



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE SEPT 2018

## Wellness Schedules Ages 14 and Above\*

- AOA
- Aqua Exercise
- Cardio & Strength
- Cycle
- Dance Fitness
- Yoga
- Barre, Pilates & Tai Chi
- Net Sports

KEY	
<b>WS</b>	Wellness Studio
<b>RR</b>	Reflection Room
<b>CR</b>	Cycle Room
◆	Ages 8-13 Can Attend w/Adult
*	Ticket Required
\$	Fees Associated
	Class Change/New Class

## ACTIVE OLDER ADULTS

M	T	W	TH	F	S	S
		<b>AOA Step</b> 7:00-8:00AM Sue WS	<b>AOA Chair Strength</b> 8:00-8:45 AM Jackie Gym 2	<b>AOA Step &amp; Strength</b> 7:00-8:00 AM Bill WS		
<b>AOA Chair Strength</b> 8:00 – 9:00 AM Jackie Gym 2	<b>AOA Yoga</b> 8:15-9:15 AM Tara RR	<b>AOA Chair Strength</b> 8:00 – 9:00 AM Sue Gym 2	<b>AOA Yoga</b> 8:15 –9:15 AM Jessica RR	<b>AOA Chair Strength</b> 8:00 – 9:00 AM Sue Gym 2		
	<b>Zumba ® Gold</b> 9:30-10:30 AM Heather Gym 2		<b>Zumba ® Gold</b> 9:30-10:30 AM Heather Gym 2			
	<b>AOA Strength</b> 11:00-11:45 AM Sue WS/Gym1		<b>AOA Strength</b> 10:45-11:30 AM Heather WS			<b>Tai Chi</b> 11:45-12:45 PM Stefanie WS
		<b>AOA Yoga</b> 12:15 - 1:30 PM Laurel RR	<b>Stretch</b> 12:30 - 1:30 PM Laurel RR	<b>AOA Yoga</b> 11:00 - 12:00 PM Yella RR	<b>Mindfulness Meditation</b> 11:30 - 12:45 PM Carrie P RR	<b>Tai Chi – First Section</b> 1:00-2:00 PM Stefanie WS
<b>Zumba® Gold</b> 12:30-1:15 PM Joan WS	<b>Tai Chi</b> 2:15 - 3:15 PM Stefanie WS <i>All Levels</i>	<b>Tai Chi</b> 2:15 - 3:25 PM Richard WS <i>Prior Experience Recommended</i>	<b>Tai Chi— Third Section</b> 2:00 - 3:00 PM Stefanie WS <i>Prior experience is recommended.</i>			
<b>AOA Yoga</b> 1:45—2:45 PM Cheryl RR	<b>AOA Chair Yoga</b> 3:30 - 4:30 PM Laurel WS		<b>Tai Chi— Second Section</b> 3:15-4:15 PM Stefanie WS			

## AQUA EXERCISE AND REHAB

M	T	W	TH	F	S	S
<b>Water Walking</b> 6:45-7:45 AM <i>Individual Activity</i>		<b>Water Walking</b> 6:45-7:45 AM <i>Individual Activity</i>		<b>Water Walking</b> 6:45-7:45 AM <i>Individual Activity</i>	<b>Arthritis &amp; Injury— Aqua Fitness</b> 7:45-8:45 AM Cheryl	
<b>Aqua Zumba®</b> 9:00-10:00 AM Chris L.	<b>Aqua Fitness</b> 9:00-10:00 AM Hsiaoling	<b>Aqua Fitness</b> 9:00-10:00 AM James	<b>Aqua Fitness</b> 9:00-10:00 AM Terrin	<b>Aqua Zumba®</b> 9:00-10:00 AM Chris L.		
<b>Water Walking</b> 12:15-1:10 PM <i>Individual Activity</i>	<b>Aqua Zumba®</b> 12:15-1:10 PM Hsiaoling	<b>Water Walking</b> 12:15-1:10 PM <i>Individual Activity</i>	<b>Aqua Zumba®</b> 12:15-1:10 PM Misty	<b>Water Walking</b> 12:15-1:10 PM <i>Individual Activity</i>		
<b>Arthritis &amp; Injury—Aqua Fitness</b> 1:15-2:15 PM Cheryl	<b>Arthritis &amp; Injury—Aqua Fitness</b> 1:15-2:15 PM Ralph	<b>Arthritis &amp; Injury—Aqua Fitness</b> 1:15-2:15 PM Cheryl	<b>Arthritis &amp; Injury—Aqua Fitness</b> 1:15-2:15 PM Joan	<b>Arthritis &amp; Injury—Aqua Fitness</b> 1:15-2:15 PM Cheryl		

