








FITNESS/AEROBIC/YOGA and DANCE CLASSES


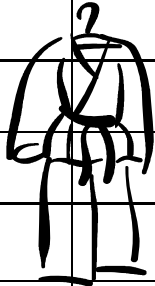



TIME	SUN.	MON.	TUE.	WED.	THUR.	FRI.
6:00— 7:00am		Pilates Latte	A Step Ahead	Pilates Latte	A Step Ahead	Pilates Latte
9:00 10:00am			Israeli Dance			Israeli Dance
1:00- 2:30pm	Belly- dancing					
4:30- 5:30pm		Shall We Step?		Shall We Step?		Shall We Step?
5:00- 6:00pm		Bhangra (Exer Rm A)		Bhangra (Exer Rm A)		
5:30- 6:30pm			Shall We Pilates? Aging With Grace (Exer. Rm A)		Shall We Pilates? Aging With Grace (Exer. Rm A)	Shall We Pilates?
5:30- 7:00pm		Yoga-Mixed Level Hatha (Activity Room)			Yoga-Mixed Level Hatha (Activity Room)	
7:00- 8:30pm				Salsa & Cha Cha Lessons		



MARTIAL ARTS



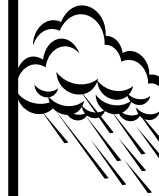
TIME	MON	TUE	WED	THUR	FRI	SAT
7:00- 9:00am						Okinawan Karate
10:00- 11:30am						Tae Kwon Do
3:00- 4:00pm						Judo
5:15- 6:15pm		Judo				
6:30- 7:30pm	Tai Chi					
6:30- 9:00pm		Okinawan Karate		Okinawan Karate		
6:45- 8:00pm			Tae Kwon Do			

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AEROBIC/PILATES/DANCE & YOGA CLASSES

PILATES LATTE w/ Su Cooper

A hot blend of classical Pilates that will wake up your daily grind! A fluid blend of stretching and strengthening finishes up with a strong upper body challenge.

WHEN: Mon/Wed/Fri, 6:00-7:00am, 2/28-5/20 **WHERE:** Exercise Room B **FEE:** \$180.00

A STEP AHEAD w/ Su Cooper

Start your mornings with Su and get a step ahead of swimsuit season. Exercise your right to bare arms (and legs) with basic step classics that will kick calories to the curb.

WHEN: Tu/Thur, 6:00-7:00am, 3/1-5/19 **WHERE:** Exercise Room B **FEE:** \$120.00

SHALL WE STEP w/ Su Cooper

BOTH LEFT FEET WELCOME to this heart pumping, calorie blasting, lower body toning step workout. A variety of music takes you through low impact basic step moves with options to modify the intensity.

WHEN: Mon/Wed/Fri, 4:30-5:30pm, 2/28-5/20 **WHERE:** Exercise Room B **FEE:** \$180.00

BHANGRA AEROBICS w/ Leslie Swada

The class is VERY aerobic and quite the workout! Bhangra originated as a harvest dance in the Punjabi region of India. During this class you will learn basic Bhangra sequences while gaining flexibility, strength and aerobic capacity. As seen at the Wearable Arts Show!!

WHEN: Mon/Wed, 5:00-6:00pm, 3/14-5/18 **WHERE:** Exercise Room A **FEE:** \$100.00

SHALL WE PILATES? w/ Su Cooper

This repertoire of classical Pilates moves will increase flexibility, tone core muscles, improve posture and rejuvenate your back. Props and modifications are used so everyone can benefit from this class.

WHEN: Tu/Thur/Fri, 5:30-6:30pm, 3/1-5/20 **WHERE:** Exercise Room B **FEE:** \$180.00

AGING WITH GRACE w/ Nancy Tietje, ACE Certified

Mature women need special attention. Balance, strength, flexibility and aerobics are all needed to keep ourselves at our best. This class will incorporate lots of different types of exercise to develop and maintain the best we can be. (No class on 5/3/11)

WHEN: Tu/Thur, 5:30-6:30pm, 3/1-5/19 **WHERE:** Exercise Room A **FEE:** \$115.00

ISRAELI DANCE w/ Dorica Jackson

This class teaches traditional Israeli folk dancing, from the oldies to more contemporary dances and music. Aside from having a lot of fun, you will also get a great workout!

WHEN: Tu/Fri, 9:00-10:00am, 3/1-5/20 **WHERE:** Exercise Room A **FEE:** \$55.00

BELLYDANCING w/ Leslie Swada

Improve your balance, coordination and posture while learning traditional dance techniques. No experience necessary, all abilities welcome. Any BODY can do this!!

WHEN: Sundays, 1:00-2:30pm, 3/6-5/22 **WHERE:** Exercise Room B **FEE:** \$90.00

SALSA & CHA CHA DANCE LESSONS w/ Jerry Pierce

Lucky us, Jerry is back to teach another set of traditional and stylish dance steps. This quarter it is Salsa and Cha Cha and at a bargain. Two dances for the price of one! 45 minutes of Salsa and 45 minutes of the Cha Cha.

