

Ann Arbor Rec & Ed

Fall 2025 ADULT Fitness & Enrichment Classes

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

ADULT Class Schedule

SUNDAYS	Name of Class	Dates	Ages	Class ID#
Sun, 9:00AM-11:00AM	NEW! Adult & Child: A Squirrel's Autumn Day Painting	10/5 ONLY	1st-6th & an Adult	1942.101
Sun, 10:00-11:30AM	Iyengar Yoga - TRY IT FREE - HYBRID	9/14 ONLY	10th-Adult	3706.112
Sun, 10:00-11:30AM	Iyengar Yoga - HYBRID	9/21-12/7	10th-Adult	3706.106
Sun, 10:00AM-12:00PM	Adult & Child: Exploring Clay Together	9/14-11/16	K-6th & an Adult	2298.101
Sun, 11:00AM-1:00PM	NEW! Adult & Child: A Squirrel's Autumn Day Painting	10/5 ONLY	1st-6th & an Adult	1942.102
Sun, 12:00-3:00PM	Adult Pottery	9/14-11/16	10th-Adult	2198.101
Sun, 1:00-2:00PM	Adult Co-Ed Self Defense - TRY IT FREE	9/14 ONLY	12th-Adult	3315.111
Sun, 1:00-2:00PM	Adult Co-Ed Self Defense	9/21-11/9	12th-Adult	3315.106
Sun, 1:00-3:00PM	Adult & Child: Let's Sew Together Level 2	10/19-11/23	1st-8th & an Adult	1742.101
Sun, 2:00-4:30PM	NEW! Kimchi-Making Workshop: Art of Korean Fermentation of Cabbage	9/21 ONLY	9th-Adult	1385.101
Sun, 2:00-4:30PM	NEW! Korean Rice Cake Soup Workshop	11/9 ONLY	9th-Adult	1386.101
Sun, 3:00-4:30PM	Intro to Taiko Drumming	9/21 ONLY	8th-Adult	1766.101

Sun, 3:00-4:30PM	Intro to Taiko Drumming	10/26 ONLY	8th-Adult	1766.102
Sun, 3:00-4:30PM	Intro to Taiko Drumming	11/23 ONLY	8th-Adult	1766.103
Sun, 3:00-5:00PM	Adult & Child: Exploring Clay Together	9/14-11/16	K-6th & an Adult	2298.102
Sun, 6:00-7:15PM	Yoga Flow & Restorative - HYBRID	9/21-12/7	10th-Adult	3711.109
Sun, 6:00-7:30PM	Haunted Ann Arbor Walking Tour	10/26 ONLY	Adult	1031.102
MONDAYS	Name of Class	Dates	Ages	Class ID#
Mon, 9:15-10:30AM	Yoga Pilates - TRY IT FREE - ONLINE	9/8 ONLY	10th-Adult	3110.111
Mon, 9:15-10:30AM	Yoga Pilates - ONLINE	9/15-12/8	10th-Adult	3110.107
Mon, 10:00-11:15AM & Thurs, 6:00-7:15PM	Introduction to Tai Chi - Mon and/or Thurs	9/8-10/2	Adult	1821.101
Mon, 11:00AM-12:00PM	SHiNE Light™ Dance Fitness - TRY IT FREE	9/8 ONLY	12th-Adult	3168.111
Mon, 11:00AM-12:00PM	SHiNE Light™ Dance Fitness	9/15-12/8	12th-Adult	3168.101
Mon, 4:00-5:30PM	Strike Force Bowling	10/20-12/8	9th-Adult	6112.101
Mon, 5:00-5:50pm	Indian Tabla Drumming - Adult	9/1-12/1	Adult	1356.101
Mon, 5:30-6:30PM	Pickleball 101 - TRY IT FREE	9/8 ONLY	10th-Adult	3179.111
Mon, 5:30-6:30PM	Pickleball 101	9/15-11/10	10th-Adult	3179.101
Mon, 6:45-7:45PM	Pickleball 102	9/15-11/10	10th-Adult	3179.104
Mon, 8:00-9:00PM	Pickleball 102	9/15-11/10	10th-Adult	3179.105
Mon, 6:00-7:00PM	Cardio Dance & Pilates - TRY IT FREE - HYBRID	9/8 ONLY	10th-Adult	3108.111
Mon, 6:00-7:00PM	Cardio Dance & Pilates - HYBRID	9/22-12/15	10th-Adult	3108.106
Mon & Thurs, 6:00-7:00PM	Cardio Dance & Pilates Mon/Thurs Combo - HYBRID	9/18-12/15	10th-Adult	3108.108
Mon, 6:00-7:00PM	Pilates Matwork - TRY IT FREE	9/8 ONLY	10th-Adult	3112.111
Mon, 6:00-7:00PM	Pilates Matwork	10/6-12/15	10th-Adult	3112.106
Mon, 6:00-7:30PM	Iyengar Yoga - TRY IT FREE - HYBRID	9/8 ONLY	10th-Adult	3706.113
Mon, 6:00-7:30PM	Iyengar Yoga - HYBRID	9/15-12/8	10th-Adult	3706.107