## CARDIO & STENGTH

M	T	W	TH	F	S	S
<b>H.I.I.T.</b> 5:45- 6:30 AM Ryan WS	<b>Strength Training</b> 5:15 - 6:00 AM Connie WS	<b>Boot Camp</b> 5:15-6:00 AM Connie Gym 1 & 2	<b>Circuit</b> 5:30-6:30 AM Micha WS	<b>Boot Camp</b> 5:30-6:15 AM Amanda Gym 1		
		<b>AOA Step</b> 7:00-8:00 AM Sue WS	<b>Strength Training</b> 8:00 - 9:00 AM Gretchen WS			
<b>Step Express</b> 8:45-9:30 AM Jo WS	<b>Strength Training</b> 8:00-9:00 AM Sue WS	<b>Cardio Boxing</b> 8:15- 9:15 AM Tracy WS		<b>Interval Training Express</b> 8:00 - 8:45 AM Tracy Gym 1/WS	<b>Ripped®</b> 8:00 - 9:00 AM Kitty WS	
	<b>Insanity®</b> 8:50-9:40 AM Lucy Gym 1	<b>Step*</b> 9:30-10:30 AM Sue WS	<b>Interval Training*</b> 9:30-10:30 AM Jo WS	<b>Tabata Bootcamp*</b> 9:30 - 10:30 AM Emily/Tammy WS	<b>Strength Training*</b> 9:15 - 10:15 AM Amy/Wendy WS	<b>Strength Training*</b> 9:30-10:30AM Kitty WS
<b>STRONG By Zumba®</b> 10:00-11:00 AM Chris/Holly Gym 1	<b>Strength Training*</b> 9:30-10:30 AM Holly WS	<b>POUND ®</b> 10:15-11:00 AM Kristin/Chris/Holly Gym 1	<b>Insanity®</b> 9:40-10:30 AM Lucy Gym 1	<b>Core &amp; Strength</b> 9:30-10:15 AM Gretchen Gym 1		<b>POUND® *</b> 10:30-11:30AM Kitty WS
<b>Boot Camp— Outdoor</b> 10:00-11:00AM Emily Meet in Lobby	<b>Circuit Express</b> 10:00 - 10:45 AM Tammy/Monica Gym 1	<b>Boot Camp— Outdoor</b> 10:00-11:00 AM Tracy Meet in Lobby		<b>Boot Camp - Express — Outdoor</b> 10:30-11:15am Christina Meet in Lobby		
<b>Circuit Training</b> 11:15-12:15 PM Lucy WS	<b>Yoga Sculpt</b> 5:00-6:00 PM Kathy WS	<b>H.I.I.T.*</b> 11:15-12:15 PM Lucy WS		<b>Circuit Training*</b> 11:15-12:15 PM Lucy WS		
<b>Step—Beginner</b> 5:00 - 5:45 PM Kristin WS	<b>H.I.I.T.*</b> 6:15 - 7:00 PM Ryan WS		<b>Circuit Training —Beginner</b> 5:00 - 6:00 PM Christina WS			
<b>Power Boxing</b> 6:00- 7:00 PM Paige WS	<b>STRONG By Zumba®</b> 6:45 - 7:45 PM Chris Gym 2	<b>R.I.P.P.E.D ®</b> 6:00 - 6:40 PM Kitty WS	<b>Boot Camp - Express — Outdoor</b> 6:00 - 6:45 PM Tracy Meet in Lobby			
<b>Core Strength Express</b> 7:00-7:30 PM Paige WS	<b>Strength Training</b> 7:15 - 8:15 PM Christine WS	<b>POUND ®</b> 6:40 - 7:20PM Kitty WS	<b>Strength Training</b> 6:30- 7:30 PM Kitty WS			

