



*Discover your Raleigh Parks and Recreation Department*

## Teen & Adult Programs

### Zumba at Laurel Hills

Age 16 and up \$48

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy to follow, Latin inspired, calorie burning dance fitness party that's moving millions of people toward joy and health. Zumba Fitness® is the only Latin inspired dance fitness program that blends red hot international music and contagious steps to form a 'fitness party' that is downright addictive. So, 'Ditch The Workout, And Join The Party!

#124883	Jun 5-28	Tu, Th	6:00 pm - 7:00 pm
#124884	May 1-24	Tu, Th	6:00 pm - 7:00 pm
#124885	Jul 5-31	Th, Tu	6:00 pm - 7:00 pm
#124886	Aug 2-30	Th, Tu	6:00 pm - 7:00 pm

### Karate at Laurel Hills

Ages 11 and up. \$40

Come train in Karate under instructor Dominique Richburg at Laurel Hills Community Center. Learn the basics of Karate and then develop your skills and technique as you become more advanced. All skill levels are welcome.

#127280	May 9-Jun 1	W, F	7:00 pm - 8:00 pm
#127703	Jun 6-29	W, F	7:00 pm - 8:00 pm
#127705	Jul 11-Aug 3	W, F	7:00 pm - 8:00 pm
#127707	Aug 8-31	W, F	7:00 pm - 8:00 pm

### Exercise - Weight Room/Fitness Centers

\$15 per month.

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

### Senior Club - Laurel Hills

Join the Laurel Hills Senior Club as they meet weekly to play bridge in a fun and relaxed atmosphere. New participants are welcome to join us anytime!  
May 1-Jun 5 Tu 10:15 am - 1:00 pm

### Fitness - Seniors In Motion

All Ages \$20

This class includes stretching and flexibility movements, as well as low impact cardio exercise, strength training with light weights and other toning elements.

#124965 May 2-30 W, F 10:15 am - 11:15 am

