

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: January 6 - January 29
Session II: February 3 - February 26
Session III: March 3 - March 31
Session IV: April 2 - April 30
Time: 7:15 p.m. - 8:45 p.m.
Fee: \$45 per session (resident)
\$67.50 per session (non-resident)
Drop-in Fee: \$10 per class (resident)
\$15 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. **Please note cash will not be accepted starting January 2026.**

- Day:** Monday
Date: Session I: January 5 - January 26
Session II: February 2 - February 23
Session III: March 2 - March 30
Session IV: April 6 - April 27
Time: 5:00 p.m. - 6:00 p.m.
Fee: \$55 per session (resident)
\$82.50 per session (non-resident)
Age: 15 & Older
Location: Kiwanis Center



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.

Please note cash will not be accepted starting January 2026.

Day: Monday
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 on February 16 and April 6*
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)
 Combo: \$45 per session (resident)
Fee: Session III: \$25 per session (resident)
 Combo: \$40 per session (resident)
Age: Adult
Location: Kiwanis Center

Line Dancing

\$45 per session (non-resident)
 \$67.50 per session (non-resident)
 \$37.50 per session (non-resident)
 \$60 per session (non-resident)

LINE DANCE PARTIES

Once a month we'll celebrate with a seasonally themed party. Pre-registration is NOT required if you are currently enrolled in Mon. Evening Line Dancing. **Please note cash will not be accepted starting January 2026.**

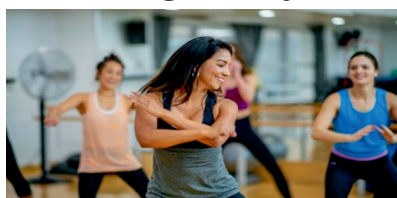
Day: Friday
Date: Session I: January 23
 Session II: February 27
 Session III: March 27
 Session IV: April 24
Time: 7:30 p.m. - 10:00 p.m.
Fee: \$5 per session (non-student)
 \$7.50 per session (non-resident)
Age: Adult
Location: Kiwanis Center



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 note cash will not be accepted starting January 2026.**

Day: Wednesday & Friday
Date: Session I: January 7 - January 30
 Session II: February 4 - February 27
 Session III: March 4 - March 27
 Session IV: April 1 - April 29
Time: 10:30 a.m. - 11:30 a.m.
Fee: \$40 per session (resident)
Drop-In: \$10 per class (resident)
Age: 16 & Older
Location: East Fayette Gym
 Kiwanis Center - February 18 & 20



\$60 per session (non-resident)
 \$15 per class (non-resident)