CYCLE						
M	T	W	TH	F	S	S
<b>Cycle- All Levels*</b> 5:30-6:30 AM Connie CR	<b>Cycle- All Levels</b> 6:00-7:00 AM Gretchen CR		<b>Cycle- All Levels</b> 6:00-7:00 AM Gretchen CR	<b>Cycle- All Levels*</b> 5:15-6:00 AM Connie CR	<b>Cycle- All Levels</b> 7:15-8:15 AM Dan CR	
<b>Cycle—Core*</b> 9:30-10:30 AM Maura CR	<b>Cycle- All Levels</b> 9:30-10:30 AM Lisa H CR	<b>Cycle—Core*</b> 9:30-10:30 AM Maura CR	<b>Cycle- All Levels</b> 9:30-10:30 AM Lisa H CR	<b>Cycle- All Levels</b> 8:15-9:15 AM Gretchen CR	<b>Cycle- All Levels</b> 8:30-9:30 AM Kristy CR	<b>Cycle- All Levels</b> 8:30-9:30 AM Vicky CR
				<b>Cycle—Core</b> 9:30-10:30 AM Lisa M CR/Gym 1		
<b>Cycle- All Levels*</b> 6:00-7:00 PM Kristy CR	<b>Cycle- All Levels</b> 5:30-6:30 PM Amy CR	<b>Cycle- All Levels*</b> 6:00-7:00 PM Kristy CR				

DANCE FITNESS						
M	T	W	TH	F	S	S
<b>Zumba®</b> 9:30-10:30 AM Hsiaoling Gym 2 ◆	<b>Zumba® Gold</b> 9:30-10:30 AM Heather Gym 2 ◆	<b>Zumba®</b> 9:30-10:30 AM Chris L. Gym 2 ◆	<b>Zumba® Gold</b> 9:30-10:30 AM Heather Gym 2 ◆	<b>Zumba®</b> 9:30-10:30AM Heather Gym 2 ◆	<b>Zumba®</b> 9:30 - 10:30 AM Kitty/Terrin Gym 2 ◆	<b>Zumba®</b> 9:30-10:30 AM Lea Gym 2 ◆
<b>Zumba® Toning</b> 10:30-11:00 AM Hsiaoling Gym 2 ◆			<b>Zumba® Toning</b> 10:45-11:45 AM Hsiaoling Gym 2 ◆			
<b>Zumba® Gold</b> 12:30-1:15 PM Joan WS	<b>Latin Dance Breakdown</b> 1:00-2:00pm Kristin WS 1st & 3rd of the month ◆	<b>Hip Hop Kids</b> 4:15-5:00 PM Kendra WS <i>Ages 3 and up</i>				
		<b>Hip Hop Teens</b> 5:05-5:45 PM Kendra WS <i>Ages 9-14</i>				
<b>Zumba®</b> 6:15-7:15 PM Kristin Gym 2 ◆		<b>Zumba®</b> 6:15-7:15 PM TBD Gym 2 ◆	<b>Zumba®</b> 6:45-7:45 PM Hsiaoling Gym 2 ◆	<b>Hip Hop Dance</b> 6:15-7:15 PM Kendra Gym 2 ◆		

