

Adult Fitness



Power through a full-body strength and cardio class along with others determined to reach their fitness goals!

P90X LIVE is a total body workout that will keep your body guessing and transforming with a variety of strength-training moves, cardio conditioning and core work.

All exercises can be modified so whether you are just starting your fitness journey or are a fitness enthusiast you can get an incredible workout!

Bring a towel, yoga mat, lots of water and a CAN DO attitude! Weights will be available.

Michelle Olson, OTR/L
P90X Live Certified Instructor

Fee:
\$10/class (drop-in) or
\$50 1x/week/6 week session or
\$95 for unlimited/6 week session

Tuesdays & Thursdays

6:00AM - 6:55AM

Location: Lacamas Lake Lodge,
227 NE Lake Road

44054A 10/06 - 11/12
44054B 11/17 - 12/24

Vinyasa Yoga Age: 13+



Experience a yoga class outside and closer to where it's meant to be - connected with nature! (NW weather permitting) This 60 minute class is suitable for all levels. Bring a mat, water, and an open mind. Wear loose, comfortable clothing that you can easily move in and dress appropriately for the weather. Oh, and don't worry if you're "not flexible", yoga is accessible for everyone whether you can touch your toes or not!

Chaney Compher, cert. yogi

Fee:
\$10/class (drop-in)

Tuesdays & Thursdays Ongoing

9:30AM - 10:30AM

Location: Lacamas Lake Lodge,
227 NE Lake Road

34040C 09/01 - 09/29
44040A 10/01 - 10/29
44040B 11/03 - 11/24
44040C 12/01 - 12/31

For more information on the class or instructor, visit:
www.bodyblessed.com

Adult Fitness



Insanity Live is a challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels. The moves are easy to follow - but the workout will challenge you, change you, and get you in the best shape of your life. So as you're giving it your all, just when you feel like your body is about to max out on certain movements, you're saved by the bell and it's time for the next block of moves. Plus, moves can always be modified so you can work up to your own best level.

Bring a towel, yoga mat (optional), lots of water and your inner beast! No weights needed for this workout!

Kelly Cusack Hawthorne,
Insanity Live Certified Instructor

Fee:
\$10/class (drop-in) or
\$40 1x/week/5 week session or
\$75 for unlimited/5 week session

Mondays & Wednesdays

5:30PM - 6:30PM

Location: Lacamas Lake Lodge,
227 NE Lake Road

44050A 10/07 - 11/11
44050B 11/16 - 12/23

Baby Boot Camp

Baby Boot Camp is a 60-minute stroller fitness class for mom and baby. Classes cater to all fitness levels: pregnant moms, new moms recovering from pregnancy and conditioned moms with one or two stroller-aged children. Cardio drills, strength training exercises and stretching increases overall fitness, and the ab assault at the end of class means you get a total body workout!

Exercise modifications can be made for prenatal clients, particularly after the first trimester, new moms who are six to 16 weeks postpartum and active moms who are ready for an additional challenge.

For additional information and to register, go to:

<http://www.babybootcamp.com/wa-vancouver.aspx>

Kim Puyleart & Jessica Watkins,
Certified personal trainers

Fee:
\$12 drop in or \$49 per month unlimited classes

Monday, Wednesday & Friday
9:30AM - 10:30AM

Location: Lacamas Lake Lodge,
227 NE Lake Road

44034A 10/05 - 10/30
44034B 11/02 - 11/30
440434C 12/02 - 12/30



Join us for our meeting located at the

Camas Community Center
1718 SE 7th Ave.

Wednesdays
5:30PM - Registration & Weigh-in

6:00PM - Meeting Time

For other local meeting times or for more information, visit www.weightwatchers.com

Pre-Registration required on all classes on this page. Sign up early - they fill up fast!

Register online at:
<https://register.cityofcamas.us>

Or by visiting us at Lacamas Lake Lodge, 227 Lake Road

Call 834-5307 for more info.

Ballroom Dancing Age: 18+

Come ballroom dance with your community of friends. Have fun, enjoy healthy exercise, improve balance, and learn new skills that will last a lifetime. East Coast Swing music is very popular on the radio today! Rumba is a slow & romantic Latin dance, a popular and versatile dance for all occasions. Tango, a Latin dance of romance and passion & flare, is for everyone - we teach this dance in a fun & playful way.

Couples, Singles, all are welcome to all classes & events. We rotate everyone - you will always have a partner!

Joseph and Julieann Platt Wednesdays

Fees: 5-weeks session \$50, \$12/drop-in per class
6-weeks session \$60, \$12/drop-in per class
**Multi-class discount: Sign up for 1 class and get 50% off the other class taught that evening. Good for session pricing or drop-in pricing.

Beginning Ballroom East Coast Swing
09/30 - 11/04 (5 weeks)
7:00PM - 8:00PM
no class 10/07

Beyond Beginning Ballroom Rumba
09/30 - 11/04 (5 weeks)
8:00PM - 9:00PM
no class 10/07

For more info:
www.ballroomdancewithus.com,
360-607-1620

Beginning Ballroom Tango
11/11 - 12/16 (6 weeks)
7:00PM - 8:00PM

Beyond Beginning Ballroom East Coast Swing
11/11 - 12/16 (6 weeks)
8:00PM - 9:00PM



Zumba Fitness is a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fun fitness atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop and pop. Zumba is for all fitness levels and almost all ages, we encourage fun and bonding through dance and fitness, so come join the party!

Aspen Tufares

Fee: \$45 for 10 class punch card

Tuesdays & Thursdays

9:30AM - 10:30AM

Camas Community Center,
1718 SE 7th Ave.

44049A 09/08 - 12/31