

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, Tuesday, and Friday
Date: Year - Round
Time: Noon to 3:30 p.m. Sunday
7:00 p.m. - 10:30 p.m. Tuesday & 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



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
Date: Session I: January 5 - January 28
Session II: February 2 - February 25
Session III: March 2 - March 25
Session IV: March 30 - April 29
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

| | <u>Course Code:</u> |
|--------------------------------------|---------------------|
| Session I: January 5 - January 28 | 21066 |
| Session II: February 2 - February 25 | 21067 |
| Session III: March 2 - March 25 | 21068 |
| Session IV: March 30 - April 29 | 21069 |

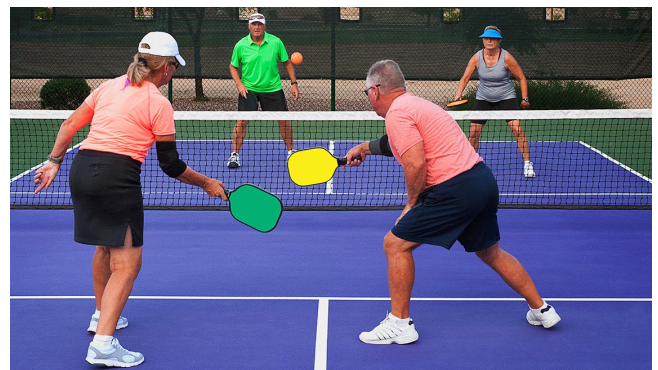


ADULT PICKLEBALL CLINIC

We are offering an instructional program designed for adult beginner Pickleball players. This is a great opportunity for beginners to learn the fundamentals of the sport and build their skills. All individuals will partake in FOUR, two hour classes. *Paddles and balls will be provided.* Please register by the Wednesday prior to the first class of the selected course.

Day: Monday & Saturday
Date: Session I: March 22 - April 3
Session II: April 19 - May 1
Time: Monday 6:00 p.m. - 8:00 p.m.
Saturday 10:00 a.m. - 12:00 p.m.
Fee: \$10 per session (resident)
\$15 per session (non-resident)
Age: 18 & Older
Location: Kiwanis Park Tennis Courts

| | <u>Course Code:</u> |
|-------------------------------|---------------------|
| Session I: March 22 - April 3 | 21070 |
| Session II: April 19 - May 1 | 21071 |



recreation@fayettecountyga.gov ■ 770.716.4320

https://fayettecountyga.gov/parks_and_recreation/OnlineRegistration.htm

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!

Registration Periods:

Early Registration: Session I: Before January 1
Session II: Before March 1

Registration: Session I: Beginning January 1
Session II: Beginning March 1

MONDAY VINYASA FLOW YOGA

Day: Monday

Date: Session I: January 11 - March 1

No Class February 15

Session II: March 8 - April 26

No Class April 5

Early Registration: \$75 per session (resident)

Registration: \$80 per session (resident)

Drop In Fee: \$14 per class (resident)

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

Age: 16 & Older

Location: Kiwanis Activities House

Course Code:

21072

21073

\$112.50 per session (non-resident)

\$120 per session (non-resident)

\$21 per class (non-resident)



TUESDAY YOGA-PILATES FUSION

Day: Tuesday

Date: Session I: January 12 - March 2

No Class February 16

Session II: March 9 - April 27

No Class April 6

Early Registration: \$75 per session (resident)

Registration: \$80 per session (resident)

Drop In Fee: \$14 per class (resident)

Time: 8:30 a.m. - 9:30 a.m.

Age: 16 & Older

Location: Kiwanis Activities House

Course Code:

21074

21075

\$112.50 per session (non-resident)

\$120 per session (non-resident)

\$21 per class (non-resident)



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

4 Class Pass is available—Contact office for more information!

All makeup sessions must be done in the same session!

Please note classes are both in person as well as virtual!



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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, and line waltz to various artists including, Pink, Maroon 5, Macklemore, Jennifer Lopez, Usher, Darius Rucker, Easton Corbin, Train, Luke Bryan, Kenny Chesney, Jesta James, Laura Bell Bundy, and many many more.



WEEKLY PM CLASS

Day: Monday
Date: Session I: January 4 - January 25
 Session II: February 1 - February 22
 Session III: March 1 - March 22
 Session IV: March 29 - April 26
 No Class April 5
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

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|----------------------------|-------|
| <u>Course Code:</u> | |
| | 21078 |
| | 21079 |
| | 21080 |
| | 21081 |

INTRODUCTION TO LINE DANCE

Day: Monday
Date: Session I: January 4 - January 25
 Session II: February 1 - February 22
 Session III: March 1 - March 22
 Session IV: March 29 - April 26
 No Class April 5
Time: 4:00 p.m. - 5:00 p.m.
Fee: \$30 per session (resident) \$45 per session (non-resident)
Age: Adult
Location: Kiwanis Center

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|----------------------------|-------|
| <u>Course Code:</u> | |
| | 21082 |
| | 21083 |
| | 21084 |
| | 21085 |



WEEKLY AM CLASS

Day: Tuesday
Date: Session I: January 5 - January 26
 Session II: February 2 - February 23
 Session III: March 2 - March 23
 Session IV: March 30 - April 27
 No Class April 6
Time: 10:00 a.m. - 11:00 a.m.
Fee: \$30 per session (resident) \$45 per session (non-resident)
Age: Adult
Location: Kiwanis Center

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|----------------------------|-------|
| <u>Course Code:</u> | |
| | 21086 |
| | 21087 |
| | 21088 |
| | 21089 |

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

Day: Friday
Date: Session I: January 15
 Session II: February 19
 Session III: March 19
 Session IV: April 16
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