# YOGA

M	T	W	TH	F	S	S
				<b>Yoga – Hatha</b> 7:00-8:00 AM Sanjyot RR		
<b>Yoga – Hatha</b> 8:30 - 9:30 AM Arti RR	<b>AOA Yoga</b> 8:15- 9:15 AM Tara RR	<b>Yoga-Hatha*</b> 8:00-9:15 AM Andrew RR	<b>AOA Yoga</b> 8:15 - 9:15 AM Jessica RR	<b>Yoga – Hatha*</b> 8:15 - 9:15 AM Sanjyot RR	<b>Yoga - Power - Vinyasa*</b> 8:30-9:45 AM Marcos RR	<b>Yoga- Restorative</b> 8:30-9:45 AM Kathy RR
<b>Yoga - Power - Vinyasa*</b> 9:45 - 11:00 AM Candice RR		<b>Yoga - Power - Vinyasa*</b> 9:45 - 11:00 AM Candice RR		<b>Yoga – Intermediate*</b> 9:50-10:50 AM Yella RR	<b>Yoga – Vinyasa *</b> 10:00-11:15 AM Marcos RR	<b>Yoga - Intermediate*</b> 10:10-11:25 AM Kathy RR
	<b>Yoga - Vinyasa</b> 11:00 - 12:15 PM Marcos RR	<b>AOA Yoga</b> 12:15- 1:30PM Laurel RR	<b>Yoga - Power— Vinyasa*</b> 11:00-12:15 PM Mary Ann RR	<b>AOA Yoga</b> 11:00 - 12:00 PM Yella RR	<b>Mindfulness Meditation</b> 11:30– 12:45 PM Carrie RR	<b>Yoga - Beginner</b> 11:35-12:35 PM Kathy RR
<b>Yoga- Intermediate*</b> 12:15-1:30 PM Yella RR	<b>Yoga – Vinyasa</b> 12:30 - 1:45 PM Marcos RR	<b>Yoga – Hatha</b> 1:45 - 3:00 PM Arti RR	<b>Stretch</b> 12:30-1:30 PM Laurel RR			
	<b>AOA Chair Yoga</b> 3:30 - 4:30 PM Laurel WS					
<b>AOA Yoga *</b> 1:45 - 2:45 PM Cheryl RR	<b>Yoga Scuplt</b> 5:00-6:00 PM Kathy WS					
<b>Yoga – Hatha</b> 5:30-6:45 PM Tara RR						
	<b>Yoga - Intermediate</b> 6:45-8:00 PM Kathy RR	<b>Yoga – Hatha*</b> 7:00-8:15 PM Bianca RR	<b>Yoga - Intermediate</b> 6:30 –7:45 PM Kathy RR	<b>Yoga- Restorative</b> 7:00– 8:00 PM Tiffany/Sarah RR		

## BARRE, PILATES, AND TAI CHI

M	T	W	TH	F	S	S
<b>Pilates - Mat</b> 6:45-7:45 AM Marti RR	<b>Above The Barre</b> 6:45-7:45 PM Julie WS	<b>Pilates - Mat</b> 6:45-7:45 AM Marti RR	<b>Above The Barre Express</b> 5:15- 6:00 AM Connie RR	<b>Pilates - Mat Express</b> 6:00-6:45 AM Maura RR		
			<b>Pilates - Mat</b> 6:45-7:45 AM Marti RR			
<b>Above the Barre*</b> 9:45-10:45 AM Julie WS	<b>Pilates - Mat*</b> 9:45 - 10:45 AM MaryAnn RR		<b>Pilates - Mat*</b> 9:45-10:45 AM Marti RR			
<b>Above The Barre</b> 11:15-12:00 PM Julile RR		<b>Above the Barre Express*</b> 11:15-12:00 PM Heather RR	<b>Tai Chi Third Section</b> 2:00 - 3:00 PM Stefanie WS <i>Prior experience is recommended.</i>	<b>Above The Barre*</b> 12:15-1:15 PM Heather RR		<b>Tai Chi Series</b> 11:45-12:45 PM Stefanie WS
	<b>Tai Chi Second Section</b> 2:15 - 3:15 PM Stefanie WS	<b>Tai Chi</b> 2:15-3:25 PM Richard WS <i>Prior experience is recommended.</i>	<b>Tai Chi Second Section</b> 3:15-4:15 PM Stefanie WS			<b>Tai Chi Series First Section</b> 1:00-2:00 PM Stefanie WS
<b>Above the Barre</b> 7:00-8:00 PM Rosemary RR	<b>Above The Barre</b> 5:30 - 6:30 PM Julie RR		<b>Above the Barre</b> 5:15 - 6:15 PM Julie RR			

## NET SPORTS

M	T	W	TH	F	S	S
<b>Adult Pickleball</b> By Request (4+) 7:00 - 8:30 AM Gym 1	<b>Adult Basketball</b> 6:00 - 7:00 AM Gym 1					<b>Badminton</b> 8:00—11:45 AM Gym 1
<b>Table Tennis</b> 1:00-4:00 PM Gym 1	<b>Table Tennis</b> 12:00 - 2:15 PM Gym 1			<b>Adult Pickleball</b> By Request 11:00 - 1:00 PM Gym 1		<b>Adult Pickleball</b> 12:00 - 3:00 PM Gym 1
<b>Pick up Basketball</b> 18+ 6:00 - 9:45 PM Gym 1	<b>Volleyball—Advanced (14+)</b> 8:00 - 9:45 PM Gym 1	<b>Pick up Basketball</b> 18+ 6:00 - 9:45 PM Gym 1	<b>Volleyball (14+)</b> By Request(6+) 8:00– 9:45 PM Gym 1	<b>Table Tennis</b> 4:00 - 9:00 PM WS		<b>Table Tennis</b> 2:30 - 5:15 PM WS
	<b>Pick up Basketball</b> 16+ 8:00 - 9:45 PM Gym 2	<b>Table Tennis</b> 7:30 - 9:30 PM WS	<b>Pick up Basketball</b> 16+ 8:00 - 9:45 PM Gym 2	<b>Teen Basketball</b> Ages 11-16 8:30-9:45 PM Gym 1		<b>Family Pickleball</b> 3:00 - 4:00 PM Gym 1
						<b>Volleyball (14+)</b> By Request(6+) 4:00-7:00PM Gym 1

