

Sign Language Level II ASL intermediate

Pullen Community Center

Age: 12yrs and up. This class is geared more for the intermediate student. New vocabulary will be introduced in the form of dialogues and will teach the grammar and structure of ASL. Topics covered will include fingerspelling and numbers. Upon completion of the class, the students will have expanded their vocabulary and be well prepared for the Advanced ASL class. This is an ongoing class. For more details call Bettie Iftenbach at 807-5404. Class Fee: \$40

#86513	Sep 10-Oct 1	Th	7:15-8:15pm
#86515	Oct 8-29	Th	7:15-8:15pm
#86516	Nov 5-Dec 4	Th-F	7:00-8:15pm

Tarheel Triangle Cat Fanciers – Parade of Breeds

Millbrook Exchange Community Center

Age: 18yrs and up. Are you a cat lover and want to learn more about different breeds? Come out to the Parade of Breeds, hosted by the Tarheel Triangle Cat Fanciers group. There will be CFA judges on site to present and talk about each specific breed presented. Please do not bring your pet. Join us to learn more about our feline friends! Class Fee: \$0

#85178	Nov 11	W	6:30-8:30pm
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Vacations for All Incomes

Method Road Community Center

Age: All Ages. AAA will facilitate this class. You will learn about vacations and cruises that will be affordable for everyone. Just think about the stress you will leave behind as you sail or ride away. You will be refreshed for your return. Take a break from your lunch hour. You will be glad you did. Class Fee: \$0

#86861	Sep 16	W	12:00-1:00pm
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Fitness

Preschool

Creative Movement for Preschoolers

Barwell Road Community Center

Age: 3-5yrs. Through movement games, stories and songs children will learn about their bodies while exploring shapes, and improving their gross motor and fine motor skills. This is a great class for all budding ballerinas and for any preschooler who has lots of energy! Participants must be potty trained to participate in the class. Class Fee: \$20

#87837	Sep 3-24	Th	6:00-6:45pm
#87847	Oct 1-22	Th	6:00-6:45pm
#87849	Nov 5-19	Th	6:00-6:45pm

Dance – Jazz-Z Creative Dance

Laurel Hills Community Center

Age: 3-5yrs. Come little dancers and do your thing! You know you like to pop and swing! Learn dances from 'around the world' as you jazz it up, flip, heel-toe and rock 'n roll! Dance pirouette solo arabesque. Perform top hat moves, use floating ribbon streamer, scarves and other memorable props to enhance your artistic dance experience for life. Great for motor skills, fitness and social skills. Great music. Instructor: Ms. Khadija. Class Fee: \$18

#86761	Dec 12-19	Sa	11:45am-12:15pm
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Exercise – Move Your Body

Method Road Community Center

Age: 3-5yrs. Come join us in movements and dancing to a variety of children's song. They will have fun while exercising. Class Fee: \$7

#87779	Sep 10-Oct 1	Th	1:00-2:00pm
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Fitness and Movement – Bee Active

Pullen Community Center

Age: 3-5yrs. This program teaches preschoolers it is fun to be physically active. We focus on fundamental motor skills, movement concepts, balance, coordination, flexibility, and much more while being noncompetitive. Parents do NOT attend class with the child. Check out other activities such as Tai Chi Chih, Fitness Room or walk around Pullen Park while your child is in class. Class Fee: \$80

#85703	Sep 29-Nov 17	T	1:00-1:30pm
#85705	Sep 29-Nov 17	T	1:30-2:00pm

Gymnastics – Tumbling Tinies

Brier Creek Community Center

Age: 9-24 months. Parent and child participate in a fun filled class that enhances balance, fitness and social skills. Tots will enjoy music, silly dances, tunnels, slides, obstacle courses, parachute play more! This class provides a time of fun and togetherness for you and your little one while building their motor skills. Instructor: Bethany Schlegel, BS in Education. Class Fee: \$40

#86662	Sep 4-25	F	9:30-10:15am
#86663	Oct 2-23	F	9:30-10:15am
#86664	Nov 6-20	F	9:30-10:15am
#86666	Dec 4-25	F	9:30-10:15am

Gymnastics – Tumbling Tots

Brier Creek Community Center

Age: 2-3 months. Parent and child participate in fun filled class that enhances motor skills, strength, balance, fitness and social skills. Children enjoy beginning gymnastic skills, obstacle courses, music, silly dances, parachute play and more! Have fun bonding with your child while they release energy in a fun and safe setting. Instructor: Bethany Schlegel, Former USGA Gymnast, BS in Elementary Education. Class Fee: \$40

#86667	Sep 4-25	F	10:30-11:15am
#86668	Oct 2-23	F	10:30-11:15am
#86669	Nov 6-20	F	10:30-11:15am
#86672	Dec 4-18	F	10:30-11:15am

Gymnastics – Tumble Time

Brier Creek Community Center

Age: 4-5yrs. Children are introduced to the basics of gymnastics in a fun and playful class. Your child will experience the fun of doing flexibility moves, stunts, beam, bars, obstacle courses, parachute play and more! Course designed to help youth release energy while developing strength, flexibility, coordination and confidence. Instructor:

Bethany Schlegel: Former USGA Gymnast, BS in Elementary Education. Class Fee: \$40

#86674	Sep 4-25	F	11:30am-12:15pm
#86675	Oct 2-23	F	11:30am-12:15pm
#86676	Nov 6-20	F	10:30-11:15am
#86677	Dec 4-18	F	10:30-11:15am

Gymnastics: Parent – Tot Tumblers

Age: 18-3 months. Fun and fitness with tumble games and creative stunts. Tunnels, loops, rolls and hoops this is a great class for developing motor skills, flexibility and coordination. Instructed by Coach 'K'. Class Fee: \$40

Green Road

#87310	Sep 11-Oct 2	F	4:00-4:45pm
#87311	Oct 9-30	F	4:00-4:45pm
#87312	Nov 6-Dec 4	F	4:00-4:45pm

Laurel Hills

#87906	Oct 31-Nov 21	Sa	11:45am-12:30pm
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Martial Arts – Karate Tikes

Laurel Hills Community Center

Age: 3-5yrs. Young children will direct their boundless energy to basic punches, kicks, blocks, and stances in this structured, yet playful, Karate class. Instruction will emphasize concepts of self confidence, concentration, respect for others, and physical fitness. You and your children can have fun learning and growing together, also. This is an ongoing class and belt promotions are held. This class is for children ages 3-5, and can be taken with a parent as a participant. Please see Parent/Me barcodes. Comfortable shirts and warmup pants are recommended. No additional equipment necessary. Instructor: Stephanie Whitten. Class Fee: \$36

Karate Tikes

#86954	Sep 1-22	T	5:15-5:45pm
#86955	Oct 6-27	T	5:15-5:45pm
#86956	Nov 3-24	T	5:15-5:45pm
#86957	Dec 1-22	T	5:15-5:45pm
#86958	Sep 3-24	Th	4:15-4:45pm
#86959	Oct 8-29	Th	4:15-4:45pm
#86960	Nov 5-19	Th	4:15-4:45pm
#86961	Dec 3-17	Th	4:15-4:45pm

Karate Tikes Parent/Me

#86963	Sep 1-22	T	5:15-5:45pm
#86964	Oct 6-27	T	5:15-5:45pm
#86965	Nov 3-24	T	5:15-5:45pm
#86966	Dec 1-22	T	5:15-5:45pm
#86967	Sep 3-24	Th	4:15-4:45pm
#86968	Oct 8-29	Th	4:15-4:45pm
#86969	Nov 5-19	Th	4:15-4:45pm
#86972	Dec 3-17	Th	4:15-4:45pm

Preschool Fitness

Roberts Park Community Center

Age: 3-4yrs. This program teaches preschoolers the importance of physical

fitness through games and various activities. Learn hand-to-eye, hand-to-foot coordination, follow instructions, numbers, colors and alphabets. Please register two weeks in advance. Class Fee: \$10

#86629	Sep 5-Oct 3	Sa	9:30-11:10am
#86630	Oct 3-24	Sa	9:30-11:00am

Preschool Tumblers

Laurel Hills Community Center

Age: 3-5yrs. This beginner gymnastics class will teach your child the basics of tumbling, jumping, rolling, and balance. Instructed by Coach 'K'. Class Fee: \$40

#86936	Sep 5-26	Sa	11:45am-12:30pm
#86937	Oct 3-24	Sa	11:45am-12:30pm

Princess Ballet

Laurel Hills Community Center

Age: 2-3yrs. This class is designed for a parent to participate with their princess or prince. Everyone will have ballet fun while they dance, learn creative movement and play with challenging positions. Together you will learn mini routines using props! Imagine the hours of fun and togetherness this course can create! Class Fee: \$36

#86670	Sep 5-26	Sa	10:30-11:00am
#86671	Oct 3-24	Sa	10:30-11:00am

Youth

Dance and Movement

Barwell Road Community Center

Age: 6-10yrs. This class encourages creativity and learning as children learn the basic techniques of ballet, modern and jazz dance. They will also learn how to create their own dances through improvisation techniques and various movement games.

