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## Wide Range of Options for Fitness at Lafayette Rec

By Cathy Tyson



Many options at the Lafayette Rec Center on St. Mary's Road Photos provided

Pants getting a little tight? Maybe they didn't shrink in the dryer. For those of us who made a New Year's resolution to get healthier and/or slimmer, Lafayette Recreation Programs are just what the doctor ordered. From Jazzercise to Weight Training for Women to Gentle Yoga for seniors, even Belly Dancing, there is something for everyone right in town.

"It just makes sense," said Jennifer Russell, Parks and Recreation Director referring to the Try Lafayette First campaign. "It's convenient, saving gas, saving money and most of the instructors are from Lamorinda."

She's not kidding, with reasonable prices and classes starting in January, this could be just the opportunity to actually keep at least one new years resolution.

Jazzercise instructor Nancy Goldner comments that her class is, "fun, extremely effective and covers everything in sixty minutes. It's friendly, non-competitive and lends itself to a wide range of ages and abilities." Goldner has been teaching for thirty years, with Lafayette Rec since 1986. She's had a range of students - from St. Mary's College students to an 80-year-old. With thirteen different classes scheduled every week, this is the most popular exercise class at the Community Center.

Looking for something a little different? Zumba class is a new cardio workout set to Latin music that is entertaining with easy to follow instructions. How fun is that, burning calories while dancing? No experience necessary. It's not every day that you get to let out your inner Latina in Lafayette.

Addressing the scale directly is, What Works Weight Management, described in the class catalogue as, "Are you one of those people who say in frustration, "I know HOW to lose weight, I just can't seem to DO it?" Do you long to fit into the beautiful now too-small clothes in your closet? In this valuable four-week class you will learn tools that really work to help you lose weight in relation to your personal lifestyle, schedule and obstacles."

With a total of 199 classes, the breadth of offerings is unbeatable and obviously too numerous to name here. Here are just a few: pilates, tennis, roller hockey even "Quick and healthy meals from Costco and Trader Joe's." For more information, go to [www.lafayetterec.org](http://www.lafayetterec.org).

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