WHEN: Wednesdays, 7:00-8:30pm, 3/30-5/4 **WHERE:** Exercise Room A **FEE:** \$25.00

MIXED LEVELS HATHA w/ Rachel Esbjornson

All levels welcome! Hatha yoga uses postures (asana) and conscious breathing (pranayama) to develop strength, flexibility, relaxation and awareness.

WHEN: Mon/Thur, 5:30-7:00pm, 2/28-5/19 **WHERE:** Activity Room **FEE:** \$144.00

LEARN PRE-NATAL YOGA (POST-NATAL WELCOME TOO!) w/ Sharli Arntzen

Ease pregnancy aches & pains with this gentle, slow-flow yoga. Learn to connect your mind, body & breath, increase circulation & open airways. This 3-day workshop is designed to give you the tools to do yoga at home, on your own time. No materials or experience needed, but do bring water to drink.

WHEN: Wed/Fri, 5:15-6:45pm, 4/27 & 4/29 **WHERE:** Activity Room **FEE:** \$30.00
Saturday, 1:15-2:45pm, 4/30



BEADING w/ NANCY TIETJE



BEJEWELLED SHELL - Encase and otherwise embellish a shell. (Or if you have a cabochon or flat piece you would rather use, feel free). This will make a pin or the main accent to a necklace (maybe to match with the Dutch spiral piece). If you find an awesome shell that is flat or has a good edge, like sand dollars or clam shells, that's what we are looking for. See Facebook and/or display case at the Recreation Center for examples. Supply list available, kits available too.

WHEN: 3/6, 3/13 & 3/20, Sundays, 2-4pm **WHERE:** Art Rooms **FEE:** \$28.00 **AGES:** 18+

HUMMINGBIRD EARRINGS - Using small beads we are going to make little hummingbirds. Kits will be available, so you don't have to search for all the beads you will need.

WHEN: 4/3, Sunday, 2-5pm **WHERE:** Art Rooms **FEE:** \$14.00 **AGES:** 18+

DUTCH SPIRAL- Around and around you go, blending colors, and head sizes to make an awesome rope. Oh, and if you use colors that match the bejeweled shell you can have an awesome accent piece.

WHEN: 4/17 & 5/1, Sundays, 2-5pm **WHERE:** Art Rooms **FEE:** \$26.00 **AGES:** 18+



MARTIAL ARTS



JUDO

Judo is a martial art which evolved from jiu-jitsu in Japan at the end of the 1800's. Its techniques include throws, hold-downs & chokes and arm-locks for submission purposes. It has been an Olympic sport since 1964. Whether you are looking for self-defense, fitness, focus, or fun, judo is a life sport that offers all of those things. Certified Judo coaches: Sandan, Justin Breese and Shodan, Becky King

WHEN: 3/1-5/51, Tuesdays, 5:15-6:15pm AND 3/5-5/28, Saturdays, 3:00-4:00pm
WHERE: Tu-Activity Room / Sat.- Exercise Room A. **FEE:** \$30.00 **AGES:** 13+

OKINAWAN KARATE-DO

Shorin-ryu Seibukan Karate is a traditional form of Okinawan Karate. Training focuses on basic techniques, conditioning, philosophy and kata. Training also places emphasis on etiquette and respect inside and outside the dojo. It is our goal to preserve and pass on this traditional art to future generations.

Taught by Sensei Kathy Holcomb and Stuart Whyte (Private lessons available)

WHEN: 3/1-5/31, Tuesdays, 6:30-9:00pm AND 3/3-5/26, Thursdays, 6:30-9:00pm
 3/5-5/28, Saturdays, 7-9am **AGES:** 13+
WHERE: Exercise Room B **FEE:** \$35.00 per month

TAE KWON DO

Tae Kwon Do is a Korean style karate class taught in graduated steps of preparatory exercises, offense and conditions. This class concentrates on the use of the body in the method of self defense, in which it has gained the ultimate use of its facilities through intensive physical and mental training. Instructor, Jack Duckworth

WHEN: 3/2-5/25, Wednesdays, 6:45-8:00pm AND 3/5-5/28, Saturdays, 10:00-11:30am
WHERE: Exercise Room B **FEE:** \$55.00 **AGES:** 13+

TAI CHI

Beginners and all levels welcome to this class! Tai Chi is a Chinese system of physical exercises designed for the development of self discipline and well being. Wear loose, comfortable clothing to the class. Instructor, Tony Rowan, has been instructing for Parks and Recreation since 1998.

WHEN: Mondays, 6:30-7:30pm, 3/7-5/16 **AGES:** 16+
WHERE: Exercise Room A **FEE:** \$55.00

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