Class Fee: \$20

#87798	Sep 8-29	T	6:00-7:00pm
#87799	Oct 6-27	T	6:00-7:00pm
#87801	Nov 3-24	T	6:00-7:00pm

Exercise – Burn Baby Burn

Method Road Community Center

Age: 9-11yrs. Come and burn off some of that built up energy by participating in different physical activities including a favorite 'kickball'. Have fun, meet friends, exercise and get outside. Class Fee: \$7

#87886	Oct 7-14	W	7:30-8:30pm
#87888	Oct 21-28	W	7:30-8:30pm

Fitness Fun 4 Kids

Durant Nature Park

Age: 7-9yrs. Enroll your child(ren) in this innovative approach to helping your child develop the personal tools, skills to lead

and maintain an active lifestyle. We will play non-competitive group games in non-traditional ways to improve physical abilities, gain in problem solving skills which will promote healthy choices for life. This can help prevent the alarming trend of childhood diseases related to inactivity and weight gain. \$64

#85336	Sep 8-Oct 1	T,Th	4:00-5:00pm
#85337	Oct 6-29	T,Th	4:00-5:00pm

Gymnastics – Elementary Tumblers

Green Road Community Center

Age: 4-11yrs. Fun exercise! Stunts, tumbling, balance and coordination are emphasized. Apparatus and floor routines are combined into movement patterns. Little/no experience required. Instructed by Coach 'K', NCAE Certified. Class Fee: \$40

#87317	Sep 11-Oct 2	F	4:45-5:30pm
#87318	Oct 9-30	F	4:45-5:30pm
#87320	Nov 6-Dec 4	F	4:45-5:30pm

Karate – Pride

Brier Creek Community Center

Age: 7yrs and up. Learn traditional Okinawan Karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self defense. All students from youth to adult will enjoy personal benefits from karate while challenging yourself both mentally and physically. This is a family class, have fun while learning together. Instructor: George Whitten. Class Fee: \$44

#86681	Sep 7-30	M,W	7:00-8:00pm
#86678	Oct 5-28	M,W	7:00-8:00pm
#86679	Nov 2-25	M,W	7:00-8:00pm
#86680	Dec 2-21	M,W	7:00-8:00pm

Karate – Little Tigers

Pullen Community Center

Age: 5-7yrs. This program will introduce your child to the art of Shorin-Ryu Karate, along with improving balance and coordination as well as leadership. Class Fee: \$25

#84941	Sep 5-26	Sa	10:00-10:45am
#84942	Oct 3-24	Sa	10:00-10:45am
#84943	Oct 31-Nov 21	Sa	10:00-10:45am
#84944	Dec 5-26	Sa	10:00-10:45am

Kinder Tae Kwon Do

Lions Park Community Center

Age: 4-6yrs. Martial arts class for youth. This program provides introductory instruction in Tae Kwon Do. Parents are encouraged to sit in and observe. Class Fee: \$25

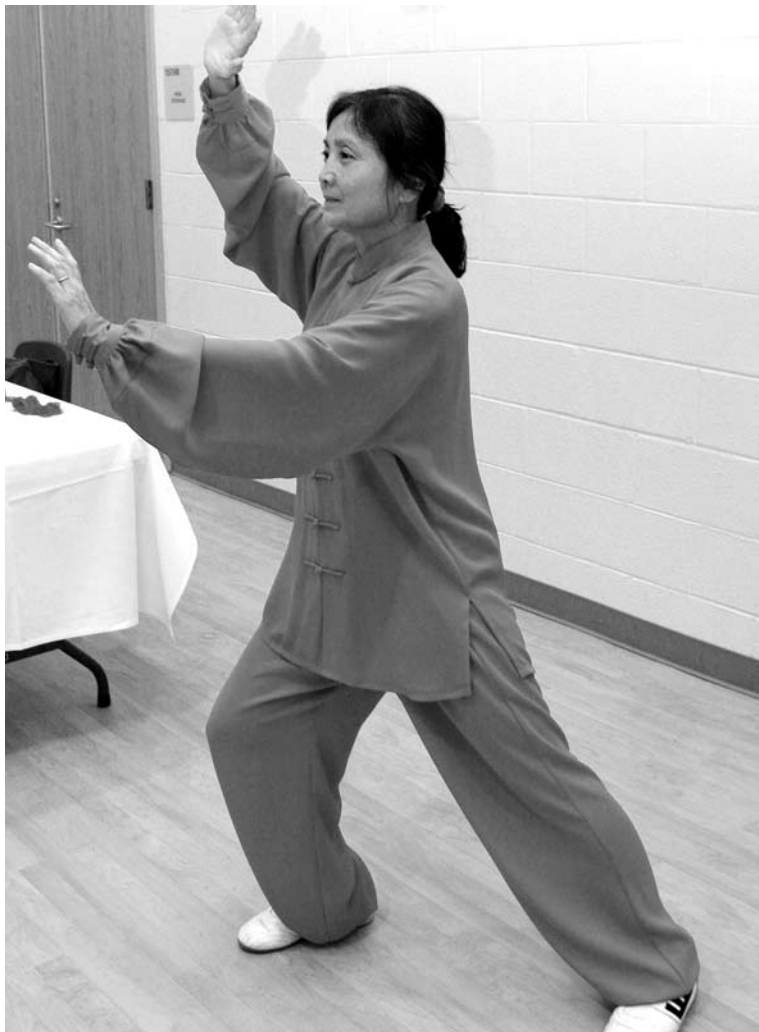
#86519	Sep 10-Oct 1	Th	6:30-7:30pm
#86520	Oct 1-22	Th	6:30-7:30pm
#86521	Nov 5-19	Th	6:30-7:30pm
#86522	Dec 10-Jan 7	Th	6:30-7:30pm

Martial Arts – Advanced Shotokan Karate for Youth

Green Road Community Center

Age: 6-16yrs. In this time, Karate is a martial art sport and a great way to practice an important life skill of personal discipline.

Martial Arts Advanced Shotokan continued page —



Martial Arts Advanced Shotokan continued —

It is a sport and ancient art of self-defense. Karate is a way in life to help keep harmony between the body and mind. The mind should be trained like any other part of the body to help with concentration, relaxation and energy development. Come and PRACTICE KARATE with Sensei Juan Manuel Rodriguez (B.Sc) 3rd. Sensei Rodriguez is dan shotokan affiliated WKF, AAU, FAK and IOC. This class is for the advanced student. Class Fee: \$60

#86028	Aug 31-Sep 25	M,W,F	7:15-8:15pm
#86029	Sep 28-Oct 23	M,W,F	7:15-8:15pm
#86030	Oct 28-Nov 23	M,W,F	7:15-8:15pm
#86031	Nov 25-Dec 23	M,W,F	7:15-8:15pm

Martial Arts – Beginning Shotokan Karate for Youth

Brentwood Park

Age: 6-16yrs. In this time, Karate is a martial art sport and a great way to practice an important life skill of personal discipline. It is a sport and ancient art of self-defense. Karate is a way in life to help keep harmony between the body and mind. The mind should be trained like any other part of the body to help with concentration, relaxation and energy development. Come and PRACTICE KARATE with Sensei Juan Manuel Rodriguez (B.Sc) 3rd. Sensei Rodriguez is dan shotokan affiliated WKF, AAU, FAK and IOC. This class is for the beginning student. Class Fee: \$40

#86086	Sep 1-24	T,Th	7:15-8:15pm
#86087	Sep 29-Oct 22	T,Th	7:15-8:15pm
#86088	Oct 27-Nov 19	T,Th	7:15-8:15pm
#86103	Nov 24-Dec 22	T,Th	7:15-8:15pm

Martial Arts – Karate Kids

Laurel Hills Community Center

Age: 5-12yrs. While learning self defense, stranger safety, self discipline, respect, and courtesy your child will also have fun! You and your children can have fun learning and growing together, as well. This class is for children ages 5-12, and can be taken with a parent as a participant. Each participant must be registered individually and pay fee. This is an ongoing class and belt promotions are held. Wear comfortable warm up pants. If you would like to register with your child please see the Parent/Me barcodes. Instructor: Stephanie Whitten. Class Fee: \$36

Karate Kids

#86942	Sep 3-24	Th	5:00-5:45pm
#86943	Oct 8-29	Th	5:00-5:45pm
#86944	Nov 5-19	Th	5:00-5:45pm
#86945	Dec 3-17	Th	5:00-5:45pm

Karate Kids Parent/Me

#86948	Sep 3-24	Th	5:00-5:45pm
#86949	Oct 8-29	Th	5:00-5:45pm
#86950	Nov 5-19	Th	5:00-5:45pm
#86951	Dec 3-17	Th	5:00-5:45pm

Shotokan – Youth

Barwell Road Community Center

Age: 6-14yrs. Shotokan builds character through the training of martial arts.