Mon, 6:30-8:30PM	Woodworking with Hand Tools 1 - Beginner	9/15-11/10	Adult	1714.101
Mon, 7:00-9:00PM	Ann Arbor Civic Chorus (AACC)	9/8-12/8	Adult	1770.101
TUESDAYS	Name of Class	Dates	Ages	Class ID#
Tues, 9:00-10:00AM	BellyFit - TRY IT FREE	9/9 ONLY	Adult	3193.111
Tues, 9:00-10:00AM	BellyFit	9/16-12/9	Adult	3193.105
Tues, 11:00AM-12:00PM	Cardio Drumming	9/16-12/9	10th-Adult	3171.105
Tues, 6:00-7:00PM	Intro to Yoga - TRY IT FREE	9/9 ONLY	10th-Adult	3701.111
Tues, 6:00-7:00PM	Intro to Yoga	9/16-12/9	10th-Adult	3701.104
Tues, 6:00-7:00PM	Chair Yoga - ONLINE	9/16-12/9	Adult	3719.105
Tues, 6:00-7:00PM	Hiit Fit - TRY IT FREE	9/9 ONLY	10th-Adult	3106.111
Tues, 6:00-7:00PM	Hiit Fit	9/16-12/9	10th-Adult	3106.105
Tues, 12:15 - 1:15 PM	Weight Training Through the Ages - ONLINE	9/16-12/9	12th-Adult	3124.105
Tues, 6:00-7:00PM	GROOVE - TRY IT FREE	9/9 ONLY	9th-Adult	3148.111
Tues, 6:00-7:00PM	GROOVE	9/16-12/9	9th-Adult	3148.105
Tues, 6:00-7:00PM & Sat, 9:30-10:30AM	GROOVE - Tues/Sat COMBO	9/16-12/9	9th-Adult	3148.103
Tues, 5:00-6:00PM & Thurs, 5:00-6:00PM	NEW! Advanced Women's Strength Training	10/21-11/18	12th-Adult	3167.102
Tues, 6:00-7:00PM & Thurs, 6:00-7:00PM	Women's Strength Training	9/16-10/9	12th-Adult	3167.101
Tues, 6:00-7:00PM & Thurs, 6:00-7:00PM	NEW! COED Barbell Basics: Strength Training for Adults	10/21-11/18	12th-Adult	3167.103
Thurs, 6:00-7:00PM	Adult Hip Hop Street Dance	9/23-10/28	9th-Adult	1234.101
Tues, 6:00-7:15PM	NEW! French Film in the Fall Level 1	9/16-10/28	10th-Adult	1512.101
Tues, 7:15-8:30PM	NEW! French Film in the Fall Level 2	9/16-10/28	10th-Adult	1586.101
Tues, 6:00-7:30PM	Spanish: Level 1	9/23-12/2	Adult	1509.101
Tues, 6:00-7:30PM	iPhone Photography	11/18 ONLY	10th-Adult	1254.101

