

# 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 7 - January 30  
Session II: February 4 - February 27  
Session III: March 4 - March 27  
Session IV: April 1 - April 29

**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

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.

### BEGINNER CLASS

**Day:** Monday

**Date:** Session I: January 6 - January 27  
Session II: February 3 - February 24  
Session III: March 3 - March 24  
Session IV: March 31 - April 28  
*\*No class on April 7*

**Time:** 6:30 p.m. - 7:30 p.m.

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

**Age:** Adult

**Location:** Kiwanis Center



### INTERMEDIATE CLASS

**Day:** Monday

**Date:** Session I: January 6 - January 27  
Session II: February 3 - February 24  
Session III: March 3 - March 24  
Session IV: March 31 - April 28  
*\*No class on February 17 & April 7*

**Time:** 7:30 p.m. - 8:30 p.m.

**Fee:** Session I, III, IV:  
\$30 per session (resident)  
\$45 per session (non-resident)  
Session II:  
\$25 per session (resident)  
\$37.50 per session (non-resident)

**Age:** Adult

**Location:** Kiwanis Center

## LINE DANCE PARTIES

- Day:** Friday
- Date:** Session I: January 17  
Session II: March 21
- 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 8 - January 31  
Session II: February 5 - February 28  
Session III: March 5 - March 28  
Session IV: April 2 - April 30  
*\*No class on April 9 & 11*
- 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  
Kiwanis Center - February 19



**PARKS AND RECREATION**