

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: January 9 - February 1
Session II: February 6 - February 29
Session III: March 5 - March 28
Session IV: April 2 - April 30

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 8 - January 29
Session II: February 5 - February 26
Session III: March 4 - March 25
Session IV: April 8 - April 29

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

Fee: Session I, 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 Dancing

LINE DANCE PARTIES

Day: Friday
Date: Session I: January 19
 Session II: February 16
 Session III: March 15
 Session IV: April 19
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



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 10 - February 2
 Session II: February 7 - March 1
 Session III: March 6 - March 29
 Session IV: April 3 - April 26
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