## **ACTIVE OLDER ADULTS**

**AOA CHAIR STRENGTH** Have fun and move to the music through a variety of exercises designed to increase strength, range of motion, and activity for daily living skills. Light weights, bands, and exercise ball are offered for resistance and a chair is used for seated and/or standing support.

**AOA CHAIR YOGA** This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques. Ideal for those with mobility and balance challenges—all postures are done standing near or seated in a chair.

**AOA STEP** Enjoy fun, low-impact stepping using different speeds and choreography on and off an adjustable step.

**AOA STRENGTH** Move to the music through a variety of seated and standing exercises designed to increase muscular strength, range of movement, balance and activity for daily living skills.

**AOA STEP/STRENGTH** This class is a combination of AOA Step and AOA Strength.

**AOA YOGA** This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques.

## **AQUA EXERCISE AND REHABILITATION**

**AQUA FITNESS** A variety of aerobic movements are performed in the shallow end of the pool to provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.

**AQUA ZUMBA®** Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning and body toning.

**AQUA ARTHRITIS & INJURY** This class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistant exercises to build strength and increase range of motion & flexibility throughout the body. You will feel the benefits of the warm water, slow-paced exercises while enjoying a fun social group setting. This is a fun filled, therapeutic class with others who understand managing pain. Note: This class does not replace physical therapy and participants are encouraged to check in with their physician before starting.

## **CARDIO AND STRENGTH**

**BOOT CAMP** Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength-building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and more.

- **TABATA BOOTCAMP** High energy class designed to boost your after exercise caloric burn using intervals with a variety of cardio and strength drills.
- **BOOT CAMP EXPRESS** Get your extreme workout in 45minutes! Bootcamp express will give you all the same benefits of our boot camp class in a shorter time frame.

**CIRCUIT TRAINING** Maximize your time by getting a complete workout in one class! This format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.

- **CIRCUIT TRAINING - EXPRESS** Get your circuit training workout in 45minutes!

**CORE STRENGTH** This class will increase stability and balance by targeting your core muscles—abs, back and legs, using a variety of techniques.

**H.I.I.T.** High Intensity Interval Training uses moderate-intensity intervals alternated with high-intensity intervals for a full-body workout.

**INSANTIY®** Insanity LIVE® is a high intensity cardio conditioning workout that provides support and group motivation to work toward your highest potential and unleash your inner athlete, no matter where you're starting from. Designated for all levels, moves can be modified.

**INTERVAL TRAINING** Alternate high and low intensity cardio with toning exercises for a total body workout.

**POUND®** Using Ripstix® (lightly weighted drumsticks) you will become the music in this exhilarating full body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements.

**POWER BOXING** Take cardio kickboxing to the next level with punching and kicking drills on the heavy bag. Hand wraps, kickboxing or boxing gloves are required. Limited gloves available for new participants. No experience needed.

**CARDIO BOXING** Learn boxing and martial art moves in this high-energy class with challenging cardio circuits to enhance your fitness level and tone your muscles.

**R.I.P.E.D.®** A constantly changing format that combines Resistance, Intervals, Power, Plyometric, Endurance, and Diet to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

**STEP** Enjoy fun, low-impact stepping using different speeds and choreography on and off the step.

**STRENGTH TRAINING** – Strengthen and tone your muscles using weights and other resistance equipment.

**STRONG by Zumba®** – STRONG by Zumba® combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

## **CYCLE**

**ALL LEVELS** Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio work-out. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.

**CYCLE - CORE** This class consists of 45 minutes of all levels cycle followed by 10 minutes of core work done on the floor.

