

YOGA

Yoga is a lifestyle incorporating natural exercise, proper breathing, relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. Wear comfortable clothes and bring a yoga mat to sit on. Save 20% when you register for two Session I classes or two Session II classes. **REGISTRATION DEADLINE: ONE WEEK PRIOR TO THE START OF THE CLASS!!**

Please be sure to arrive a few minutes early and silence all cell phones to ensure that everyone experiences the most zen environment possible!

Payment Options:

Full-time Session: \$70 per resident \$105 per non-resident
4-Class Pass (must be used during ONE session only): \$44 per resident \$66 per non-resident
Drop-In: \$14 per resident \$21 per non-resident

YOGA MONDAYS

Day: Mondays
Date: Session I: May 9 - July 11
Session II: July 18 - August 29
*No class: May 23, 30, July 4
Time: 5:45 p.m. - 7:00 p.m.
Age: 16 & older
Location: Activities House

Course Code: 16180
Course Code: 16181



YOGA-PILATES FUSION

Day: Tuesdays
Date: Session I: May 10 - July 12
Session II: July 19 - August 30
*No class: May 24, 31, July 5
Time: 8:45 a.m. - 9:45 a.m.
Age: 16 & older
Location: Activities House

Course Code: 16182
Course Code: 16183

YOGA WEDNESDAYS

Day: Wednesdays
Date: Session I: May 11 - July 13
Session II: July 20 - August 31
*No class: May 25, June 1, July 6
Time: 8:45 a.m. - 10:00 a.m.
Age: 16 & older
Location: Activities House

Course Code: 16184
Course Code: 16185



YOGA THURSDAYS

Day: Thursdays
Date: Session I: May 12 - July 14
Session II: July 21 - September 1
*No class: May 26, June 2, July 7
Time: 1:00 p.m. - 2:00 p.m.
Age: 16 & older
Location: Activities House

Course Code: 16186
Course Code: 16187

ASHTANGA YOGA

Day: Fridays
Date: Session I: May 13 - July 15
Session II: July 22 - September 2
*No class: May 27, June 3, July 8
Time: 8:45 a.m. - 10:15 a.m.
Age: 16 & older
Location: Activities House

Course Code: 16188
Course Code: 16189

UNLIMITED YOGA

Day: Mondays - Fridays (attend any/all classes)
Date: Session I: May 9 - July 15 **Course Code: 16190**
Session II: July 18 - September 2 **Course Code: 16191**
*No classes: May 23 - 27; May 30 - June 3; July 4 - 8
Time: Please refer to the times on the above individual class.
Fee: \$135 per resident \$202.50 per non-resident
Age: 16 & older
Location: Activities House



PILATES

Designed to build and strengthen the body's core and to improve stability. The powerhouse includes the spine, abdomen, back muscles, gluteus, inner/outer thighs, quads, and hamstrings. Classes will be scheduled upon request for Wednesday afternoons (eight or more students). Call the number below TODAY to be added to the interest list for an upcoming class!

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: Tuesdays and Thursdays

Date: Session I: May 3 - 31

Course Code: 16192

Session II: June 2 - 30

Course Code: 16193

Session III: July 5 - 28

Course Code: 16194

Session IV: August 2 - 30

Course Code: 16195

Time: 7:15 p.m. - 8:45 p.m.

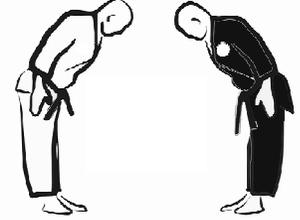
Fee: \$45 per resident \$67.50 per non-resident

Drop-in fee: \$6 per resident \$9 per non-resident

Family Rate: \$40 per resident when 2 or more register for the same session.
\$60 per non-resident

Age: 15 & older

Location: Kiwanis Center



TAI CHI

This Chinese art form of exercise reduces stress and tension while improving energy, endurance, balance, strength, and overall health. Through soft, slow-flowing movement and breathing, students will learn to concentrate, thus reducing stress.

Day: Thursdays

Date: Session I: May 5 - 26

Course Code: 16196

Session II: June 2 - 30

Course Code: 16197

Session III: July 7 - 28

Course Code: 16198

Session IV: August 4 - 25

Course Code: 16199

Time: 6:15 p.m. - 7:00 p.m.

Fee: \$40 per resident \$60 per non-resident

Age: 15 & older

Location: Kiwanis Center

SELF-DEFENSE CLASS

ARE YOU PREPARED? In a real world situation, an attack is over within a few seconds. Would you know what to do? This class will prepare you with simple principles and techniques that will allow you to stop an attacker! Different modules will be focused on: women, children, and families. Parents/guardians will receive information from the National Center for Missing and Exploited Children.

Day: Tuesday

Date: June 21

Course Code: 16200

Time: 6:00 p.m. - 7:00 p.m.

Fee: \$6 per resident \$9 per non-resident

Age: 15 & older (10 & older with registered adult)

Location: Kiwanis Center

THE FILIPINO ART OF STICK FIGHTING

Learn the Filipino Art of Arnis, also known as Eskrima or Kali. This method and technique of self-defense will be taught to adults and youth as young as eight-years-old. The class includes a series of exercises and will teach self-defense and respect with an emphasis on safety. Instruction will be offered throughout the year and will include the use of single and double sticks and the use of the sword, knife, and long pole.

Day: Tuesdays

Date: Session I: May 3 - 24

Course Code: 16201

Session II: June 7 - 28

Course Code: 16202

Session III: July 5 - 26

Course Code: 16203

Session IV: August 2 - 23

Course Code: 16204

Time: 6:00 p.m. - 7:00 p.m.

Fee: \$45 per resident \$67.50 per non-resident

Age: 8 & older (adults and youth)

Location: Activities House

Classes on May 10, June 14, July 12, & August 9 will be held downstairs.

