

# Physical Fitness

## Table Tennis

Our Table Tennis program will provide participants the opportunity to play in a relaxed and fun environment. This program will provide practice and competition. Bring your own paddle. All participants need to register through CivicRec.

**Day:** Sunday & Friday

**Date:** Year-Round (except holidays and holiday weekends)

**Time:** Noon to 3:30 p.m. (Sunday)  
7:00 p.m. - 10:30 p.m. (Friday)

**Fee:** CASH or CHECK / \$2 per visit (resident)  
\$3 per visit (non-resident)

**Annual Fee:** \$35 (resident) \$52.50 (non-resident)

**Age:** 13 & Older

**Location:** Kiwanis Center



## 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 TWO, two-hour classes. Paddles and balls will be provided. Please register by the Wednesday prior to the first class of the selected session. NOTE: It is highly encouraged new players take lesson before participating in league or open play programs.

**Day:** Monday

**Date:** Session I: May 2 & May 9  
Session II: May 16 & May 23

**Time:** 6:00p.m. - 8:00p.m.

**Fee:** \$15 per session (resident)  
\$22.50 per session (non-resident)

**Age:** 18 & Older

**Location:** Kiwanis Park

## Indoor Pickleball

Escape the harsh elements and join our group as we play the evening away with some exciting indoor pickleball. This program is available to all skill levels. Participants may pay for an annual pass (good for year-to-date) or pay the walk-in fee. All participants need to register through CivicRec.

**Day:** Sunday & Friday

**Date:** Year-Round (except holidays and holiday weekends)

**Time:** 4:00 p.m.- 6:30 p.m. (Sunday)  
6:00 p.m.- 8:30 p.m. (Friday)

**Fee:** CASH or CHECK /  
\$2 per visit (resident)  
\$3 per visit (non-resident)

**Annual Fee:** \$35 (resident) \$52.50 (non-resident)

**Age:** 18 & Older

**Location:** Sunday - Kiwanis Center,  
Friday- East Fayette

## 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: May 3 - May 26  
Session II: June 7 - June 30  
Session III: July 5 - July 28  
Session IV: August 2 - August 25



## ZUMBA

Zumba is a fun fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness.

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

**Day:** Wednesday & Friday  
**Date:** Session I: May 4 - May 27  
Session II: June 1 - June 24  
Session III: July 6 - July 29  
Session IV: August 3 - August 26  
**Time:** 10:30 a.m. - 11:30 a.m.  
**Fee:** \$40 per session (resident)  
\$60 per session (non-resident)  
**Drop-In:** \$10 (resident)  
\$15 (non-resident)  
**Age:** 18 & Older  
**Location:** Kiwanis Center

**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



## ZUMBA – PARTY IN THE PARK SERIES

Join Mike Price the first Saturday of the month (May, June, July) for a special Zumba Party at three of our magnificent parks. Dance Parties are a great introduction to this fun fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness. Don't miss the Party!

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

**Day:** Saturday  
**Date:** Session I: May 7  
Session II: June 4  
Session III: July 2  
**Time:** 9:00 a.m. - 10:00 a.m.  
**Fee:** \$5.00 per session (resident)  
\$7.50 per session (non-resident)  
**Drop-In:** \$10 per session (resident)  
\$15 per session (non-resident)  
**Age:** 18 & Older  
**Location:** McCurry Park North  
Kiwanis Park  
Kenwood South

## LINE DANCING

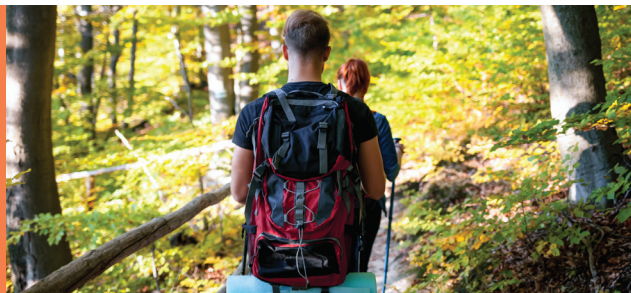
Line dancing builds confidence. It also provides a foundation for broadening your dance experience. It enables you to learn balance, rhythm, timing, poise, and posture. It reduces stress, increases energy, and improves strength and muscle tone. It is a friendly and social atmosphere. It promotes cardiovascular 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, Jessta James, Laura Bell Bundy, and many, many more.



## LINE DANCE PARTIES

**Day:** Friday  
**Date:** Session I: May 20  
Session II: June 17  
Session III: July 15  
Session IV: August 19  
**Time:** Beginner: 7:30 p.m. - 10:30 p.m.  
**Fee:** \$5.00 per session (non-student)  
\$7.50 per session (non-resident)  
**Age:** Adult  
**Location:** Kiwanis Center

**Day:** Monday  
**Date:** Session I: May 9 – June 6  
Session II: June 13 – June 27  
Session III: July 11 – August 1  
Session IV: August 8 – August 29  
\*No Class May 30 & July 4  
**Time:** Beginner: 6:30 p.m. - 7:30 p.m.  
Intermediate: 7:30 p.m. - 8:30 p.m.  
**Fee (Session I, III, IV):** \$30 per session (resident)  
\$45 per session (non-resident)  
Combo for 2 hour class:  
\$45 per session (resident)  
\$60 per session (non-resident)  
**Fee (Session II):** \$25 per session (resident)  
\$32.50 per session (non-resident)  
Combo for 2 hour class:  
\$35.00 per session (resident)  
\$52.50 per session (non-resident)  
**Age:** Adult  
**Location:** Kiwanis Center



## LOCAL MONTHLY HIKE

The first Tuesday of the month we will meet at a local park/path to stretch our legs and get some exercise. Join us for some fun and fresh air! Please register in advance.

**Day:** Tuesday  
**Date:** Session I: May 3  
Session II: June 7  
Session III: July 5  
Session IV: August 2  
**Time:** 8:30 a.m.  
**Fee:** Free  
**Age:** Adult  
**Location:** Lake Horton  
Kenwood Park  
The Ridge Nature Preserve  
Lake Peachtree