

# YOGA

Yoga is a lifestyle incorporating natural exercise in which you move your body into various positions in order to become more fit and flexible. Proper breathing in yoga strengthens the respiratory system and promotes relaxation of the mind which can dramatically increase the joys of your life. Wear comfortable clothes.

***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**

<b>Early Registration:</b>	\$75 per session (resident) Session I: Before January 1	\$112.50 per session (non-resident) (8 weeks) Session II: Before March 4
<b>Registration:</b>	\$80 per session (resident) Session I: Beginning January 1	\$120 per session (non-resident) Session II: Beginning March 4
<b>4-Class Pass:</b>	\$45 per session (resident)	\$67.50 per session (non-resident)
<b>Drop-In:</b>	\$14 (resident)	\$21 (non-resident)

*Save 20% when you register for two Session I classes or two Session II Classes.*

**All makeup sessions must be done in the same session!**

## **MONDAY VINIYASA FLOW YOGA**

**Day:** Monday

**Date:** Session I: January 7 – February 25  
Session II: March 11 – April 29

**Course Code:** 19049

**Course Code:** 19050

**Time:** 5:45 p.m. - 7:00 p.m.

**Age:** 16 & Older

**Location:** Activities House



## **TUESDAY YOGA-PILATES FUSION**

**Day:** Tuesday

**Date:** Session I: January 8 – February 26  
Session II: March 12 – April 30

**Course Code:** 19051

**Course Code:** 19052

**Time:** 8:45 a.m. - 9:45 a.m.

**Age:** 16 & Older

**Location:** Activities House

## **WEDNESDAY INTRO TO ASHTANGA YOGA**

Join us to learn the basics of Ashtanga yoga. Suitable for all levels.

**Day:** Wednesday

**Date:** Session I: January 9 – March 6  
Session II: March 13 – May 1

**Course Code:** 19053

**Course Code:** 19054

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

**Age:** 16 & Older

**Location:** Activities House

**\*No class Wednesday, February 27\***

## **THURSDAY GENTLE YOGA**

**Day:** Thursday

**Date:** Session I: January 10 – March 7  
Session II: March 14 – May 2

**Course Code:** 19055

**Course Code:** 19056

**Time:** 11:30 a.m. – 12:30 p.m.

**Age:** 16 & Older

**Location:** Activities House

**\*No Class Thursday, February 28\***



## **ASHTANGA FULL PRIMARY SERIES MYSORE STYLE**

**Day:** Friday

**Date:** Session I: January 11 – March 8  
Session II: March 15 – May 3

**Course Code:** 19057

**Course Code:** 19058

**Time:** 8:45 a.m. - 10:15 a.m.

**Age:** 16 & Older

**Location:** Activities House

**\*No class Friday, March 1\***

**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 and Thursday  
**Date:** Session I: January 1 – January 31 **Course Code:** 19059  
 Session II: February 5 – February 28 **Course Code:** 19060  
 Session III: March 5 – March 28 **Course Code:** 19061  
 Session IV: April 2 – May 2 **Course Code:** 19062  
**Time:** 7:15 p.m. - 8:45 p.m.  
**Fee:** \$45 per session (resident) \$67.50 per session (non-resident)  
 Drop in: \$6 (resident) \$9 (non-resident)  
**Family Rate:** \$40 (resident) when 2 or more register for the same session  
 \$60 (non-resident)  
**Age:** 15 & Older  
**Location:** Kiwanis Center



**TAEKWONDO**

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it has become a global sport that has gained an international reputation, and stands among the official games in the Olympics.

**Day:** Thursday  
**Date:** Session I: January 3 – January 31 **Course Code:** 19063  
 Session II: February 7 – February 28 **Course Code:** 19064  
 Session III: March 7 – March 28 **Course Code:** 19065  
 Session IV: April 4 – May 2 **Course Code:** 19066  
**Time:** 6:00 p.m. - 7:00 p.m.  
**Fee:** \$50 per session (resident) \$75 per session (non-resident)  
**Age:** 5 & Older  
**Location:** Kiwanis Center



**MIXXED FIT**

We are offering a wonderful opportunity to get in shape while having fun at the same time. Mixed Fit is a people inspired dance fitness program that is a mix of explosive dancing and toning. This class will meet once a week for 1 hour. Each session will be 4 total classes.

**Day:** Saturday  
**Date:** Session I: January 5 – January 26 **Course Code:** 19067  
 Session II: February 2 – February 23 **Course Code:** 19068  
 Session III: March- 2 – March 23 **Course Code:** 19069  
 Session IV: April 6 – April 27 **Course Code:** 19070  
**Time:** 8:30 a.m. - 9:30 a.m.  
**Fee:** \$40 per session (resident) \$60 per session (non-resident)  
**Age:** 10 & Older  
**Location:** Kiwanis Center

**FITNESS BOOT CAMP**

Want to get in shape for the spring? This class will help individuals live a healthy lifestyle through fitness as well as offering physical training activities.

**Day:** Thursday and Saturday  
**Date:** Session I: March 7 & 9 **Course Code:** 19071  
 Session II: March 14 & 16 **Course Code:** 19072  
 Session III: March 21 & 23 **Course Code:** 19073  
 Session IV: March 28 & 30 **Course Code:** 19074  
 Session V: April 4 & 6 **Course Code:** 19075  
 Session VI: April 11 & 13 **Course Code:** 19076  
**Time:** Thursday Evenings: 6:00 p.m. - 7:30 p.m.  
 Saturday Mornings: 8:30 a.m. -10:00 a.m.  
**Fee:** \$35 per session (resident) \$52.50 per session (non-resident)  
**Age:** 17 & Older  
**Location:** Thursday: McCurry Park Practice Field  
 Saturday: McCurry Park South Multi-Purpose Field

