

FITNESS

General Exercise

Days: 1/4-3/24
(Monday/Wednesday)

Time: 1:15-3:45 pm

Location: Meyer Hall

Fee: \$10

Register with Instructor.



Gentle Yoga

Days: Wednesdays

Time: 3:00-4:30 pm

Location: Moreno Room

Fee: \$32/ 4 week session



Walking for Fitness

Dates: 1/5-3/25

Days: Tuesday, Wednesday, Thursday

Time: 7:30-9:30 am

Fee: no fee Register with Instructor.



Tai Chi

This Chinese martial art promotes health and longevity.

Instructor: Ben Rainer

Days: Tuesdays & Thursdays

Time: 12:00-1:15 p.m.

Location: Moreno Room

Fee: No Fee



Outdoor Circuit Training

Want to get into shape for the new year but afraid to get started? Ever thought about circuit training? A trained fitness professional from Healthy Adventures Foundation will teach you about nutrition, exercise, weight management, and proper goal setting, all while exercising. We can teach you how to use the equipment and how to design a program that matches your goals. But don't come with your work clothes and be prepared to take notes. This is an active class. You will learn by doing!

Dates: January 9-March 6

March 13-May 8

Days: Saturdays

Time: 8:00-9:00 am

Ages: 16 & up (or 14 with parent/guardian)

Instructor: Healthy Adventures Foundation staff

Fee: \$40



Boot Camp Fitness



Come and see why boot camp workouts have become so popular and add some excitement to your workout routine! These workouts will consist of fun and intense drills that are designed to increase muscle tone, agility, and cardiovascular endurance. Classes will be held outdoors, so dress accordingly. All you need to bring is comfortable athletic clothing and shoes, and a commitment to getting in shape. Are you up to the challenge?

Dates: March 15-April 21

Days: Mondays & Wednesdays

Time: 6:00-7:00pm

Location: Patio behind
Community Center

Ages: 16 & up

Fee: \$50

Tennis



Tennis for Beginning or Intermediate players. Learn the challenge of a lifelong game. Beginners will learn basic ground strokes, footwork, and game play for singles and doubles. Intermediates will focus on refining mechanics, and game play strategy. The course is taught by a US Professional Tennis Registry Instructor.

Beginning

Dates: monthly sessions

Days: Tuesday or Thursday

Time: 9:00-10:30 am

Ages: 18 & up

Fee: \$40 per month
(\$50 for months with
5 lessons)

Intermediate

Dates: monthly sessions

Days: Wednesday or Friday

Time: 9:00-10:30 am

Ages: 18 & up

Fee: \$40 per month (\$50 for
months with 5 lessons)