Physical Fitness

YOGA

Drop-In

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:

Early Registration: Session I: Before May 1 Session II: Before July 1

\$75 (resident) \$65 (resident)

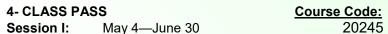
\$112.50 (non-resident) \$97.50 (non-resident)

Registration: Session I: Beginning May 1 Session II: Beginning July 1

\$80 (resident) \$70 (resident) \$120 (non-resident) \$105 (non-resident) \$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!



Session II: July 20—September 1 20246

Registration: \$45 per session (resident) \$67.50 per session (non-resident)

MONDAY VINYASA FLOW YOGA

Day:MondayCourse Code:Date:Session I: May 4 – June 2920247

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

Day:TuesdayCourse Code:Date:Session I: May 5 – June 3020249

*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.

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.

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

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 (re

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

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

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
T:	Dagingay 10.00 am 11.00 am	

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)

Day: Friday

Date: Session I: May 15 Session II: June 19

Session II: July 17 Session IV: August 21 7:30 p.m. – 10:30 p.m.

Fee: \$5 non-students (resident) \$7.50 non-students (non-resident)

Age: Adult

Time:

Location: Kiwanis Center





