

# 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 6 - September 29

Session II: October 4 - October 27

Session III: November 1 - November 29 (No class Thanksgiving Day)

Session IV: December 6 - December 29

**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

## 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: September 12 - October 3

Session II: October 10 - October 31

Session III: November 7 - November 28

Session IV: December 5 - December 12

\*No Class September 5, December 19, December 26

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

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

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**Line Dancing, Continued**

**Fee:** Session I, II, III: \$30 per session (resident) \$45 per session (non-resident)  
 Combo for class: \$45 per session (resident) \$60 per session (non-resident)  
 Session IV:  
 Beginner: \$20 per session (resident) \$30 per session (non-resident)  
 Intermediate: \$15 per session (resident) \$22.50 per session (non-resident)  
 Combo for class: \$35 per session (resident) \$52.50 per session (non-resident)  
**Age:** 18 & Older  
**Location:** Kiwanis Center

**LINE DANCE PARTIES**

**Date:** Session I: September 16  
 Session II: October 22  
 Session III: November 19  
**Time:** Beginner: 7:30 p.m. - 10:30 p.m.  
**Fee:** \$5 per session (non-student) \$7.50 per session (non-resident)  
**Age:** 18 & Older  
**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!*

**Payment Options**

**Full-time Session**

**Registration:**

**Fee:** \$40 per session (resident) \$60 per session (non-resident)

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

**Day:** Wednesday & Friday

**Date:** Session I: September 7 – September 30

Session II: October 5 – October 28

Session III: November 2 – November 30 (No Class November 25)

Session IV: December 2 – December 28

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

**Age:** 16 & Older

**Location:** Kiwanis Center