Tues, 6:00-8:00PM	Mastering Tempeh: Learn to Make and Cook Tempeh	10/14 ONLY	Adult	1326.101
Tues, 6:00-8:00PM	Bridge for Beginners: Part 1	9/23-12/9	7th-Adult	1634.101
Tues, 6:00-8:00PM	Estate Planning Basics	9/16 ONLY	Adult	1915.101
Tues, 6:00-8:00PM	Long Term Care/Medicaid Planning	10/28 ONLY	Adult	1916.101
Tues, 6:00-8:00PM	Long Term Care/Medicaid Planning	11/25 ONLY	Adult	1916.102
Tues, 6:00-8:00PM	American Sign Language (ASL): Level 1	10/14-12/2	9th-Adult	1502.101
Tues, 6:00-9:00PM	Adult Pottery	9/9-11/18	10th-Adult	2198.102
Tues, 6:00-9:00PM	Retirement Planning Today	9/30-10/7	Adult	1923.102
Tues, 6:00-9:00PM	Acrylic Painting : Beginning & Continuing	9/30-11/25	10th-Adult	2186.101
Tues, 6:30-8:00PM	Pen & Ink Drawing	9/16-10/28	8th-Adult	2184.101
Tues, 6:30-7:30PM	Feldenkrais Method®: Restore Your Hips, Knees & Feet - TRY IT FREE - ONLINE	9/9 ONLY	10th-Adult	3155.111
Tues, 6:30-7:30PM	Feldenkrais Method®: Restore Your Hips, Knees & Feet - ONLINE	9/16-10/28	10th-Adult	3155.102
Tues, 6:30-8:30PM	Sewing 2: Next Steps	9/9-10/28	Adult	1382.101
Tues, 6:30-9:00PM	Woodworking with Power 101	9/23-12/2	Adult	1711.101
Tues, 6:45-8:00PM	Adult Ballet - Beyond the Basics	9/16-12/9	Adult	1628.101
Tues, 7:00-8:00PM	Social Dance 101	9/30-12/9	10th-Adult	2274.101
Tues, 8:00-9:00PM	Swing Dance 101	9/30-12/9	10th-Adult	2262.101
WEDNESDAYS	Name of Class	Dates	Ages	Class ID#
Wed, 9:15-10:30AM	Yoga Pilates - Flow Style - ONLINE	9/17-12/10	10th-Adult	3110.108
Wed, 11:30AM-12:15PM	Yogilates® - HYBRID	10/1-12/3	12th-Adult	3176.102
Wed, 1:00-2:00PM	SHiNE Light™ Dance Fitness	9/17-12/10	12th-Adult	3168.102
Wed, 5:30-6:30PM	Pickleball 101	9/17-10/29	10th-Adult	3179.102
Wed, 6:00-7:00PM	Hatha Yoga - TRY IT FREE	9/10 ONLY	10th-Adult	3718.111
Wed, 6:00-7:00PM	Hatha Yoga	9/17-12/10	10th-Adult	3718.103

