

# 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  
**Time:** Noon to 3:30 p.m. - Sunday  
7:00 p.m. - 10:30 p.m. - Tuesday and Friday  
**Fee:** \$2 per visit (resident)  
\$3 per visit (non-resident)  
**Annual Fee:**  
\$35 (resident)  
\$52.50 (non-resident)  
**Age:** 13 & Older  
**Location:** Kiwanis Center



## 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: Sept. 1 - Sept. 24  
Session II: Sept. 29 - Oct. 22  
Session III: Oct. 27 - Nov. 24  
Session IV: Dec. 1 - Dec. 31  
**Time:** 7:15 p.m. - 8:45 p.m.  
**Fee:** \$45 per session (resident)  
\$67.50 per session (non-resident)  
**Drop-in Fee:** \$6 (resident)  
\$9 (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

**Course Code:**

20455  
20456  
20457  
20458



## 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 FIVE, two hour classes. *Paddles and balls will be provided.* Please register by the Wednesday prior to the first class of the selected course.

**Day:** Monday & Saturday  
**Date:** Session I: Sept. 12 - Sept. 26  
Session II: Oct. 17 - Oct. 31  
**Time:** Monday 6:00 p.m. - 8:00 p.m.  
Saturday 10:00 a.m. - 12:00 p.m.  
**Fee:** \$60 per session (resident)  
\$90 per session (non-resident)  
**Age:** 18 & Older  
**Location:** Kiwanis Park Tennis Courts

**Course Code:**

20459  
20460

## FAYETTE ADULT WALKERS CLUB

The Fayette Walkers is a 6 week walking club that meets twice a week at various walking trails in the area. All trails will be paved. This program is ideal for individuals who want to walk with others, begin and/or continue a walking routine, discover great walking trails nearby, or are just looking for something new to do during the day! The walking club is a non-competitive group that encourages healthy lifestyles, exercise, being in nature, and socializing with others. Strollers and leashed pets are always welcome! All walkers will receive a pedometer and t-shirt (if registered by September 4)

**Day:** Tuesday & Thursday  
**Date:** Sept. 29 - Nov. 5  
**Time:** 8:00 a.m. - 9:00 a.m.  
**Fee:** \$13 (resident) \$19.50 (non-resident)  
**Age:** Adult  
**Location:** Various walking paths in Fayette County

**Course Code:**

20461

recreation@fayettecountyga.gov ■ 770.716.4320

[https://fayettecountyga.gov/parks\\_and\\_recreation/OnlineRegistration.htm](https://fayettecountyga.gov/parks_and_recreation/OnlineRegistration.htm)

# 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: Aug. 31 - Sept. 28	20462
*No Class Sept. 7*	
Session II: Oct. 5 - Nov. 2	20463
*No Class Oct. 26*	
Session III: Nov. 9 - Nov. 30	20464
Session IV: Dec. 7 - Dec. 14	20465
<b>Time:</b> Beginner: 6:30 p.m. - 7:30 p.m.	
Intermediate: 7:30 p.m. - 8:30 p.m.	
<b>Fee:</b> Session I, II, III: \$30 (resident)      \$45 (non-resident)	
Combo for 2 hour class: \$45 (resident)      \$60 (non-resident)	
Session IV: \$20 (resident)      \$30 (non-resident)	
Combo for 2 hour class: \$30 (resident)      \$45 (non-resident)	
<b>Age:</b> Adult	
<b>Location:</b> Kiwanis Center	



## INTRODUCTION TO LINE DANCE

<b>Day:</b> Monday	<b>Course Code:</b>
<b>Date:</b> Session I: Aug. 31 - Sept. 28	20466
*No Class Sept. 7*	
Session II: Oct. 5 - Nov. 2	20467
*No Class Oct. 26*	
Session III: Nov. 9 - Nov. 30	20468
Session IV: Dec. 7 - Dec. 14	20469
<b>Time:</b> 4:00 p.m. - 5:00 p.m.	
<b>Fee:</b> Session I, II, III: \$30 (resident)      \$45 (non-resident)	
Session IV: \$20 (resident)      \$30 (non-resident)	
<b>Age:</b> Adult	
<b>Location:</b> Kiwanis Center	



## WEEKLY AM CLASS

<b>Day:</b> Tuesday	<b>Course Code:</b>
<b>Date:</b> Session I: Sept. 1 - Sept. 29	20470
*No Class Sept. 8*	
Session II: Oct. 6 - Nov. 3	20471
*No Class Oct. 27*	
Session III: Nov. 10 - Dec. 1	20472
Session IV: Dec. 8 - Dec. 14	20473
<b>Time:</b> 10:00 a.m. - 11:00 a.m.	
<b>Fee:</b> Session I, II, III: \$30 (resident)      \$45 (non-resident)	
Session IV: \$20 (resident)      \$40 (non-resident)	
<b>Age:</b> Adult	
<b>Location:</b> Kiwanis Center	



## LINE DANCE PARTIES (drop-in fee for students not in Monday PM or Tuesday AM)

<b>Day:</b> Friday & Saturday	
<b>Date:</b> Session I: Sept. 18	
Session II: Oct. 9	
Session III: Nov. 21	
<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	

# 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!***

## Payment Options

### **Full-time Session**

<b>Early Registration:</b>	Session I: Before Aug. 24 \$65 per session (resident) \$97.50 per session (non-resident)	Session II: Before Oct. 19 \$65 per session (resident) \$97.50 per session (non-resident)
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<b>Registration:</b>	Session I: Beginning Aug. 31 \$70 per session (resident) \$105 per session (non-resident)	Session II: Beginning Oct. 26 \$70 per session (resident) \$105 per session (non-resident)
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<b>Drop-In</b>	\$14 (resident)	\$21 (non-resident)
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*Save 20% when you register for two classes during Aug. & Sept. or two Classes during Oct.*

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

### **4-CLASS PASS**

<b>Session I:</b>	Aug. 27 - Oct. 22	<b>Course Code:</b> 20475
<b>Session II:</b>	Oct. 26 - Dec. 15	20476
<b>Fee:</b>	\$45 per session (resident) \$67.50 per session (non-resident)	

### **MONDAY VINYASA FLOW YOGA**

<b>Day:</b>	Monday	<b>Course Code:</b>
<b>Date:</b>	Oct. 26 - Dec. 14	20477
	*No Class Nov. 23*	
<b>Time:</b>	5:45 p.m. - 7:00 p.m.	
<b>Age:</b>	16 & Older	
<b>Location:</b>	Kiwanis Activities House	

### **TUESDAY YOGA-PILATES FUSION**

<b>Day:</b>	Tuesday	<b>Course Code:</b>
<b>Date:</b>	Session I: Sept. 1 - Oct. 20	20478
	*No Class Sept. 22*	
	Session II: Oct. 27 - Dec. 15	20479
	*No Class Nov. 24*	
<b>Time:</b>	8:30 a.m. - 9:30 a.m.	
<b>Age:</b>	16 & Older	
<b>Location:</b>	Kiwanis Activities House	

### **THURSDAY VINYASA FLOW YOGA**

<b>Day:</b>	Thursday	<b>Course Code:</b>
<b>Date:</b>	Aug. 27 - Oct. 22	20480
	*No Class Sept. 10 & 24*	
<b>Time:</b>	5:45 p.m. - 7:00 p.m.	
<b>Age:</b>	16 & Older	
<b>Location:</b>	Kiwanis Activities House	