## **DANCE FITNESS**

**HIP HOP DANCE** Learn basic hip-hop steps, rhythms, and body movements! Put it all together in great dance routines that showcase what you've learned.

**HIP HOP KIDS** This class is designed for kids 3-8 to learn the basic hip-hop moves.

**HIP HOP TEENS** This class is designed for kids 9-14. They will be breaking down two to three routines and developing their own hip hop dance style. Concentrating on individual moves and rhythms.



**BOLLYWOOD DANCE** Inspired by the high energy music of Indian films, this mixed level class combines traditional Indian folk dance movements with modern dance techniques and exercise components to create a complete body workout. You will have fun, feel energized and get fit, all at the same time!

**ZUMBA®** A Latin-inspired dance fitness class! Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.

**ZUMBA® GOLD** Just as fun, just not as fast. Easy to follow steps that help improve balance, strength and flexibility. Great for beginners.

**ZUMBA® TONING** Takes the original Zumba® dance fitness class to the next level utilizing an innovative muscle training protocol and the addition of weights.

**LATIN DANCE BREAKDOWN** This class is designed for people new to Latin dancing or want to gain more experience. You will learn the basics in the Latin dance moves from Latin hip motion to step-by-step dance moves including Salsa, Cha-Cha, Merengue & more.

## YOGA

- **HATHA** Hatha yoga focuses on alignment and breath to gently calm the mind and release tension in the body.
- **INTERMEDIATE** This class goes beyond the basics of yoga. Geared for students who have prior yoga experience, the class utilizes traditional yoga postures to build a more challenging advanced flow.
- **RESTORATIVE** A therapeutic yoga class, using blanket, straps and bolsters, to help reduce tension, relax muscles and calm the mind.

- **POWER VINYASA** A powerful, energetic flow using breath to movement transitions to connect the mind and body, while building strength, gaining flexibility and toning muscles.
- **YOGA SCULPT** Boost metabolism and build lean muscle mass in this full body workout. Yoga Sculpt combines free weights with basic yoga sequencing and cardio to intensify each pose while mixing strength training moves like squats, lunges and bicep curls.

**STRETCHING** Stretch your muscles, calm your mind, help with injuries and soothe tension.

**MEDITATION** Train your mind, like you train your body, for the perfect antidote to daily stress. Learn and practice centuries old meditation techniques to relax and increase your overall sense of well-being.

## BARRE & PILATES

**ABOVE THE BARRE** A challenging and unique workout designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required.

- **ABOVE THE BARRE Express** Get your challenging and unique workout designed to sculpt and strengthen your entire body as well as increase flexibility in 45 minutes.

**PILATES - MAT** This class is designed to increase core strength and flexibility plus align the mind and body. A series of movements are linked with the breath and performed from a sitting, reclining or standing position.

## TAI CHI

Daily practice of Tai Chi Chuan brings many benefits, including improved strength, coordination, posture, concentration and a greater energy level. As the form is presented in a sequential manner, studying one movement each week, regular participation is preferable and registration is required.

- **Tai Chi - First Section** For those beginning their study of Traditional Yang Family Tai Chi Chuan.
- **Tai Chi - Second Section** For all those who have studied the First Section of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission.
- **Tai Chi - Third Section** For those who have studied the First and Second Sections of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission.

## NET SPORTS

**ADULT PICK UP BASKETBALL** Enjoy friendly competition and practice your basketball skills with other players.

**ADULT PICKLEBALL** Enjoy friendly competition and practice your Pickleball skills with other players.

**BADMITTON** Enjoy some family fun and and practice your badminton skills.

**FAMILY PICKLEBALL** Enjoy some family fun and practice your pickleball skills together.

**PICK UP BASKETBALL (60+, 18+, 16+)** Enjoy friendly competition and practice your basketball skills with other players.

**OPEN VOLLEYBALL (14+)** Come join the fun. Both beginner and intermediate times are available. Available by Request (6+ Required)

**PICKLEBALL (All Ages)** Enjoy some family fun and practice your pickleball skills together. Available by Request (4+ Required)

**VOLLEYBALL—Advanced(14+)**

For experienced players, bring your best game and up level your volleyball skills with other players.

**TABLE TENNIS (All Ages)** Enjoy some family fun and practice your table tennis skills together.

**TEEN BASKETBALL** Learn basketball basics, drills, and sportsmanship with other teens 12-18 years old.