Wed, 6:00-7:00PM	Hula Hoop Flow into Fitness - TRY IT FREE	9/10 ONLY	10th-Adult	3178.111
Wed, 6:00-7:00PM	Hula Hoop Flow into Fitness	9/17-12/3	10th-Adult	3178.101
Wed, 6:00-7:00PM	Zumba Fitness - TRY IT FREE - HYBRID	9/10 ONLY	Adult	3140.111
Wed, 6:00-7:00PM	Zumba Fitness - HYBRID	9/17-12/10	Adult	3140.105
Wed, 6:30-8:30PM	Beginning Sewing	9/10-10/29	Adult	1749.101
Wed, 6:30-8:30PM	Woodworking with Hand Tools 2 - Intermediate	9/17-11/19	Adult	1736.101
Wed, 6:30-8:30PM	Woodworking with Hand Tools 3 - Advanced	9/17-11/19	Adult	1738.101
Wed, 6:30-9:00PM	Jewelry: Beginning and Continuing	9/24-10/29	9th-Adult	2163.102
Wed, 6:45-7:45PM	Pickleball 102	9/17-10/29	10th-Adult	3179.103
Wed, 7:00-8:30PM	Virtual Cinema Club - ONLINE	9/24-10/22	Adult	2308.101
Wed, 7:00-8:30PM	Virtual Cinema Club - ONLINE	11/5-12/10	Adult	2308.102
Wed, 7:45-8:30PM	Beginner Tang Soo Do (Korean Karate) - TRY IT FREE	9/10 ONLY	12th-Adult	3192.111
Wed, 7:45-8:30PM	Beginner Tang Soo Do (Korean Karate)	9/17-11/5	12th-Adult	3192.105
THURSDAYS	Name of Class	Dates	Ages	Class ID#
Thurs, 8:00-8:40AM	NEW! Peaceful Dragon Rising: Qigong Stretches	9/11-10/2	Adult	2384.101
Thurs, 9:30AM-12:00PM	Jewelry: Beginning and Continuing	9/18-11/6	9th-Adult	2163.101
Thurs, 10:30-11:30AM	Therapeutic Yoga - HYBRID	9/18-12/11	Adult	3750.104
Thurs, 5:30-6:15PM	Yogilates® - HYBRID	10/2-12/4	12th- Adult	3176.103
Thurs, 5:30-8:00PM	Adult & Pediatric First Aid/CPR/AED Certification - Blended Learning	11/6 ONLY	Adult	1964.101
Thurs, 5:30-8:00PM	Adult & Pediatric First Aid/CPR/AED Certification - Blended Learning - JUST ADDED!	11/13 ONLY	Adult	1964.102
Thurs, 6:00-6:45PM	Strength Training	9/18-12/11	10th-Adult	3102.103
Thurs, 6:00-7:00PM	Cardio Dance & Pilates - HYBRID	9/18-12/11	10th-Adult	3108.107
Thurs, 6:00-7:15PM	Yoga Flow - TRY IT FREE - ONLINE	9/11 ONLY	10th-Adult	3711.111
Thurs, 6:00-7:15PM	Yoga Flow - ONLINE	9/18-12/11	10th-Adult	3711.108

Thurs, 6:00-7:30PM	Improv for Non-Actors	9/25-10/30	9th-Adult	1632.101
Thurs, 6:00-7:30PM	Spanish: Level 2	9/25-11/13	Adult	1509.102
Thurs, 6:00-8:00PM	Intro to Photography	10/16-11/6	10th-Adult	1253.101
Thurs, 6:00-8:00PM	Adult & Child: Day of the Dead/Dia de Los Muertos	10/23-10/30	1st-12th (1st-6th with an Adult)	2188.101
Thurs, 6:00-8:00PM	NEW! Adult & Child Cooking: Autumn Family Feast	10/23 ONLY	10+ & an Adult	1672.101
Thurs, 6:00-8:30PM	NEW! Autumn Harvest Cooking: Savor the Flavors of Fall	11/13 ONLY	Adult	1670.101
Thurs, 6:00-9:00PM	Adult Pottery	9/11-11/13	10th-Adult	2198.103
Thurs, 6:00-9:00PM	Retirement Planning Today	10/2-10/9	Adult	1923.101
Thurs, 6:15-7:15PM	Intro to Yoga	9/18-12/11	10th-Adult	3701.105
Thurs, 6:15-7:15PM	SHiNE™ Dance Fitness	9/18-12/11	12th-Adult	3168.103
Thurs, 6:30-8:30PM	Beginning Sewing	9/11-10/30	Adult	1749.102
Thurs, 6:30-8:30PM	Watercolor: Beginning & Continuing	9/18-10/23	8th-Adult	2182.101
Thurs, 6:30-8:30PM	Woodworking with Power - Open Lab	9/18-11/20	Adult	1713.101
Thurs, 7:00-9:00PM	NEW! Ann Arbor Civic Chorus (AACC) - Holiday Collaboration with Dexter Community Orchestra	10/23-12/11	Adult	2867.101
Thurs, 7:30-9:00PM	Iyengar Yoga - TRY IT FREE - HYBRID	9/11 ONLY	10th-Adult	3706.114
Thurs, 7:30-9:00PM	Iyengar Yoga - HYBRID	9/18-12/11	10th-Adult	3706.108
FRIDAYS	Name of Class	Dates	Ages	Class ID#
Fri, 9:15-10:30AM	Yoga Pilates - ONLINE	9/19-12/12	10th-Adult	3110.109
Fri, 9:30-10:30AM	Zumba Toning with Light Hand Weights - TRY IT FREE - ONLINE	9/12 ONLY	Adult	3142.111
Fri, 9:30-10:30AM	Zumba Toning with Light Hand Weights - ONLINE	9/19-12/12	Adult	3142.105
Fri, 4:00-5:00PM	NEW! Weights & Yoga - HYBRID	9/19-12/12	10th-Adult	3126.101
Fri, 5:30-6:30PM	Healthy Back Yoga - HYBRID	9/19-12/12	10th-Adult	3724.104

