

Physical Fitness

TABLE TENNIS

Our Table Tennis program will provide participants an opportunity to play Table Tennis in a relaxed and fun environment. This program will provide practice and competition. Bring your own paddle.

Day: Sunday & Friday
Date: Year - Round
Time: Noon to 3:30 p.m. Sunday
 7:00 p.m. - 10:30 p.m. Friday
Fee: \$2 per visit (resident)
 \$3 per visit (non-resident)
Annual Fee:
 \$35 (resident)
 \$52.50 (non-resident)
Age: 13 & Older
Location: Kiwanis Center



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.

Virtual options are available, contact Recreation Office for information.

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

Registration Periods:

Early Registration: Session I: Before April 27 Session II: Before July 13
Registration: Session I: Beginning April 27 Session II: Beginning July 13

MONDAY VINYASA FLOW YOGA

Day: Tuesday
Date: Session I: May 4 - June 29
 No Class May 11, June 1, & June 8
 Session II: July 20 - August 31
 No Class August 10
Course Code:
 21256
 21257

Early Registration: \$70 per session (resident) \$105 per session (non-resident)
Registration: \$75 per session (resident) \$112.50 per session (non-resident)
Drop In Fee: \$14 per class (resident) \$21 per class (non-resident)
Time: 5:45 p.m. - 6:45 p.m.
Age: 16 & Older
Location: Kiwanis Activities House



BADMINTON CLUB

Interested in badminton? All adults and families are welcome to join our brand new club! This is a leisurely program with competitive and fun games. We will meet twice a month. Please register at least two days prior to the first date of the program each month.

Day: Tuesday
Date: Session I: May 11 & May 25
 Session II: June 8 & June 22
 Session III: July 6 & July 20
 Session IV: August 3 & August 17
Time: 6:30 p.m. - 8:00 p.m.
Fee: \$5 per session (resident) \$7.50 per session (non-resident)
 Group: \$20 per session (residents) \$30 per session (non-residents)
 NOTE: Maximum of 5 individuals per group rate, additional persons pay individual fee
Age: All Ages
Location: McCurry Park
Course Code:
 21258
 21259
 21260
 21261



INDOOR OPEN-PLAY PICKLEBALL

Join us every Monday & Wednesday morning (May-August) for our open-play pickleball sessions! This program is available to all adults. A limited amount of pickleballs and paddles will be provided so feel free to bring your own equipment. We will play an average of 8 times a month. Registration is required two days prior to each session.



Day: Monday & Wednesday	Course Code:
Date: Session I: May 3 - May 26	21262
Session II: June 2 - June 30	21263
Session III: July 7 - July 28	21264
Session IV: August 2 - August 30	21265
Time: 10:00 a.m. - 12:00 p.m.	
Fee: \$5 per session (resident) \$7.50 per session (non-resident)	
Age: 18 & Older	
Location: East Fayette Gym	

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	Course Code:
Date: Session I: May 4 - May 27	21266
Session II: June 1 - June 29	21267
Session III: July 1 - July 29	21268
Session IV: August 3 - August 31	21269
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	



ADULT TENNIS CLINIC

Interested in learning how to play or improve your tennis skills? Sign-up for our 3-week, six lesson program taught by a certified USTA instructor. Racquets are available but we encourage you to bring your own. Balls are included in registration fee. Registration is required two days prior to the each session.

Day: Monday & Wednesday	Course Code:
Date: Session I: May 10 - May 26	21270
Session II: August 9 - August 25	21271
Time: 7:00 p.m. - 8:30 p.m.	
Fee: \$60 per session (resident) \$90 per session (non-resident)	
Age: 18 & Older	
Location: Kiwanis Park Tennis Courts	



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!

WEEKLY PM CLASS

Day: Monday **Course Code:**
Date: Session I: May 3 - May 24 21272
 Session II: June 7 - June 28 21273
 Session III: July 12 - August 2 21274
 Session IV: August 9 - August 30 21275
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

Day: Monday **Course Code:**
Date: Session I: May 3 - May 24 21276
 Session II: June 7 - June 28 21277
 Session III: July 12 - August 2 21278
 Session IV: August 9 - August 30 21279

Time: 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 4 - May 25 21280
 Session II: June 8 - June 29 21281
 Session III: July 13 - August 3 21282
 Session IV: August 10 - August 31 21283

Time: 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: Kiwanis Activities House

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

Day: Friday
Date: Session I: May 21
 Session II: June 18
 Session III: July 16
 Session IV: August 20
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

