

Physical Fitness Programs

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: September 2 - September 30

Session II: October 2 - October 30

Session III: November 4 - November 25

Session IV: December 2 - December 18

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



TAI-CHI

Whether you are a beginner or experienced, Tai-Chi offers a welcoming environment to help you feel centered and rejuvenated. Through slow meditative movements, you will increase energy, enhance mindfulness, and reduce stress.

Day: Monday

Date: Session I: September 8 - September 29

Session II: October 6 - October 27

Session III: November 3 - November 24

Session IV: December 1 - December 15

Time: 5:00 p.m. - 6:00 p.m.

Fee: \$55 per session (resident) \$82.50 per session (non-resident)

Age: 15 & Older

Location: 140 Stonewall Ave, Suite 209A

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.

Day: Wednesday & Friday

Date: Session I: September 3 - September 26

Session II: October 1 - October 24

Session III: October 29 - November 21

Session IV: December 3 - December 19

Time: 10:30 a.m. - 11:30 a.m.

Fee: Session I, II, III: \$40 per session (resident) \$60 per session (non-resident)
Session IV: \$30 per session (resident) \$45.00 per session (non-resident)

Drop-In: \$10 per class (resident) \$15 per class (non-resident)

Age: 16 & Older

Location: East Fayette Gym



recreation@fayettecountyga.gov ■ 770.716.4320

https://fayettecountyga.gov/parks_and_recreation/

Registration: <http://secure.rec1.com/GA/fayette-county-ga/catalog>

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 health 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.

WEEKLY PM CLASS**Day:** Monday**Date:** Session I: September 8 - September 22

Session II: September 29 - October 27

Session III: November 3 - November 24

Session IV: December 1 - December 15

*No class on October 13

Time: Beginner: 6:30 p.m. - 7:30 p.m.

Intermediate: 7:30 p.m. - 8:30 p.m.

Fee: Session I, IV: \$25 per session (resident) \$37.50 per session (non-resident)

Combo \$40 per session (resident) \$60 per session (non-resident)

Fee: Session II, III: \$30 per session (resident) \$45 per session (non-resident)

Combo \$45 per session (resident) \$67.50 per session (non-resident)

Age: Adult**Location:** Kiwanis Center

Line Dancing

LINE DANCE PARTIES**Date:** Session I: September 19

Friday

Session II: October 18

Saturday

Session III: November 22

Saturday

Time: 7:30 p.m. - 10:00 p.m.**Fee:** \$5.00 per session (non-student)

\$7.50 per session (non-resident)

Age: Adult**Location:** Kiwanis Center

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