Fri, 6:30-7:30PM	Adult Fencing - TRY IT FREE	9/12 ONLY	10th -Adult	3501.111
Fri, 6:30-7:30PM	Adult Fencing	9/19-11/7	10th -Adult	3501.106
Fri, 6:30-8:30PM	NEW! Woodworking: Table Making	9/19-12/12	Adult	1298.101
Fri, 7:00-7:45PM	Cardio Kickboxing - TRY IT FREE	9/12 ONLY	10th-Adult	3314.111
Fri, 7:00-7:45PM	Cardio Kickboxing	9/19-12/5	10th-Adult	3314.105
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	9/12-10/24	Adult	2653.101
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	10/31-12/19	Adult	2653.102
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	9/12-10/24	Adult	2654.101
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	10/31-12/19	Adult	2654.102
Fri, 8:00-9:00PM	Traditional Argentine Tango: Intermediate	9/12-12/19	Adult	2259.101
Fri, 7:30-9:00PM	Haunted Ann Arbor Walking Tour	10/31 ONLY	Adult	1031.103
SATURDAYS	Name of Class	Dates	Ages	Class ID#
Sat, 9:00-10:00AM	Cardio Barre - TRY IT FREE	9/13 ONLY	10th-Adult	3104.111
Sat, 9:00-10:00AM	Cardio Barre	9/20-12/6	10th-Adult	3104.105
Sat, 9:00AM-12:00PM	NEW! Adult & Child Woodworking Adventure	11/8-11/15	4th-8th	1763.101
Sat, 9:30-10:30AM	GROOVE - TRY IT FREE	9/13 ONLY	9th -Adult	3148.112
Sat, 9:30-10:30AM	GROOVE	9/20-12/6	9th -Adult	3148.104
Sat, 10:00-11:30AM	Iyengar Yoga - TRY IT FREE - HYBRID	9/13 ONLY	10th-Adult	3706.111
Sat, 10:00-11:30AM	Iyengar Yoga - HYBRID	9/20-12/6	10th-Adult	3706.105
Sat, 10:00AM-12:00PM	Adult & Child: Let's Sew Together Level 1	9/20-11/1	1st-6th & an Adult	1637.101
Sat, 10:00AM-1:00PM	NEW! Samosa Making: India's Favorite Street Snack	11/1 ONLY	10th-Adult	2736.101
Sat, 10:15-11:15AM	Abs & Core for a Strong Back - TRY IT FREE	9/13 ONLY	10th-Adult	3172.111
Sat, 10:15-11:15AM	Abs & Core for a Strong Back	9/20-12/6	10th-Adult	3172.105
Sat, 12:15-1:30PM	Adult Ballet - Absolute Beginners	9/13-12/6	Adult	1824.101
Sat, 12:30-2:30PM	Adult & Child: Let's Sew Together Level 1	9/20-11/1	1st-6th & an adult	1637.102

Sat, 1:00-2:30PM	NEW! Adult & Child: Boo-tiful Halloween Clay Workshop	10/18-10/25	1st-6th & an adult	<u>2946.101</u>
Sat, 1:00-3:00PM	Woodworking with Hand Tools 1 - Beginner	9/27-11/22	Adult	<u>1714.102</u>
Sat, 3:30-4:30PM	Appalachian Clogging for Beginners	9/13-12/6	8th-Adult	<u>1289.101</u>
Sat, 5:00-6:00PM	NEW! Hula Dancing 101	10/18-11/22	9th-Adult	<u>1499.101</u>
Sat, 6:00-7:30PM	Haunted Ann Arbor Walking Tour	10/25 ONLY	Adult	<u>1031.101</u>
Sat, 6:00-8:00PM	NEW! Miniature Worlds in Clay	11/8-11/15	10th-Adult	<u>1627.101</u>