

# 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 (except holidays and holiday weekends)  
**Time:** Sunday: Noon to 3:30 p.m.  
Tuesday & Friday: 7:00 p.m. - 10:30 p.m.  
**Fee:** CASH / CHECK  
\$2 per visit (resident)  
\$3 per visit (non-resident)  
**Annual Fee:** \$35 (resident) \$52.50 (non-resident)  
**Age:** 18 & Older  
**Location:** Kiwanis Center



## ADULT TENNIS CLINIC

Learn how to play or come out to improve your tennis skills. Sign-up for our 3-week, six lesson program. Please bring your own racquet. Register by the Thursday prior to the beginning of each session.

**Day:** Monday & Wednesday  
**Date:** Session I: March 7 - March 30  
Session II: April 11 - May 4  
\*No Class on April 4 & 6\*  
**Time:** 6:30 p.m. - 7:30 p.m.  
**Fee:** \$60 per session (resident)  
\$90 per session (non-resident)  
**Age:** 8 & Older  
**Location:** Kiwanis Tennis Courts

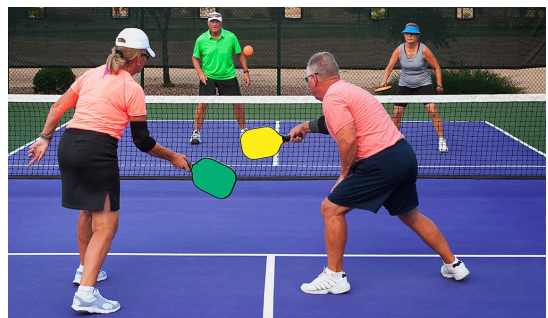
**Course Code:**  
22022  
22023



## 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.

**Day:** Sunday  
**Date:** Year Round (except holidays and holiday weekends)  
**Time:** 4:00 p.m.- 6:00 p.m. OR 6:00 p.m.- 8:00 p.m.  
**Fee:** \$2 per visit (resident)  
\$3 per visit (non-resident)  
**Annual Fee:** \$35 (resident) \$52.50 (non-resident)  
**Age:** 18 & 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.

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

## VINYASA FLOW YOGA

<b>Day:</b>	Monday & Wednesday	<b>Course Code:</b>	
<b>Date:</b>	Session I: January 3 - January 26		22025
	Session II: February 2 - February 28		22026
	Session III: March 2 - March 28		22027
	Session IV: April 4 - April 27		22028
<b>Registration:</b>	\$70 per session (resident)	\$105 per session (non-resident)	
<b>Drop In Fee:</b>	\$14 per class (resident)	\$21 per class (non-resident)	

**All makeup sessions must be done in the same session.**

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

**Age:** 16 & Older

**Location:** Kiwanis Activities House



## CYCLIC YOGA

Cyclic Yoga, the art of sequencing yoga poses or movements, is based on the belief that practicing a well balanced series of poses can enhance or boost the advantages and therapeutic effects of each pose. While learning the fundamentals of alignment, the practitioner will increase their strength and flexibility in a relaxed environment.

<b>Day:</b>	Tuesday & Thursday	<b>Course Code:</b>	
<b>Date:</b>	Session I: January 4 - January 27		22029
	Session II: February 1 - February 24		22030
	Session III: March 1 - March 24		22031
	Session IV: April 5 - April 28		22032
<b>Registration:</b>	\$70 per session (resident)	\$105 per session (non-resident)	
<b>Drop In Fee:</b>	\$14 per class (resident)	\$21 per class (non-resident)	

**Time:** 10:00 a.m. - 11:15 a.m.

**Age:** 16 & Older

**Location:** Kiwanis Activities House



**All makeup sessions must be done in the same session.**

## 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!

<b>Day:</b>	Tuesday & Thursday	<b>Course Code:</b>	
<b>Date:</b>	Session I: January 4 - January 27		22033
	Session II: February 1 - February 24		22034
	Session III: March 1 - March 24		22035
	Session IV: April 5 - April 28		22036
<b>Time:</b>	7:15 p.m. - 8:45 p.m.		
<b>Fee:</b>	\$45 per session (resident)		
	\$67.50 per session (non-resident)		
<b>Drop-in Fee:</b>	\$6 per class (resident)		
	\$9 per class (non-resident)		
<b>Family Rate:</b>	\$40 (resident) when 2 or more register for the same session		
	\$60 (non-resident) when 2 or more register for the same session		
<b>Age:</b>	15 & Older		
<b>Location:</b>	Kiwanis Center		



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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

<b>Day:</b> Monday	<b>Course Code:</b>
<b>Date:</b> Session I: January 10 - January 31	22037
Session II: February 7 - February 28	22038
Session III: March 7 - March 28	22039
Session IV: April 11 - May 2	22040
<b>Time:</b> Beginner: 6:30 p.m. - 7:30 p.m. Intermediate: 7:30 p.m. - 8:30 p.m.	
<b>Fee:</b> \$30 per session (resident) \$45 per session (non-resident)	
Combo for 2 hour class: \$45 per session (resident) \$60 per session (non-resident)	
<b>Age:</b> Adult	
<b>Location:</b> Kiwanis Center	

### LINE DANCE PARTIES (drop-in fee for students not in Monday classes)

<b>Day:</b> Friday	<b>Course Code:</b>
<b>Date:</b> Session I: January 21	22041
Session II: February 18	22042
Session III: March 18	22043
Session IV: April 15	22044
<b>Time:</b> 7:30 p.m. - 10:30 p.m.	
<b>Fee:</b> \$5 non-students (resident) \$7.50 non-students (non-resident)	
<b>Age:</b> Adult	
<b>Location:</b> Kiwanis Center	



## 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.

<b>Day:</b> Wednesday & Friday	<b>Course Code:</b>
<b>Date:</b> Session I: January 5 - January 28	22045
Session II: February 2 - February 25	22046
Session III: March 2 - March 25	22047
Session IV: April 6 - April 29	22048
<b>Registration:</b> \$64 per session (resident) \$96 per session (non-resident)	
<b>Drop In Fee:</b> \$12 per class (resident) \$18 per class (non-resident)	
<b>Time:</b> 10:30 a.m. - 11:30 a.m.	
<b>Age:</b> 16 & Older	
<b>Location:</b> Kiwanis Center	