Participants will master the different components of Shotokan style Karate. Benefits of the class will also include building confidence, increase motor skills, discipline, self defense, self control and more. Instructor is Eric Blaize. Class Fee: \$15

#84990	Sep 2-30	M,W	6:00-7:00pm
#84991	Oct 5-28	M,W	6:00-7:00pm
#84992	Nov 2-30	M,W	6:00-7:00pm
#84993	Dec 2-28	M,W	6:00-7:00pm

Soccer – Lil' Kickers

Carolina Pines Community Center

Age: 4-5yrs. Pass, Dribble, Kick, scoooooor! Soccer class designed to teach the fundamentals of soccer. Class Fee: \$28

#87804	Oct 12-Nov 9	M	6:00-6:45pm
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Tae Kwon Do Youth

Worthdale Community Center

Age: All Ages. Learn the art of self defense and discipline. Students will continue to refine their skills, learn different techniques

and develop physical fitness. Class Fee: \$25

#87101	Sep 3-29	T,Th	6:30-7:30pm
#87102	Oct 1-27	T,Th	6:30-7:30pm
#87103	Nov 3-Dec 1	T,Th	6:30-7:30pm
#87104	Dec 1-24	T,Th	6:30-7:30pm

Teen

Teen Wii

Carolina Pines Community Center

Age: 12-17yrs. Show your parents how it is done! Workout in a co-ed fitness program using the Wii fit activities and Wii games.

Class Fee: \$20

#87744	Sep 7	M	3:00-6:00pm
#87771	Oct 5	M	3:00-6:00pm
#87773	Nov 2	M	3:00-6:00pm
#87776	Dec 7	M	3:00-6:00pm

Adult

Aerobics – Dancercise

Lake Lynn Community Center

Age: 18yrs and up. This class offers a combination of music styles and basic dance steps to exercise heart and lungs while toning the rest of the body. Dances build up in pace and difficulty throughout the sessions. Patrice Sorrell, Instructor. Class Fee: \$80

#85691	Oct 5-Nov 25	M,W	5:45-7:00pm
#85692	Oct 6-Dec 1	T,Th	5:45-7:00pm

Aerobics – Low Impact

Tarboro Road Community Center

Age: 18yrs and up. A low impact program to promote cardiovascular fitness. Exercise to gospel music. Participants also receive a complimentary weight room pass. Class Fee: \$30

#87504	Sep 1-24	T,Th	6:15-7:15pm
#87505	Sep 29-Oct 22	T,Th	6:15-7:15pm
#87506	Oct 27-Nov 24	T,Th	6:15-7:15pm
#87507	Dec 1-29	T,Th	6:15-7:15pm

Aerobics – Morning Wake-Up!

Lake Lynn Community Center

Age: 18yrs and up. Get your day started on the right foot with exercise! Join Pat and move through simple steps to get your heart rate elevated with deep breathing techniques to help reduce stress. Weight bearing exercises aid in weight control and help fight off diseases such as osteoporosis and osteoarthritis. Pat Sorrell, instructor, ACE certified. Class Fee: \$40

#85698	Oct 5-Nov 23	M	9:00-10:15am
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Belly Dance Fitness

Pullen Community Center

Age: 16yrs and up. A continuation of Beginner Bellydance. Only students who have taken the beginner level class may sign up for this class. In class, emphasis will be put on using bellydance moves to increase flexibility and strength, muscle control, and enhancing learned techniques of bellydance. Class Fee: \$30

#84900	Sep 14-Oct 5	M	6:35-7:35pm
#84901	Oct 12-Nov 2	M	6:35-7:35pm
#84902	Nov 9-30	M	6:35-7:35pm
#84903	Dec 7-28	M	6:35-7:35pm

Belly Dance For Exercise – Beginners

Lake Lynn Community Center

Age: 18yrs and up. This class will introduce you into the mysteries of belly dance. You will learn what to do with your hips, torso, arms and belly while moving to exotic Middle Eastern music. These movements take you from gentle stretching to aerobic shimmies and will have you burning calories while having fun. Learn moves that are sultry, flirty, and graceful. You will have a new appreciation for the beauty within you and the power of your body. Wear comfortable pants. Shoes are not worn in class. Kasha instructs. For more information go to Kasha's website: www.geocities.com/kkashley. Class Fee: \$70

#86006	Sep 14-Oct 26	M	7:00-8:00pm
#86007	Nov 2-Dec 14	M	7:00-8:00pm

Belly Dance for Exercise – Beyond Basic

Lake Lynn Community Center

Age: 18yrs and up. After learning the basics of bellydance, move on to Beyond Beginning and learn choreography, zills, and veil routines. Opportunities for performing are provided along with information on costuming, makeup and jewelry. K'asha instructs. For more information on the program, visit K'asha's website at www.geocities.com/kkashley. Class Fee: \$84

#86008	Sep 14-Oct 26	M	8:00-9:00pm
#86009	Nov 2-Dec 14	M	8:00-9:00pm

Bollywood Dance for Fun and Exercise

Lake Lynn Community Center

Age: 18yrs and up. Kasha will be teaching the exhilarating and beautiful Bollywood dance style of India. Incorporating both traditional Indian styles like Banghra as well

as western influences like hip hop, you'll find that Bollywood dance is fun and energetic, as well as an excellent aerobic exercise. People of all ages, shapes, sizes, and fitness levels are welcome—come prepared to have fun, shake your shoulders and swing your hips to this contagious fusion style of dance. It is a style that is easy to learn with no previous dance experience. Kasha will be teaching a complete choreography in the seven week session. Wear loose fitting clothing and soft-soled shoes or bare feet. Class Fee: \$77

#86010	Sep 15-Oct 27	T	7:00-8:00pm
#86011	Nov 3-Dec 15	T	7:00-8:00pm

Budo Taijutsu

Eastgate Park

Age: 18yrs and up. Budo Taijutsu is a martial art that is composed of both armed and unarmed techniques that dates back nearly 1000 years. The focus of this art is to use the entire body as a unit rather than relying on physical strength or speed. Although the techniques involved in Budo Taijutsu number in the thousands, students are not expected to memorize the movements of each technique. Instead, the training places emphasis on the principles embodied by the technique. The unarmed training will involve breakfalls and rolls (ukemi), striking and kicking (daken taijutsu), and grappling (jutaijutsu). All of the armed training is taught as a natural extension of the taijutsu unarmed movements. Training is geared for participants 18 years and older. Minors that are interested in training must receive special permission from Shidoshi Bates due to the nature of the training. Contact Millbrook Exchange at 872-4156 for more info. All participants must be registered for each individual date to participate. Class Fee: \$15

#87661	Sep 15	T	6:30-8:30pm
#87662	Sep 22	T	6:30-8:30pm
#87663	Sep 29	T	6:30-8:30pm
#87664	Oct 6	T	6:30-8:30pm
#87665	Oct 13	T	6:30-8:30pm
#87666	Oct 20	T	6:30-8:30pm
#87667	Oct 27	T	6:30-8:30pm
#87668	Nov 10	T	6:30-8:30pm
#87669	Nov 17	T	6:30-8:30pm
#87670	Dec 1	T	6:30-8:30pm
#87671	Dec 8	T	6:30-8:30pm
#87672	Dec 15	T	6:30-8:30pm

Everybody Yoga with TJ

Lake Johnson

Age: 16yrs and up. Yoga can help you release tension, stretch, strengthen, and energize your body along with lifting your spirits! TJ has taught yoga to adults and children of a variety of ages, shapes, sizes, and fitness levels. For those who have not yet discovered the benefits of yoga, or anyone looking for an accessible approach. Come and learn that the body you have right now is the one that is just right for doing yoga. TJ is a registered teacher at the 500-hour level and a member of the International

Association of Yoga Therapists. Class Fee:

\$80, \$10/class

#86486	Sep 8-Oct 27	T	9:30-11:00am
#86487	Sep 8-Oct 27	T	6:00-7:30pm
#86488	Nov 3-Dec 15	T	9:30-11:00am
#86489	Nov 3-Dec 15	T	6:00-7:30pm

Exercise – Cardio Kickboxing

Age: 16yrs and up. Experience the thrill, fun and excitement of cardio kickboxing while burning calories through rigorous punching and kicking workouts. Kickboxing is a great total body workout that teaches simple self defense techniques, while improving your balance, flexibility, coordination and endurance. Classes are designed for both beginner and more experienced kickboxers. Instructor: George Whitten. Class Fee: \$35

