

# 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: May 2 - May 25  
Session II: June 6 - June 29  
Session III: July 6 - August 1  
Session IV: August 8 - August 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 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: May 1 - May 22  
Session II: June 5 - June 26  
Session III: July 10 - July 31  
Session IV: August 7 - August 28  
\*No Class May 29 or July 3

**Time:** Beginner: 6:30 p.m. - 7:30 p.m.  
Intermediate: 7:30 p.m. - 8:30 p.m.

**Fee:** \$30 per session (resident)      \$45 per session (non-resident)  
Combo: \$45 per session (resident)    \$60 per session (non-resident)

**Age:** Adult

**Location:** Kiwanis Center



## LINE DANCE PARTIES



**Day:** Friday

**Date:** Session I: May 19  
 Session II: June 16  
 Session III: July 21  
 Session IV: August 18

**Time:** 7:30 p.m. - 10:30 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 3 - May 26  
 Session II: June 2 - June 28  
 Session III: July 5 - July 28  
 Session IV: August 2 - August 25

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

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

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

**Age:** 16 & Older

**Location:** Kiwanis Center

## ZUMBA – PARTY IN THE PARK

Join Mike Price for a special Zumba Party at McCurry Park. Dance Parties are a great introduction to this 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. Don't miss the Party! \*Rain Contingency\*  
 Kiwanis Center – 936 Redwine Road, Fayetteville.

Please be sure to arrive a few minutes early to ensure that everyone experiences the most enjoyable environment possible!

**Day:** Saturday

**Date:** May 13 & June 3

**Time:** 9:00 a.m. - 10:00 a.m.

**Fee:** \$5 (resident)      \$7.50 (non-resident)

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

**Age:** 16 & Older

**Location:** McCurry Park – 146 McDonough Road, Fayetteville

