

PHYSICAL FITNESS PROGRAMS

KARATE

This class offers physical fitness, flexibility, respect, dedication, self-confidence, and perseverance. Kata, Kumite, Self-Defense, and Okinawa weapons are studied. Family rates apply!

- Day:** Tuesday & Thursday
Date: Session I: May 1 - May 29
Session II: June 3 - June 26
Session III: July 1 - July 31
Session IV: August 5 - August 28
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 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: May 5 - May 26
Session II: June 2 - June 30
Session III: July 7 - July 28
Session IV: August 4 - August 25
Time: 5:00 p.m. - 6:00 p.m.
Fee: \$55 per session (resident)
\$82.50 per session (non-resident)
Age: 15 & Older
Location: Activities Room
Kiwanis Center - June 30



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.

WEEKLY PM CLASS

- Day:** Monday
Date: Session I: May 5 - May 26
 Session II: June 2 - June 23
 Session III: July 14 - July 28
 Session IV: August 4 - August 25
**No class on June 30 and July 7*
Time: Beginner: 6:30 p.m. - 7:30 p.m.
 Intermediate: 7:30 p.m. - 8:30 p.m.
Fee: Session I, II, IV: \$30 per session (resident) \$45 per session (non-resident)
 Combo: \$45 per session (resident) \$67.50 per session (non-resident)
Fee: Session III: \$25 per session (resident) \$37.50 per session (non-resident)
 Combo: \$40 per session (resident) \$60.00 per session (non-resident)
Age: Adult
Location: Kiwanis Center

Line Dancing

LINE DANCE PARTIES

- Day:** Friday
Date: Session I: May 16
 Session II: June 20
 Session III: July 18
 Session IV: August 15
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



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 2 - May 28
 Session II: June 4 - June 27
 Session III: July 2 - July 30
 Session IV: August 1 - August 27
**No class on July 4*
Time: 10:30 a.m. - 11:30 a.m.
Fee: \$40 per session (resident) \$60 per session (non-resident)
Drop-In: \$10 per class (resident) \$15 per class (non-resident)
Age: 16 & Older
Location: East Fayette Gym • June 11 & 13 Kiwanis Center

