

YOGA

Yoga is a lifestyle incorporating natural exercise in which you move your body into various positions 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:

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|----------------------------|--|---|
| Early Registration: | Session I: Before May 1 | Session II: Before July 1 |
| | \$75 (resident) \$112.50 (non-resident) | \$65 (resident) \$97.50 (non-resident) |

| | | |
|----------------------|---|---|
| Registration: | Session I: Beginning May 1 | Session II: Beginning July 1 |
| | \$80 (resident) \$120 (non-resident) | \$70 (resident) \$105 (non-resident) |

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|----------------|-----------------|---------------------|
| Drop-In | \$14 (resident) | \$21 (non-resident) |
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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!



4- CLASS PASS

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|--|------------------------------------|
| Session I: May 4—June 30 | Course Code: 20245 |
| Session II: July 20—September 1 | 20246 |
| Registration: \$45 per session (resident) | \$67.50 per session (non-resident) |

MONDAY VINYASA FLOW YOGA

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|---|---------------------|
| Day: Monday | Course Code: |
| Date: Session I: May 4 – June 29 | 20247 |
| *No Class May 25* | |
| Session II: July 20 – August 31 | 20248 |
| Time: 5:45 p.m. - 7:00 p.m. | |
| Age: 16 & Older | |
| Location: Activities House | |



TUESDAY YOGA-PILATES FUSION

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|---|---------------------|
| Day: Tuesday | Course Code: |
| Date: Session I: May 5 – June 30 | 20249 |
| *No Class May 26 | |
| Session II: July 21 – September 1 | 20250 |
| Time: 8:45 a.m. - 9:45 a.m. | |
| Age: 16 & Older | |
| Location: Activities House | |

KARATE

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

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|--|------------------------------------|
| Day: Tuesday & Thursday | Course Code: |
| Date: Session I: May 5 – May 28 | 20251 |
| Session II: June 2 – June 25 | 20252 |
| Session III: June 30 – July 23 | 20253 |
| Session IV: August 4 – August 27 | 20254 |
| Time: 7:15 p.m. – 8:45 p.m. | |
| Fee: \$45 per session (resident) | \$67.50 per session (non-resident) |
| Drop-in Fee: \$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 | |

TABLE TENNIS

Our Table Tennis program will provide participants (13 & Older) an opportunity to play Table Tennis in a relaxed and fun environment. Bring your own paddle.

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| Day: Sunday, Tuesday, & Friday |
| Date: Year-Round |
| Time: Noon to 3:30 p.m. – Sunday 7:00 p.m. – 10:30 p.m. – Tuesday and Friday |
| Fee: \$2 per visit (residents) \$3 per visit (non-residents) Or, \$35 annual fee (residents) \$52.50 annual fee (non-residents) |
| Age: 13 & Older |
| Location: Kiwanis Center |



Physical Fitness

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, 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

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|-------------------------|-------------------------------------|---------------------------------|-------|
| Day: | Monday | Course Code: | |
| Date: | Session I: May 4 – June 1 | | 20256 |
| | *No class May 25* | | |
| | Session II: June 8 – June 29 | | 20257 |
| | Session III: July 6 – July 27 | | 20258 |
| | Session IV: August 3 – August 24 | | 20259 |
| Time: | Beginner: 6:30 p.m. – 7:30 p.m. | | |
| | Intermediate: 7:30 p.m. – 8:30 p.m. | | |
| Fee: | \$30 per session (resident) | \$45 per session (non-resident) | |
| Combo for 2 hour class: | \$45 per session (resident) | \$60 per session (non-resident) | |
| Age: | Adult | | |
| Location: | Kiwanis Center | | |



INTRODUCTION TO LINE DANCE CLASS

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|-----------|---|---------------------------------|-------|
| Day: | Monday | Course Code: | |
| Date: | Session I: May 4 – June 1 | | 20260 |
| | *No class May 25* | | |
| | Session II: June 8 – June 29 | | 20261 |
| | Session III: July 6 – July 27 | | 20262 |
| | Session IV: August 3 – August 24 | | 20263 |
| Time: | Session I & IV: 4:00 p.m. – 5:00 p.m. | | |
| | Session II & III: 4:30 p.m. – 5:30 p.m. | | |
| Fee: | \$30 per session (resident) | \$45 per session (non-resident) | |
| Age: | Adult | | |
| Location: | Kiwanis Center | | |



WEEKLY AM CLASS

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|-----------|---------------------------------------|---------------------------------|-------|
| Day: | Tuesday | Course Code: | |
| Date: | Session I: May 5 – June 2 | | 20264 |
| | *No class May 26* | | |
| | Session II: June 9 – June 30 | | 20265 |
| | Session III: July 7 – July 28 | | 20266 |
| | Session IV: August 4 – August 25 | | 20267 |
| Time: | Beginner: 10:00 a.m. – 11:00 a.m. | | |
| Fee: | \$30 per session (resident) | \$45 per session (non-resident) | |
| Age: | Adult | | |
| Location: | Session I & IV: Kiwanis Center | | |
| | Session II & III: Activities Building | | |



LINE DANCE PARTIES (drop-in fee for students not in Monday PM or Tuesday AM)

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|-----------|-----------------------------|------------------------------------|--|
| Day: | Friday | | |
| Date: | Session I: May 15 | | |
| | Session II: June 19 | | |
| | Session III: July 17 | | |
| | Session IV: August 21 | | |
| Time: | 7:30 p.m. – 10:30 p.m. | | |
| Fee: | \$5 non-students (resident) | \$7.50 non-students (non-resident) | |
| Age: | Adult | | |
| Location: | Kiwanis Center | | |