

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 30
Session II: June 4 - June 27
Session III: July 2 - July 30
Session IV: August 1 - August 29
*No class July 4
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 6 - May 20
Session II: June 3 - June 24
Session III: July 8 - July 29
Session IV: August 5 - August 26
Time: Beginner: 6:30 p.m. - 7:30 p.m.
Intermediate: 7:30 p.m. - 8:30 p.m.
Fee: Session I: \$25 per session (resident) \$37.50 per session (non-resident)
Combo: \$40 per session (resident) \$60.00 per session (non-resident)
Session II, III, IV: \$30 per session (resident) \$45 per session (non-resident)
Combo: \$45 per session (resident) \$67.50 per session (non-resident)
Age: Adult
Location: Kiwanis Center



LINE DANCE PARTIES

Day: Friday
Date: Session I: May 17
 Session II: June 21
 Session III: July 19
 Session IV: August 16
Time: 7:30 p.m. - 10:00 p.m.
Fee: \$5.00 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: May 1 - May 24
 Session II: June 5 - June 28
 Session III: July 3 - July 31
 Session IV: August 2 - August 30
 *No class on July 5
Time: 10:30 a.m. - 11:30 a.m.
Fee: \$40 per session (resident)
 \$60 per session (non-resident)
Drop-In: \$10 per class (resident)
 \$15 per class (non-resident)
Age: 16 & Older
Location: May & August East Fayette Gym
 June & July Kiwanis Center



Due to Summer Camps, Zumba will be held at East Fayette Gym June 12 - 21