Laurel Hills Community Center

#86633	Sep 1-24	T,Th	7:15-8:00pm
#86632	Sep 1-24	T,Th	8:15-9:00pm
#86634	Oct 6-29	T,Th	7:15-8:00pm
#86631	Oct 6-29	T,Th	8:15-9:00pm
#86635	Nov 3-24	T,Th	7:15-8:00pm
#86636	Nov 3-24	T,Th	8:15-9:00pm
#86637	Dec 1-29	T,Th	7:15-8:00pm
#86673	Dec 1-29	T,Th	8:15-9:00pm

Brier Creek Community Center

#86622	Sep 7-30	M,W	8:15-9:00pm
#86623	Oct 5-28	M,W	8:15-9:00pm
#86624	Nov 2-25	M,W	8:15-9:00pm
#86625	Dec 7-30	M,W	8:15-9:00pm

Exercise – Certified Personal Trainer

Age: 16yrs and up. Tackling the complex world of health and fitness on your own can be perplexing. Let us help you with weight management, flexibility, coordination and stability, muscle growth and total stamina! Sessions are by appointment only. Call Brier Creek at 420-2340 or Lake Lynn at 870-2911 for more information. Class Fee: \$0
#85078 Lake Lynn Community Center
#85079 Brier Creek Community Center

Exercise – Cosmic Freedom Qi Gong

Lake Lynn Community Center

Age: 16yrs and up. The premise of Qi Gong is based on beliefs from eastern medicine that within the body are channels or meridians that run through out the body from head to toe that allow the body's energy to flow throughout. Qi Gong uses a series of movements that allow the body's energy to flow, breaking through and clearing out the blockages so that the body's energy begins to flow smoothly through out the body for optimum healing and health. Cosmic Freedom Qi Gong is a specific system or style of Qi Gong developed by Master Yap Soon Yeong. Class Fee: \$80
#85994 Sep 10-Oct 29 Th 6:30-7:30pm

Adult Fitness continued page —



Exercise – Kripalu Yoga Beginning

Sertoma Arts Center

Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breathing for relaxation, and meditation for the mind. Kripalu Yoga is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor, Susan Killmon. Class Fee: \$84

#85280	Sep 14-Nov 16	M	5:45-7:00pm
#85283	Sep 14-Nov 16	M	7:30-8:45pm
#85284	Sep 15-Nov 17	T	12:00-1:15pm

Exercise – Kripalu Yoga Continuing

Sertoma Arts Center

Age: 16yrs and up. This course is a continuation of Kripalu Yoga beginning class. Student's should have taken the beginning class or have yoga experience. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor, Susan Killmon. Class Fee: \$84

#85286	Sep 16-Nov 18	W	7:30-8:45pm
#85288	Sep 17-Nov 19	Th	12:00-1:15pm

Exercise – Nia

Sertoma Arts Center

Age: 16yrs and up. Nia explores the body, mind, emotion, and spirit connection in a non-impact practice that combines martial

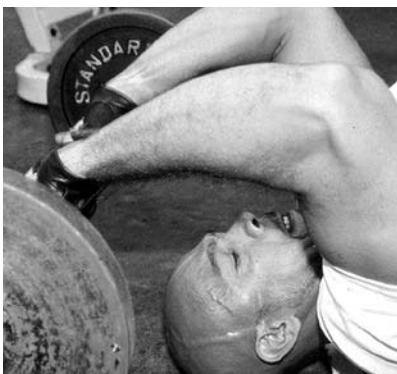
arts, dance, and healing arts. It delivers a safe, effective cardiovascular workout with total body conditioning adaptable to all fitness levels. Before undertaking any exercise program one should consult a physician. To learn more visit www.trianglenia.com. Instructor, Julie Ihrig or Laura Ghantous. Class Fee: \$64

#85293	Sep 8-Oct 27	T	9:30-10:30am
#85295	Nov 10-Dec 15	T	9:30-10:30am
#85294	Sep 11-Nov 13	F	9:30-10:30am
#85296	Nov 6-Dec 18	F	9:30-10:30am
#85307	Sep 5-Oct 31	Sa	9:30-10:30am
#85308	Nov 7-Jan 2	Sa	9:30-10:30am

Exercise – Qi Gong for Health and Healing

Sertoma Arts Center

Age: 12yrs and up. Qi Gong is an ancient Chinese health exercise that has been known to strengthen physical energy, open internal energy and bring Yin and Yang back into balance. Before undertaking any exercise program one should consult a physician.



Instructor, Dr. Xiaoqin Wu Turner. Class Fee: \$64

#85311	Oct 29-Dec 10	Th	7:30-8:45pm
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Exercise – Tai Chi – The Basics

Sertoma Arts Center

Age: 10yrs and up. Tai Chi is an ancient Chinese internal or soft martial art exercise. A sequence of movements is gentle yet has profound power. Practicing Tai Chi is known to reduce tension, high blood pressure, promote relaxation, flexibility, and concentration. Before undertaking any exercise program one should consult a physician. Instructors, Dr. Xiaoqin Wu Turner. Class Fee: \$64

#85309	Sep 10-Oct 15	Th	7:30-8:45pm
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Feet Meet Sneaks

Roberts Park Community Center

Age: 40yrs and up. A walking program. An inexpensive exercise program that provides both therapeutic and social benefits. One foot in front of the other and you are on your way to a healthier life. Place your feet into a comfortable pair of sneaks. Free t-shirt. Class Fee: \$5

#86581	Sep 3-Oct 8	Th	9:30-10:30am
#86582	Oct 1-22	Th	9:30-10:30am
#86583	Nov 5-19	Th	10:30-11:30am

Fitness – Personal Trainer

Pullen Community Center

Age: 16yrs and up. Certified Personal Trainer, Advanced Personal Trainer and Senior Fitness Specialist, Ervin Mitchell, Sr. can help you design a workout that is right for you. Focus on increasing your

Exercise – Weight Room/Fitness Centers

Age: 18yrs and up. 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.

Barwell Road Class Fee: \$15

#85378	Sep 1-30	Daily
#85377	Oct 1-31	Daily
#85379	Nov 1-30	Daily
#85380	Dec 1-31	Daily

6-month membership Class Fee: \$75

#85381	Sep 1-Dec 31	Daily
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Biltmore Hills Class Fee: \$10

#85382	Sep 1-30	Daily
#85383	Oct 1-31	Daily
#85384	Nov 1-30	Daily
#85498	Dec 1-31	Daily

Brier Creek Class Fee: \$15

#85473	Sep 1-30	Daily
#85474	Oct 1-31	Daily
#85475	Nov 1-30	Daily
#85476	Dec 1-31	Daily

6-month membership Class Fee: \$75

#85477	Sep 1-Dec 31	Daily
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Carolina Pines Class Fee: \$15

#85471	Sep 1-30	Daily
#85468	Oct 1-31	Daily
#85469	Nov 1-30	Daily
#85470	Dec 1-31	Daily

Chavis Center Class Fee: \$10

#85492	Sep 1-30	Daily
#85493	Oct 1-31	Daily
#85466	Nov 1-30	Daily
#85467	Dec 1-31	Daily

Green Road Center Class Fee: \$10

#85465	Sep 1-30	Daily
#85464	Oct 1-31	Daily
#85463	Nov 1-30	Daily
#85462	Dec 1-31	Daily

Halifax Class Fee: \$10

#85461	Sep 1-30	Daily
#85460	Oct 1-31	Daily
#85459	Nov 1-30	Daily
#85458	Dec 1-31	Daily

Jaycee Center Class Fee: \$13

#85478	Sep 1-30	Daily
#85456	Oct 1-31	Daily
#85457	Nov 1-30	Daily
#85479	Dec 1-31	Daily

Lake Lynn Class Fee: \$15

#85455	Sep	Daily
#85454	Oct	Daily
#85453	Nov	Daily
#85452	Dec	Daily

Laurel Hills Class Fee: \$15

#85413	Sep 1-30	Daily
#85412	Oct 1-31	Daily
#85411	Nov 1-30	Daily
#85410	Dec 1-31	Daily

6-month membership Fee \$75

#85409	Sep 1-Dec 31	Daily
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Lions Park Class Fee: \$12

#85408	Sep 1-30	Daily
#85407	Oct 1-31	Daily
#85406	Nov 1-30	Daily
#85405	Dec 1-31	Daily

Method Class Fee: \$12

#85404	Sep 1-30	Daily
#85403	Oct 1-31	Daily
#85402	Nov 1-30	Daily
#85401	Dec 1-31	Daily

Millbrook Exchange Class Fee: \$15

#85400	Sep 1-30	Daily
#85399	Oct 1-31	Daily
#85398	Nov 1-30	Daily
#85397	Dec 1-31	Daily

Pullen Community Center Class Fee: \$10

#85396	Sep	Daily
#85395	Oct	Daily
#85394	Nov	Daily
#85393	Dec	Daily

Roberts Park Class Fee: \$10

#85385	Sep 1-30	Daily
#85386	Oct 1-31	Daily
#85387	Nov 1-30	Daily
#85388	Dec 1-31	Daily

Tarboro Road Class Fee: \$10

#85389	Sep 1-30	Daily
#85390	Oct 1-31	Daily
#85391	Nov 1-30	Daily
#85392	Dec 1-31	Daily

Walnut Terrace

#85488	Sep 1-30	M-Sa
#85489	Oct 1-31	M-Sa
#85490	Nov 2-30	M-Sa
#85491	Dec 1-31	M-Sa

Worthdale Center Class Fee: \$15

#85487	Sep 1-30	Daily
#85484	Oct 1-31	Daily
#85485	Nov 1-30	Daily
#85486	Dec 1-31	Daily

City-Wide Class Fee: \$20

#85483	Sep	Daily
#85480	Oct	Daily
#85481	Nov	Daily
#85482	Dec	Daily

The true object of all human life is to play.

