

PHYSICAL FITNESS PROGRAMS

ADULT INDOOR PICKLEBALL

Escape the harsh elements and join our group as we play throughout the evening with some exciting indoor pickleball. This program is available to all skill levels. Participants may pay for an annual pass (good for year-to-date) or pay the walk-in fee.

Day: Friday & Sunday

Date: Year-Round (except holidays and holiday weekends)

Time: 4:00 p.m. - 6:00 p.m. (Sunday)
6:00 p.m. - 8:30 p.m. (Friday)

Fee: \$2 per visit (resident) \$3 per free agent (non-resident)

Annual Fee: \$35 (resident) \$52.50 (non-resident)

Age: 18 & Older

Location: Friday - East Fayette Gym, Sunday - Kiwanis Center

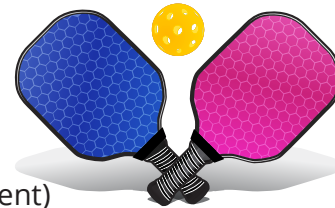


TABLE TENNIS

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 (except holidays and holiday weekends)

Time: Noon to 3:30 p.m. (Sunday)
7:00 p.m. - 10:30 p.m. (Tuesday & 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

YOUTH KARATE

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Learn fundamental skills, increase fitness and have fun!

Day: Thursday

Date: Session I: January 5 - January 26
Session II: February 2 - February 23
Session III: March 2 - March 23
Session IV: April 6 - April 27

Time: 6:00 p.m. - 7:00 p.m.

Fee: \$22 per session (resident) \$33 per session (non-resident)

Drop-in Fee: \$6 per class (resident) \$9 per class (non-resident)

Age: 7 - 14 Years Old

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: January 3 - January 26
 Session II: February 2 - February 28
 Session III: March 2 - March 28
 Session IV: April 4 - April 27
- 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: January 16 - January 30
 Session II: February 6 - February 27
 Session III: March 6 - March 27
 Session IV: April 10 - April 24
 *No Class April 3
- Time:** Beginner: 6:30 p.m. - 7:30 p.m.
 Intermediate: 7:30 p.m. - 8:30 p.m.
- Fee:** Session II, III: \$30 per session (resident) \$45 per session (non-resident)
 Combo: \$45 per session (resident) \$60 per session (non-resident)
- Fee:** Session I & IV: \$25 per session (resident) \$32.50 per session (non-resident)
 Combo: \$35 per session (resident) \$52.50 per session (non-resident)
- Age:** 16 & Older
- Location:** Kiwanis Center



LINE DANCE PARTIES

Day: Friday

Date: Session I: January 20
Session II: February 17
Session III: March 17
Session IV: April 21

Time: Beginner: 7:30 p.m. - 10:30 p.m.

Fee: \$5.00 per session (non-student) \$7.50 per session (non-resident)

Age: 16 & 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!

Day: Wednesday & Friday

Date: Session I: January 4 - January 27
Session II: February 1 - February 24
Session III: March 1 - March 24
Session IV: April 5 - April 28

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: April 22

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

Fee: \$5 (resident) \$10 (non-resident)

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

Age: 16 & Older

Location: McCurry Park - 146 McDonough Road, Fayetteville