yoga Pilates - <b>ONLINE</b>	6/20-8/15	10th-Adult	<a href="#">3110.809</a>
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	5/16-6/13	Adult	<a href="#">2653.702</a>
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	6/20-7/18	Adult	<a href="#">2653.801</a>
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	7/25-8/22	Adult	<a href="#">2653.802</a>

Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	5/16-6/13	Adult	<a href="#">2654.702</a>
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	6/20-7/18	Adult	<a href="#">2654.801</a>
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	7/25-8/22	Adult	<a href="#">2654.802</a>
Fri, 8:00-9:00PM	Traditional Argentine Tango: Intermediate	6/20-8/22	Adult	<a href="#">2259.801</a>
<b>SATURDAYS</b>	<b>Name of Class</b>	<b>Dates</b>	<b>Ages</b>	<b>Class ID#</b>
Sat, 9:00-10:00AM	Cardio Barre	6/21-7/26	10th-Adult	<a href="#">3104.805</a>
Sat, 9:30-10:30AM	GROOVE Movement	6/21-7/26	9th -Adult	<a href="#">3148.805</a>
Sat, 10:15-11:15AM	Abs & Core for a Strong Back	6/21-7/26	10th-Adult	<a href="#">3172.801</a>
Sat, 8:00-9:30PM	Haunted Ann Arbor Walking Tour <b>Only 1 spot left!</b>	7/19 ONLY	Adult	<a href="#">1031.801</a>