G.K. Chesterton

flexibility, body toning, strength training, and cardiovascular fitness. One hour sessions are available by appointment only. Class Fee: \$30/one hour session

Focused Fitness at Jaycee Park

Jaycee Community Center

Age: 16yrs and up. Two certified personal trainers with 20 years combined experience who offer an hour long outdoor boot camp for first time exercisers, and to those who are looking for a change to their workout in a fun, community-based safe environment. No gyms to join! Two trainers to maintain an individual approach in small group training. Class Fee: \$80

#87072	Sep 2-30	M,W	9:30-10:30am
#87077	Oct 5-28	M,W	9:30-10:30am

Funky Fitness – Hip-Hop Pilates!

Lake Lynn Community Center

Age: 16yrs and up. Dance your way to fitness with this combination jazzy hip-hop pilates class! With intricate but easy-to-learn choreography, slow deep stretching, and pilates-based toning exercises, you'll have loads of fun and simply forget you're trying to lose weight and tighten up. This class is great for dance enthusiasts who want to stay in shape or get in shape while moving to music. Some prior dance experience helpful, but not required. Jazz sneakers recommended. Jules Szabo instructs. Class Fee: \$60

#87078	Sep 12-Oct 17	Sa	11:00am-12:00pm
#87080	Nov 7-Dec 12	Sa	11:00am-12:00pm

Martial Arts – Aikido

Green Road Community Center

Age: 16yrs and up. The Martial Art that focuses on using minimum effort with maximum efficiency by using throws, joint holds, chokes and body movements to avoid attack. In addition, it concentrates on self defense strategy and technique as well as staying in good shape. Class Fee: \$70

#85570	Sep 1-Oct 22	T,Th	7:15-8:45pm
#85569	Oct 27-Dec 22	T,Th	7:15-8:45pm

Martial Arts – Shotokan Karate for Adults

Green Road Community Center

Age: 16yrs and up. In this time, Karate is a martial art sport and a great way to practice an important life skill of personal discipline. It is a sport and ancient art of self-defense. Karate is a way in life to help keep harmony between the body and mind. The mind should be trained like any other part of the body to help with concentration, relaxation and energy development. Come and PRACTICE KARATE with Sensei Juan Manuel Rodriguez (B.Sc) 3rd. Sensei Rodriguez is

dan shotokan affiliated WKF, AAU, FAK and IOC. Class Fee: \$60

#86107	Aug 31-Sep 25	M,W,F	8:15-9:15pm
#86108	Sep 28-Oct 23	M,W,F	8:15-9:15pm
#86109	Oct 28-Nov 23	M,W,F	8:15-9:15pm
#86110	Nov 25-Dec 23	M,W,F	8:15-9:15pm

More Yoga with TJ

Lake Johnson

Age: 16yrs and up. Yoga can help you release tension, stretch, strengthen, and energize your body along with lifting your spirits! For those who have a background in yoga and are looking for a yoga experience that opens to more strength, more stamina and flexibility through a deeper exploration of the poses. TJ is a registered yoga teacher at the 500 hour level and a member of the International Association of Yoga Therapists.

Class Fee: \$80, \$10/class

#86504	Sep 9-Oct 28	W	6:00-7:30pm
#86505	Nov 4-Dec 16	W	6:00-7:30pm

Party-cise

Ralph Campbell Community Center

Age: 16yrs and up. Party Cise Fitness classes are progressive, with a new dance introduced weekly. Our students love the progressive approach—it motivates you to attend every class so you won't miss the next fun dance. Each class is different, as dances are rotated to keep the material fresh and varied. \$10

#87862	Sep 1-29	T,Th	7:00-8:30pm
#87863	Oct 1-Nov 3	T,Th	7:00-8:30pm
#87864	Nov 3-26	T,Th	7:00-8:30pm
#87865	Dec 1-31	T,Th	7:00-8:30pm

Raleigh's Rapid 14-Week Weight Loss Challenge!

Green Road Community Center

Age: 18yrs and up. Raleigh's Rapid 14 Week Weight Loss Challenge! Are you ready to lose weight and win big! The Holidays are around the corner and we want you to look and feel the best you have going into the New Year! Now what if I told you the biggest losers in a male and female category will win awesome prizes and everyone will gain knowledge and support that will help them on a lifelong journey to stay fit and Healthy! We will provide an opportunity to purchase discounted weight room memberships, better eating habit tips, body fat testing, cholesterol testing, weekly health classes and training on equipment. The Challenge starts September 12 at Green Road Center. Stop by between 10am-2pm to have your weight, body fat, and cholesterol, checks. We will have special programs going on all day such as Yoga classes, Nutrition classes, and trainers on hand to answer questions you

may have. We will re-weigh on December 19 from 10am-12pm. For more information contact Green Road at 872-4140. Class Fee: \$10.68

#87830	Sep 12	Sa	10:00am-2:00pm
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Shotokan – Adults

Barwell Road Community Center

Age: 15yrs and up. Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Have fun, learn a traditional martial art and enjoy a challenging workout! Instructor is Eric Blaiz. Class Fee: \$15

#85140	Sep 2-30	M,W	7:00-8:00pm
#85141	Oct 5-28	M,W	7:00-8:00pm
#85142	Nov 2-30	M,W	7:00-8:00pm
#85143	Dec 2-30	M,W	7:00-8:00pm

Stretch and Tone

Lake Lynn Community Center

Age: 18yrs and up. This class is designed to strengthen your muscles and tone your body. We will use weights to build endurance and strength. All levels of participants will enjoy the benefit of stronger muscles. Once your muscles become stronger, they will be toned up for a longer, leaner look. This class is a great supplemental workout routine. Class Fee: \$40

#85694	Oct 10-Dec 5	Sa	9:15-10:30am
no class Nov 28			

Sunset Yoga on the Docks

Durant Nature Park

Age: 14yrs and up. Experience yoga in the tranquil setting of Durant Nature Park as the sun colors the sky above and the water below. Claudia Conly instructs. Class Fee: \$40

#84853	Sep 14-Oct 5	M	6:00-7:00pm
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Tae Kwon Do – Beginners

Billmore Hills Community Center

Age: 5yrs and up. Martial arts course where the art of self defense, confidence, self esteem, discipline, respect and self control taught through practice drills, class room instruction and tournaments. This is an ongoing class that promotes belt promotions. Wear Comfortable Clothes. Classes by Sensi Thomas Jarrett. Class Fee: \$35

#86559	Sep 2-28	M,W	6:00-7:30pm
#86560	Oct 5-28	M,W	6:00-7:30pm
#86561	Nov 2-Dec 2	M,W	6:00-7:30pm
#86562	Dec 2-Jan 4	M,W	6:00-7:30pm

Ultimate Cardio Cross Training

Millbrook Exchange Community Center

Age: 18yrs and up. This is a very high energy class designed only for those who are ready for results. On average,

Ultimate Cardio Cross Training continued next page —

Ultimate Cardio Cross Training continued —

participants burn 800-1000 calories per class. Bodyweight and barbells are the main source of resistance, using compound movements. BE READY and have some FUN! Class is instructed by Tim Kelly, a retired police officer and former military instructor. Read more about Tim at www.timkellypersonaltrainer.com. Class Fee: \$150

#87714 Oct 12-Nov 11 M,W 6:15-7:15pm
#87717 Nov 16-Dec 16 M,W 6:15-7:15pm

Yoga – All Level

Jaycee Community Center

Age: 18yrs and up. Start your weekend mindfully with this all levels class. This class incorporates multiple principles of yoga including poses, breathing and meditation. Modifications for poses will be presented and you will be encouraged to follow the practice that is right for you. You will gain flexibility, strength, balance and reduce stress. Please bring a yoga mat or a large towel to each class. Class Fee: \$65

