# **PHYSICAL FITNESS PROGRAMS**

#### **KARATE**

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons are studied. Family rates apply!

**Day:** Tuesday & Thursday

Date: Session I: September 5 - September 28
Session II: October 3 - October 31
Session III: November 2 - November 30
Session IV: December 5 - December 28

\*No Class November 23 **Time:** 7:15 p.m. - 8:45 p.m.

**Fee:** \$45 per session (resident) \$67.50 per session (non-resident) **Drop-in Fee:** \$6 per class (resident) \$9 per class (non-resident)

**Family Rate:** \$40 (resident) when 2 or more register for the same session

\$60 (non-resident) when 2 or more register for the same session

Age: 15 & Older

Location: Kiwanis Center

### **LINE DANCING**

Line dancing builds confidence. It also provides a foundation for broadening your dance experience. It enables you to learn balance, rhythm, timing, poise, and posture. It reduces stress, increases energy, and improves strength and muscle tone. It is a friendly and social atmosphere. It promotes cardiovascular health through physical workouts of varying intensity. It also has mental benefits. Line dancing is no longer being danced to just country music. We dance to all genres of music which include country, rap, pop, hip hop, and line waltz to various artists including, Pink, Maroon 5, Macklemore, Jennifer Lopez, Usher, Darius Rucker, Easton Corbin, Train, Luke Bryan, Kenny Chesney, Jessta James, Laura Bell Bundy, and many, many more.

#### **WEEKLY PM CLASS**

**Day:** Monday

Date: Session I: September 11 - October 2 Session II: October 9 - October 30 Session III: November 6 - November 27 Session IV: December 4 - December 18

**Time:** Beginner: 6:30 p.m. - 7:30 p.m.

Intermediate: 7:30 p.m. - 8:30 p.m.

**Fee:** Session I, II, III: \$30 per session (resident)

Combo: \$45 per session (resident)

**Fee:** Session IV: \$25 per session (resident) Combo: \$40 per session (resident)

Age: Adult

**Location:** Kiwanis Center



\$45 per session (non-resident) \$67.50 per session (non-resident) \$37.50 per session (non-resident) \$60 per session (non-resident)

## LINE DANCE PARTIES

**Day:** Session I: Friday

Session II & III: Saturday

Date: Session I: September 15

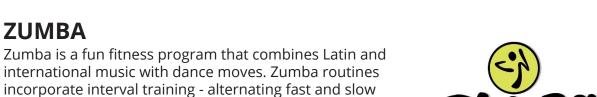
Session II: October 21 Session III: November 18

**Time**: 7:30 p.m. - 10:00 p.m.

\$5.00 per session (non-student) \$7.50 per session (non-resident)

**Age:** Adult

**Location:** Kiwanis Center



rhythms - to help improve cardiovascular fitness. Please be sure to arrive a few minutes early and silence all cell phones to ensure that everyone experiences the most

enjoyable environment possible!

Day: Wednesday & Friday

Date: Session I: September 6 - September 29

Session II: October 4 - October 27

Session III: November 1 – November 29 Session IV: December 6 - December 29

\*No Class November 24\*

**Time:** 10:30 a.m. - 11:30 a.m.

\$60 per session (non-resident) **Fee:** \$40 per session (resident)

**Drop-In:** \$10 (resident) \$15 (non-resident)

Age: 16 & Older

**Location:** Kiwanis Center



