

ADULT & SENIOR ACTIVE PROGRAMS

WALKING CLUB

This is open to both residents and non-residents who would like to keep track of the distances of walking. A ticket will be placed in a container for every 50 miles walkers have completed since last year after the drawing, winner will be drawn @ Senior Day May 16, 2018.



1 mile = 16 laps around the outer edge of the total gymnasium or 10 laps around parking lot edges.

Fee: Free w/SRD ID Others \$2 daily

RSVP BONE BUILDERS EXERCISE PROGRAM

Tues. & Fri.: 10:00-11:00am

Multi 2

Instructor: Tom Wright

Class provides the opportunity for participants to increase muscle strength, bone density and balance. Participants may join the class after physician clearance has been obtained. **FREE!**



INTRO TO YOGA

Wed: 9:10-10:10

Multi 2& 3

Instructor: Kathie Bowen

Gentle beginner yoga on chair or mat, focus on movement and stretching. Bring your own mat if you have one.



Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$16 (per 10 wk s)	\$29 (per 10wk s)	\$32 (per 10 wk s)

ZUMBA GOLD

Mon. Class: 10-11 AM Wed. Class: 10:30-11:30 AM

Instructor: Linda DiMauro

Low impact Zumba geared towards Senior Citizens!

Drop-in Rate is \$5.00 per class

Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$20 (per 10 wks)	\$35 (per 10wks)	\$38 (per 10 wks)

EVENING EXERCISE CLASS SCHEDULE – beginning week of January 2nd

(16 YRS. +) **Min: 8 Max: 18** Drop-in Rate is \$5.00 ea. class!

10 week session, unless otherwise noted

Monday	Tuesday	Wednesday	Thursday
6:00-7:00pm DANCE /MOVEMENT/ TONING Instructor: Tina Harley Fee: \$18 w/ SRD ID Res. \$31w/SRD ID Non-Res. \$34 Others (no ID)	6:00-7:00pm STRENGTH CIRCUIT Instructor: Tina Harley Fee: \$18 w/SRD ID Res. \$31w/SRD ID Non-Res. \$34 Others (no ID)	6:00-7:00pm STRETCH YOGA Instructor: Kathie Bowen \$18 w/SRD ID Res. \$31w/SRD ID Non-Res. \$34 Others (no ID)	6:00-7:00pm ZUMBA Instructor: Tina Harley Fee: \$18 w/SRD ID Res. \$31 w/SRD ID Non-Res. \$34 Others (no ID)

VALENTINES DAY SITTER EVENT!

WEDNESDAY, FEBRUARY 14TH, 2018

5:15-8:00PM

Location: Multi **Ages:** Pre-4th Grade

Instructors: Daryl Johnson & Tasia Valcarcel

Enjoy this Valentines Day with a date night... kid free!

But don't worry....Your kids will have fun too!

We will be playing a Valentines Day themed movie, Doing

Crafts and playing some fun games!

(Youth must be Potty Trained & Diaper Free!)



Resident w/ SRD ID	Other/ NO SRD ID
\$12	\$24

RESTART PROGRAM

Wed: 7:15-8:15pm

Multi 2& 3

Instructor: Mariah Kimball **Fee:** \$135

Restart your health in just five weeks. The RESTART® Program, taught by a certified Nutritional Therapist Practitioner, is a simple, powerful way to give your body a vacation from sugar and processed foods.

LINNEA STAR PSYCHIC MEDIUM

Date: March 21st 7:00pm

Please join the us in welcoming Psychic Medium Linnea Star for a "night full of spirits". Visit linneas-tar.com for more info! **Fee:** \$35 w/SRD ID; \$45 without SRD ID