#87069 Sep 5-Oct 24 Sa 9:15-10:30am

Yoga – Core

Green Road Community Center

Age: 18yrs and up. The human body is a work of art when considering the multiple layers of color, texture, shape and definition. A framework of bones with muscles attached creates the outside covering of our being that moves us through the world. The core muscle group wraps like a girdle around the midsection of the body. These muscles join and support both the upper and lower parts of our body while creating and supporting alignment of the spine. Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. In Core Yoga, once established in breath, balance and flexibility, we focus on specific muscle groups for strengthening. Movement in Core Yoga is constant as we transition from one pose to another. Instructor: Susan King, LMFT. Students may pay per class or purchase an 8-class punch pass. Class Fee: \$42

8-class punch card

#87537 Sep 2-Dec 30 M,W 10:45-11:45am
#87538 Sep 2-Dec 30 M,W 10:45-11:45am
#87540 Sep 2-Dec 30 M,W 10:45-11:45am
#87541 Sep 2-Dec 30 M,W 10:45-11:45am
#87539 Sep 2 W 10:45-11:45am
#87542 Sep 9 W 10:45-11:45am
#87543 Sep 14 M 10:45-11:45am
#87544 Sep 16 W 10:45-11:45am
#87545 Sep 21 M 10:45-11:45am
#87546 Sep 23 W 10:45-11:45am
#87547 Sep 28 M 10:45-11:45am
#87548 Sep 30 W 10:45-11:45am
#87549 Oct 5 M 10:45-11:45am
#87550 Oct 7 W 10:45-11:45am
#87551 Oct 12 M 10:45-11:45am
#87552 Oct 14 W 10:45-11:45am

#87553 Oct 19 M 10:45-11:45am
#87554 Oct 21 W 10:45-11:45am
#87555 Oct 26 M 10:45-11:45am
#87556 Oct 28 W 10:45-11:45am
#87557 Nov 2 M 10:45-11:45am
#87558 Nov 4 W 10:45-11:45am
#87559 Nov 9 M 10:45-11:45am
#87560 Nov 11 W 10:45-11:45am
#87561 Nov 16 M 10:45-11:45am
#87562 Nov 18 W 10:45-11:45am
#87563 Nov 23 M 10:45-11:45am
#87564 Nov 25 W 10:45-11:45am
#87565 Nov 30 M 10:45-11:45am
#87566 Dec 2 W 10:45-11:45am
#87628 Dec 7 M 10:45-11:45am
#87629 Dec 9 W 10:45-11:45am
#87631 Dec 14 M 10:45-11:45am
#87632 Dec 16 W 10:45-11:45am
#87634 Dec 21 M 10:45-11:45am
#87636 Dec 23 W 10:45-11:45am
#87638 Dec 30 W 10:45-11:45am
#87637 Dec 28 M 10:45-11:45am

Yoga – Flow

Jaycee Community Center

Age: 18yrs and up. This class is a great stress-buster for the end of your week. This is a fast-paced, invigorating class that combines a series of flowing postures with rhythmic breathing to create an opening and cleansing mind-body workout. You will gain strength, flexibility, balance and feel refreshed. Not for beginners; it is recommended that you have at least 6 months of consistent yoga before taking this class. Please bring a yoga mat or a large towel to each class. Class Fee: \$65

#86810 Sep 4-Oct 23 F 5:30-6:45pm

Yoga – Introduction

Jaycee Community Center

Age: 18yrs and up. Beginning and seasoned yogis alike will learn the basics of practicing yoga in this introductory class. Proper alignment in standing, seated and balancing poses is taught, as well as breathing techniques. You will gain strength, balance, and flexibility while reducing stress. All fitness levels are welcome, yoga can easily be tailored to fit individual needs. Please bring a yoga mat or large towel to class each time. Class Fee: \$50

#86506 Sep 1-Oct 6 T 5:30-6:45pm

Yoga – Peaceful

Jaycee Community Center

Age: 18yrs and up. Find tranquility through this mid-week stress release that relaxes and restores your entire body and mind. This class allows you to focus inward through a series of mindful and restorative poses, as well as breathing techniques and guided meditations. You will also gain flexibility and strength through deep stretching of the muscles. All levels are welcome. Please bring a yoga mat or a large towel to each class. Class Fee: \$50

#86730 Sep 2-Oct 7 W 6:30-7:45pm

Yoga – Stretch

Green Road Community Center

Age: 18yrs and up. The human body is a work of art when considering the multiple layers of color, texture, shape and definition. A framework of bones with muscles attached creates the outside covering of our being that moves us through the world. The core muscle group wraps like a girdle around the midsection of the body. These muscles join and support both the upper and lower parts of our body while creating and supporting alignment of the spine. Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. Stretch Yoga pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity. Instructor: Susan King, LMFT. Students may pay per class or purchase an 8-class punch pass. Class Fee: \$42

8-class punch pass

#85951 Sep 2-Dec 30 M,W 9:30-10:30am
#85952 Sep 2-Dec 30 M,W 9:30-10:30am
#85953 Sep 2-Dec 30 M,W 9:30-10:30am
#85954 Sep 2-Dec 30 M,W 9:30-10:30am

Single Class

#85955 Sep 2 W 9:30-10:30am
#85956 Sep 9 W 9:30-10:30am
#85957 Sep 14 M 9:30-10:30am
#85958 Sep 16 W 9:30-10:30am
#85959 Sep 21 M 9:30-10:30am
#85960 Sep 23 W 9:30-10:30am
#85961 Sep 28 M 9:30-10:30am
#85962 Sep 30 W 9:30-10:30am
#85963 Oct 5 M 9:30-10:30am
#85964 Oct 7 W 9:30-10:30am
#85965 Oct 12 M 9:30-10:30am
#85966 Oct 14 W 9:30-10:30am
#85967 Oct 19 M 9:30-10:30am
#85968 Oct 21 W 9:30-10:30am
#85969 Oct 26 M 9:30-10:30am
#85970 Oct 28 W 9:30-10:30am
#85971 Nov 2 M 9:30-10:30am
#85972 Nov 4 W 9:30-10:30am
#85973 Nov 9 M 9:30-10:30am
#85974 Nov 11 W 9:30-10:30am
#85975 Nov 16 M 9:30-10:30am
#85976 Nov 18 W 9:30-10:30am
#85977 Nov 23 M 9:30-10:30am
#85978 Nov 25 W 9:30-10:30am
#85979 Nov 30 M 9:30-10:30am
#85980 Dec 2 W 9:30-10:30am
#87517 Dec 7 M 9:30-10:30am
#87518 Dec 9 W 9:30-10:30am
#87528 Dec 14 M 9:30-10:30am
#87529 Dec 16 W 9:30-10:30am
#87530 Dec 21 M 9:30-10:30am
#87533 Dec 23 W 9:30-10:30am
#87534 Dec 28 M 9:30-10:30am
#87535 Dec 30 W 9:30-10:30am

Yoga Fitness

Pullen Community Center

Age: 18yrs and up. Treat your body to much needed stretches and release stress in a yoga class. A combination of meditations and stretches that help with flexibility, posture, and stress relief. Class Fee: \$40

#84951 Sep 2-Nov 4 W 5:00-6:00pm

Yoga Fitness Plus

Pullen Community Center

Age: 18yrs and up. Core strengthening and stretching. Surge into sun salutations, poses, and reflective meditation. Free flowing and fun. Previous knowledge of yoga fitness is required. Class Fee: \$50
#84955 Sep 4-Nov 6 F 5:00-6:30pm

Senior

Exercise – Kripalu Yoga for Seniors

Sertoma Arts Center

Age: 55yrs and up. This chair class is designed for seniors and other with varying degrees of mobility. Yoga can help relax tense muscles, loosen joints, strengthen muscles, improve digestion, circulation, and reduce high blood pressure and anxiety. You will learn gentle stretching and breathing techniques. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor, Susan Kilmon. Class Fee: \$70
#85290 Sep 15-Nov 17 T 2:00-3:00pm

Exercise – Parkview Manor

Non-City Owned Site

Age: 18yrs and up. This program is offered at Parkview Manor Apartments, which is located at 911 North Blount Street, monthly on Mondays at 11:00am and Thursdays at 2:00pm. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier lifestyle. For more information on this program, please call 831-6851. Class Fee: \$0
#87002 Sep 3-Dec 31 M,Th 2:00-2:30pm

Exercise – Tucker Street

Non-City Owned Site

Age: 18yrs and up. This program is offered at the Tucker Street Nutrition Site which is located at 616 Tuler Street. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier lifestyle. For more information on this program, please call 831-6851. Class Fee: \$0
#87006 Sep 9-Dec 30 M,W 11:00am-11:30pm

Fitness – Seniors In Motion

Laurel Hills Community Center

Age: 18yrs and up. This class includes stretching and flexibility movements, as well as low impact cardio exercise, strength training with light weights and other toning elements. Class Fee: \$30
#86292 Sep 2-30 M,W,F 9:30-10:30am
#86294 Oct 2-30 M,W,F 9:30-10:30am
#86296 Nov 2-30 M,W,F 9:30-10:30am
#86298 Dec 2-30 M,W,F 9:30-10:30am

Fun Golfers

Frank E. Evans Administrative Bldg.

