

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 3 - September 26
Session II: October 1 - October 31
Session III: November 5 - November 26
Session IV: December 3 - December 19
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.

BEGINNER CLASS

Day: Monday
Date: Session I: September 9 - September 30
Session II: October 7 - October 28
Session III: November 4 - November 25
Session IV: December 2 - December 16
Time: 6:30 p.m. - 7:30 p.m.
Fee: Session I, II, III: \$30 per session (resident) \$45 per session (non-resident)
Session IV: \$25 per session (resident) \$37.50 per session (non-resident)
Age: Adult
Location: Kiwanis Center

INTERMEDIATE CLASS

Day: Monday
Date: Session I: September 9 - September 30
Session II: October 7 - October 28
Session III: November 4 - November 25
Session IV: December 2 - December 16
*No Class October 14
Time: 7:30 p.m. - 8:30 p.m.
Fee: Session I, III: \$30 per session (resident) \$45 per session (non-resident)
Session II, IV: \$25 per session (resident) \$37.50 per session (non-resident)
Age: Adult
Location: Kiwanis Center



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https://fayettecountyga.gov/parks_and_recreation/

Registration: <https://secure.rec1.com/GA/fayette-county-ga/catalog>

LINE DANCE PARTIES

Day: Session I: Friday
 Session II, III: Saturday
Date: Session I: September 20
 Session II: October 12
 Session III: November 16
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

Line Dancing

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: September 4 - September 27
 Session II: October 2 - October 25
 Session III: October 30 - November 22
 Session IV: November 27 - December 20
 *No class on November 29
Time: 10:30 a.m. - 11:30 a.m.
Fee: Session I, II, III: \$40 per session (resident) \$60 per session (non-resident)
 Session IV: \$35 per session (resident) \$52.50 per session (non-resident)
Drop-In: \$10 per class (resident)
 \$15 per class (non-resident)
Age: 16 & Older
Location: East Fayette Gym