Age: 50yrs and up. Senior Adult League for men and women. League features monthly tournaments, special outings and more. Play is held at Wil-Mar Golf Club, off US #64

East. \$40 fee covers membership for one year. League play April-November. To register for this program you will need to contact Steve White at 831-6851. Class Fee: \$40

Horseshoes

Non-City Owned Site

Age: 18yrs and up. Practice your horseshoe skills with other adults. Equipment is provided. This activity takes place at Athens Drive High School weather permitting. Call 831-6851 for more information. Class Fee: \$0
#87008 Sep 1-Dec 22 T,Sa 9:00-10:30am

Nordic Pole Walking Workshop

Frank E. Evans Administrative Bldg.

Age: 18yrs and up. This Nordic Pole Walking Workshop is for all fitness levels, sizes, shapes and ages. For people who want a more efficient workout than walking or don't like to run anymore or need more variation in their exercise routines. For people who have tension in shoulder and neck region and/or rounded shoulder. For people who suffer from back pain or/and bad posture. For people with joint problems or joint disease, degeneration and people who are recovering from orthopedic surgery and for people who want to lose weight. Call Carmen at 807-8525 or www.raleighnc.gov/seniors for further information and schedule. This is a one time workshop to demonstrate how to use the poles and to establish a walking group. Class Fee: \$0

Senior Chair Yoga

Jaycee Community Center

Age: 18yrs and up. This gentle beginning class for older adults includes: stretches to increase one's range of motion, simple balancing poses to strengthen muscles that support your joints, and breath awareness to calm and release tension. All poses can use the support of a chair. For further information contact Carmen at 807-8525. \$15
#88134 Sep 8-29 T 9:00-10:00am
#88135 Oct 6-27 T 9:00-10:00am
#88136 Nov 3-24 T 9:00-10:00am
#88137 Dec 1-22 T 9:00-10:00am

Senior Fitness

Age: 18yrs and up. Low impact exercises for seniors. Strengthen your muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity. There are different instructors for each location. Class Fee: \$15

Lake Lynn Community Center

#85272 Sep 1-24 T,Th 9:00-9:45am
#85273 Sep 29-Oct 22 T,Th 9:00-9:45am
#85274 Oct 27-Nov 19 T,Th 9:00-9:45am
#85275 Nov 24-Dec 22 T,Th 9:00-9:45am

Millbrook Exchange Community Center

#85276 Sep 1-29 T,Th 9:30-10:15am
#85277 Sep 1-29 T,Th 10:30-11:15am
#85278 Oct 1-29 T,Th 9:30-10:15am

#85292 Nov 3-24 T,Th 9:30-10:15am
#85297 Nov 3-24 T,Th 10:30-11:15am
#85298 Dec 1-31 T,Th 9:30-10:15am
#85299 Dec 1-31 T,Th 10:30-11:15am

Pullen Community Center

#85300 Sep 1-29 T,Th 2:00-2:45pm
#85301 Oct 1-29 T,Th 2:00-2:45pm
#85302 Nov 3-24 T,Th 2:00-2:45pm
#85303 Dec 1-31 T,Th 2:00-2:45pm

Jaycee Community Center

#88123 Sep 3-28 M,Th 9:00-10:00am
#88124 Oct 1-29 M,Th 9:00-10:00am
#88125 Nov 2-30 M,Th 9:00-10:00am
#88126 Dec 3-31 M,Th 9:00-10:00am

Senior Fitness – Walking Groups

Age: 50yrs and up. Contact Carmen Rayfield at 807-8525 to find a walking group near you or look on our website at www.raleighnc.gov/seniors. Walking is a great and easy way to improve your health and a wonderful social activity. There are several walking groups throughout Raleigh and the surrounding areas. Class Fee: \$0

Senior Walking Groups:

Biltmore Hills Smiling Ages

#86263 Sep 1-Dec 28 M-F 9:00am-12:00pm

Lions Walking Group

#86265 Sep 3-Dec 17 Th 11:00am-2:00pm

Optimist Walking Group

#86268 Sep 2-Dec 28 M,W,Th 8:30-9:30am

Laurel Hills – Capital City Striders

#86523 Sep 4-Dec 18 F 9:30-10:30am

Senior Weight Training

Roberts Park Community Center

Age: 55yrs and up. A program designed to help persons 55 and older get into shape and tone those hidden muscles. Feel better and meet new friends. Be prepared to receive many compliments on your new appearance. Class Fee: \$5
#86567 Sep 8-29 T 1:00-3:00pm
#86568 Oct 6-27 T 1:00-3:00pm

Senior/Adult 3rd Annual 10-Week Walking Program

Age: 50yrs and up. Who knew walking briskly at least 30 minutes a day, five days a week, could dramatically improve your health? Walking is one of the easiest ways to exercise, and research has shown it can also help reduce your risk of some diseases. See how easy it is to STEP UP TO BETTER HEALTH by joining Raleigh Parks and Recreation Senior/Adult Program, Resources for Seniors, AARP, and the National Recreation and Park Association for a free 10-Week Walking Program. Several Walk Leaders are needed to assist with this program. If you are interested in volunteering or need further information about this program please contact Carmen Rayfield at 807-8525. Pre-Registration is required for this program. Class Fee: \$0

Laurel Hills Community Center

Sep 2 W 9:30am-1:30pm

Eastern Wake Senior Center

Sep 3 Th 10:00-11:30am

Northern Wake Senior Center

Sep 4 F 10:00-11:30am

Senior Fitness continued next page —

Senior Fitness continued —

Shuffleboard

Non-City Owned Site

Age: 18yrs and up. Practice and play shuffleboard with other adults. Equipment is provided. This activity takes place at Athens Drive High School, weather permitting. Call 831-6851 for more information. Class Fee: \$0

#87043 Sep 1-Dec 29 T,Sa 9:00am-12:00pm

Silver Strength and Stretch

Laurel Hills Community Center

Age: 18yrs and up. This class is designed for total body stretching and flexibility training. We will start the class with some balance and strength training. We will descend to the floor for the end of the work out to engage in core work and spinal balance. Class Fee: \$15

#86310 Sep 2-30 W,F 10:45-11:30am

#86311 Oct 2-30 W,F 10:45-11:30am

#86312 Nov 4-25 W,F 10:45-11:30am

#86313 Dec 2-30 W,F 10:45-11:30am

Weekly Walkers

Non-City Owned Site

Age: 50yrs and up. Walks are at various greenways and trails throughout the Raleigh area. Walks are at a moderate pace and are usually 2-3 miles in length. Members also have the option of meeting for coffee after walks. Call 831-6851 for schedules and more information. Class Fee: \$0

Yoga – Chair

Pullen Community Center

Age: 18yrs and up. Learn how to utilize a chair for your yoga movements. You will be guided in meditation and learn yoga balancing and breathing techniques. Become more aware of your body mechanics as your balance improves and circulation increases. Although yoga can benefit people from all walks of life, chair yoga may especially benefit people who sit in an office all day, have limited range of motion, are recovering from injury, or senior citizens. Feel rejuvenated and relaxed by practicing yoga and bring wholeness to your well being. Wear comfortable clothes. Class Fee: \$36

#87956 Sep 14-Oct 5 M 8:15-9:15am

#87957 Oct 12-Nov 2 M 8:15-9:15am

#87958 Nov 9-30 M 8:15-9:15am

#87959 Dec 7-28 M 8:15-9:15am

#87960 Sep 4-25 F 8:15-9:15am

#87961 Oct 2-23 F 8:15-9:15am

#87962 Oct 30-Nov 20 F 8:15-9:15am

#87963 Sep 3-24 Th 5:00-6:00pm

#87964 Oct 1-22 Th 5:00-6:00pm

#87965 Oct 29-Nov 19 Th 5:00-6:00pm

#87966 Dec 3-31 Th 5:00-6:00pm

Yoga for Seniors

Pullen Community Center

Age: 55yrs and up. Gentle Yoga is a series of functional moves used in a typical day: balancing, putting things on a shelf (mock moves no lifting), wrist and hand

movements, raising your body safely from the floor, along with relaxation techniques.

Class Fee: \$10

#84956 Sep 3-24 Th 3:00-3:45pm

#84957 Oct 1-22 Th 3:00-3:45pm

#84958 Oct 29-Nov 19 Th 3:00-3:45pm

Family

Creative Dance – Biltmore Hills

Biltmore Hills Community Center

Borrowing from ballet, modern and hip-hop, this class allows participants to experience an array of dance techniques to keep everyone excited about dance. Participants will also learn discipline, and improve their social skills. This is an on-going class.

Instructor Ms. Veronica. \$7 per session.

Senior Adult (55yrs and up)

#87219 Sep 2-Oct 7 W 12:00-1:15pm

Home School Groups (8-14yrs)

#87220 Sep 2-Oct 7 W 1:30-2:45pm

Fitness – Personal Training

Chavis Community Center

Age: All Ages. Certified Personal Trainer, Advanced Personal Trainer and Senior Fitness Specialist, Ervin Mitchell, Sr. can help you design a workout that is right for you.

Focus on increasing your flexibility, body toning, strength training, and cardiovascular fitness. One hour sessions are available by appointment only. Call for more information.

Class Fee: \$30

#86357 Sep 1-3 T,Th 5:00-7:00pm

Fitness Boot Camp

Lake Johnson

Age: 12yrs and up. Want to get a total body workout at Lake Johnson? Sign up for our boot camp style fitness program that will challenge you to push your body to the extreme! This training will use a combination of different workout styles including kickboxing, strength training, yoga, core training, and cardio training in a circuit-style format to maximize results. In other words, there will be running, jumping, kicking, punching, twisting, bending and most of all sweating! Each session will be different to ensure muscle confusion and promote total body transformation. Class Fee: \$12/class

#87639 Sep 3-Nov 19 Th 6:00-7:00pm

Karate – Okinawan Shorin-Ruy

Age: 7yrs and up. This program will help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ruy Karate-DO Okinawan and Kata. Class Fee: \$44

Pullen Community Center

#84937 Sep 1-29 T,Th 6:00-7:00pm

#84938 Oct 1-29 T,Th 6:00-7:00pm

#84939 Nov 3-24 T,Th 6:00-7:00pm

#84940 Dec 1-31 T,Th 6:00-7:00pm

Lake Lynn Community Center

#84986 Sep 2-30 M,W 5:30-6:30pm

#84987 Oct 5-28 M,W 5:30-6:30pm

#84988 Nov 2-30 M,W 5:30-6:30pm

#84989 Dec 2-30 M,W 5:30-6:30pm

Martial Arts – Okinawan Family Karate

Laurel Hills Community Center

Age: 7yrs and up. Learn traditional Okinawan Karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self

defense. All students from youth to adult will enjoy personal benefits from karate while challenging yourself both mentally and physically. This is a family class, have fun while learning together. Classes taught by certified organization. Instructors: George and Stephanie Whitten. Class Fee: \$44

#86763 Sep 1-24 T,Th 6:00-7:00pm

#86766 Oct 6-29 T,Th 6:00-7:00pm

#86765 Nov 3-24 T,Th 6:00-7:00pm

#86764 Dec 1-29 T,Th 6:00-7:00pm

Mixed Martial Arts

Roberts Park Community Center

Age: 5-6yrs. A combination of Tae Kwon Do, Shotokan, Wing-Chun Fu and American Kick Boxing. Martial Arts works on character development and the building of confidence. Improve mental and physical health while learning self defense. Fun and excitement for the family. Class Fee: \$45

#86553 Sep 5-29 T,Sa 12:00-1:30pm

#86554 Oct 3-31 T,Sa 12:00-1:30pm

#86555 Nov 3-28 T,Sa 6:00-7:30pm

#86556 Dec 1-19 T,Sa 6:00-7:30pm

Open Play

Age: All Ages. Community open time for gym use. Adults must have a photo ID to enter gym. Youth must have a signed participation form on file to enter during specified times. Call individual community centers for days and times. Class Fee: \$0

Chavis 831-6989

Biltmore Hills 831-6895

Barwell Road 329-5994

Brier Creek 420-2340

Carolina Pines 831-6435

Halifax 831-6378

Laurel Hills 420-2383

Lions Park 831-6995

Method Road 831-6066

Roberts Park 831-6830

Tarboro Road 831-6505

Worthdale 250-2730

Lake Lynn 870-2911

Tae Kwon Do

Method Road Community Center

Age: 10yrs and up. Self-defense and self-discipline for beginning and advance students. Class Fee: \$5

#87604 Sep 3-24 Th 6:30-8:00pm

#87605 Oct 1-29 Th 6:30-8:30pm

#87606 Nov 5-26 Th 6:30-8:00pm

#87607 Dec 3-17 Th 6:30-8:00pm

Tae Kwon Do – Martial Art

Lions Park Community Center

Age: 7yrs and up. Martial arts class for youth and adults. This program develops discipline in youth, fitness in adults and fine martial art skills. Class Fee: \$35

#86537 Sep 1-Oct 1 T,Th 6:30-8:00pm

#86538 Oct 1-27 T,Th 6:30-8:00pm

#86539 Nov 3-Dec 1 T,Th 6:30-8:00pm

#86540 Dec 1-31 T,Th 6:30-8:00pm

Tai Chi Chih – Beginner

Pullen Community Center
 Age: 10yrs and up. Tai Chi Chih: A wonderful moving meditation – sometimes called ‘Joy through movement’. It is designed to balance and circulate your energy (chi). When your energy is balanced and flowing freely, you experience better health, allowing harmony to take place within. Tai Chi Chih consists of 19 soft, flowing moves and one meditative pose. It is simple to learn and a joy to experience. Anyone can do it. The benefits of Tai chi chih are: It relieves stress and anxiety allowing inner calm to take place and promotes balance and flexibility. When Tai Chi Chih is done together at the same pace, it causes a surge of energy and a rhythm begins to move us. Tai Chi translated from Chinese means knowledge of reality. Chih means the way. Class Fee: \$80
 #84959 Sep 29-Nov 17 T 1:00-2:00pm

Wellness Week

Barwell Road Community Center
 Age: All Ages. Join us for a week of activities to help you improve your overall health. Activities will include fitness program demonstrations, healthy living lectures, family fitness night and more! Activity times will vary through out the week. Call Barwell Road Community Center at 329-5994 for more information. Class Fee: \$0
 #85650 Sep 28-Oct 2

Nature

Preschool

Birding for Preschoolers

Optimist Community Center
 Age: 3-5yrs. Preschoolers can learn to identify birds too! Basic backyard birds will be our focus as we talk about their different colors and songs. We will explore the outdoors in search of these feathered friends. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3
 #85529 Oct 8 Th 10:30-11:15am

Leaping Lizards

Laurel Hills Community Center
 Age: 3-5yrs. Lizards, snakes, turtles and other reptiles...We will learn all about them...where they live, what they look like, what they eat, and much, much more. All students must be potty-trained. Instructor: Mrs. Alice. Class Fee: \$36
 #86253 Nov 4-25 W 10:00-10:45am

Nature – Animals in Action

Age: 3-5yrs. Have you ever wondered what it would be like to slither up the street, crawl down the hall, or fly in the sky? We'll

investigate how and why animals move the way they do and try moving like them too. Pre-registration is required four days prior to the program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

Millbrook Exchange Community Center

#85550 Oct 10 Sa 10:00-10:45am

Brier Creek Community Center

#85551 Nov 14 Sa 1:00-1:45pm

Green Road Community Center

#85552 Dec 12 Sa 10:45-11:30am

Nature – Fall Harvest: Apples

Method Road Community Center
 Age: 3-5yrs. Have you ever wondered where apples really come from? We usually buy them from a store, but they are plants that we can grow in our own back yard! We'll learn about seeds, decorate a pot, and plant the seed to watch it grow. Seeds will be provided or you can bring your own (save those seeds from your apple cores). Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$5
 #85543 Sep 18 F 10:00-10:45am

Nature – Fall Harvest: Pumpkins

Age: 3-5yrs. Have you ever wondered where pumpkins really come from? We usually buy them from a store, but they are plants that we can grow in our own back yard! We'll learn about seeds, decorate a pot, and plant the seed to watch it grow. Seeds will be provided or you can bring your own (save those seeds from your jack-o-lantern). Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class

Fee: \$5

Brier Creek Community Center

#85546 Oct 31 Sa 10:30-11:15am

Barwell Road Community Center

#85547 Oct 31 Sa 1:00-1:45pm

Nature – Little Nature Hikers

Age: 1-6yrs. Join a nature instructor and other families for a guided walk around the park with your child. Meet other families in your community and learn about nature. We'll see birds, insects, and maybe even a few mammals and reptiles basking near the lakes and pond. Strollers are welcome. Fee applies to each participant; all children must be accompanied by an adult. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$1

Anderson Point

#85533 Sep 2 W 10:30-11:15am

Sertoma Arts Center

#85537 Oct 7 W 10:30-11:15am

Lake Wheeler

#85538 Nov 4 W 10:30-11:15am

Lake Johnson

#85540 Dec 2 W 10:30-11:15am

Nature – Tales and Scales

Age: 3-5yrs. This story time focuses on Reptiles and is followed by a visit from a few live snakes and lizards to see and touch. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

Lions Park Community Center

#85525 Oct 13 T 9:45-10:30am

Green Road Community Center

#85527 Nov 10 T 9:45-10:30am

Laurel Hills Community Center

#85528 Dec 8 T 1:00-1:45pm

Preschool Nature continued next page —

