

New Inter-Community continued —

Voice Classes will be held beginning the first week in January. Hurry and get your youth prepared. Prizes will be given to dance groups, instrumentalist, musical crafts and the most debonair young man and the most graceful young lady. Art work will be displayed. This will be an opportunity to invite relatives and friends to see your child perform and get involved with activities that will give structure to their free time. Class Fee: \$0
#91243 Mar 5 F 7:00-9:00pm

Piano – Beginner

John P. Top Greene Center
Age: 5-99yrs. Come learn how to play the piano! You will learn how to play the musical alphabet, how to read notes, and play songs! Sessions are in 30 minute increments starting at 5pm. Class Fee: \$40

Session A

#91145 Jan 7-28 Th 5:00-5:30pm
#91148 Jan 14-Feb 4 Th 5:30-6:00pm
#91150 Jan 14-Feb 4 Th 6:30-7:00pm

Session B

#91146 Jan 7-28 Th 5:30-6:00pm
#91151 Jan 14-Feb 4 Th 7:00-7:30pm

Session C

#91147 Jan 7-28 Th 6:00-6:30pm
#91149 Jan 7-28 Th 6:00-6:30pm
#91152 Jan 28-Feb 18 Th 6:30-7:00pm

Session D

#91158 Jan 7-28 Th 6:30-7:00pm

Portuguese for Beginners

Age: 18yrs and up. This course will introduce basic Portuguese. Students will learn alphabet, basic greetings, numbers, calendar dates, weekdays, and more. Students will also enjoy aspects of Brazilian culture. Esta clase le introducirá al portugués básico. Los estudiantes aprenderán el alfabeto, los saludos, números, fechas del calendario, los días, y más. También los estudiantes disfrutarán de los aspectos de la cultura brasileña. Class Fee: \$50

Pullen

#90833 Mar 20-Apr 24 Sa 10:00-11:30am

Jaycee

#90838 Feb 6-Mar 13 Sa 10:00-11:30am

Robbery Prevention Workshop – Platica de Prevencion de Robos

Age: All Ages. Across North Carolina there has been an increased number of robberies. If you want to keep you and your loved ones safe and you want to learn about robbery prevention this class is for you. En Carolina del Norte los números de robos han aumentado. Si usted quiere mantenerse seguro y también a sus seres queridos y además desea aprender como prever robos, esta clase es para usted. Class Fee: \$0

Roberts Park

#90750 Feb 2 T 7:00-8:00pm

Barwell Road

#90749 Mar 3 W 8:00-9:00pm



Sailing on a 23' Keelboat Level 1

Lake Wheeler

Age: 12yrs and up. This 2-hour course is designed for individuals with little to no sailing experience, but who desire to explore the exciting recreational opportunities provided by sailing aboard a larger sailboat. Students will experience sailing first hand, that will include boat safety, water safety, and some sailing operations. The class will be instructed on the water and at dockside. Come out and enjoy an educational experience that will leave wanting to spend more time on the water sailing. Class Fee: \$40

#90796 Mar 6 Sa 10:00am-12:00pm
#90797 Mar 6 Sa 12:30-2:30pm
#90804 Apr 3 Sa 10:00am-12:00pm
#90806 Apr 3 Sa 12:30-2:30pm

Fitness

Preschool

Dance – Jazz – Z Creative Dance

Laurel Hills Community Center

Age: 2-4yrs. 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: \$36

#90633 Mar 6-27 Sa 12:00-12:30pm

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

#88590 Jan 5-Feb 23 T 1:00-1:30pm
#88591 Jan 5-Feb 23 T 1:30-2:00pm
#89169 Mar 9-Apr 27 T 1:00-1:30pm
#89170 Mar 9-Apr 27 T 1:30-2:00pm

Gymnastics – Parent and Tot Tumblers

Green Road Community Center

Age: 15mths-2yrs. Fun and exciting learning including stunts, tumbling, rolls, climbs, jumps and flips. Motor skill development and spatial expression area play are emphasized. This is a parent-tot participation class. At least one parent must attend. Instructed by Coach 'K', NCAE Certified.

Class Fee: \$40

#91313 Jan 8-29 F 10:45-11:30am
#91314 Feb 5-26 F 10:45-11:30am
#91315 Mar 5-26 F 10:45-11:30am
#91316 Apr 9-30 F 10:45-11:30am

Gymnastics – Preschool Tumblers

Age: 3-5yrs. Join us as we explore creative skill techniques utilizing apparatus and movement combinations. Balance, flexibility, stamina, form, style and creative patterns are learned. Little or no experience needed. Instructed by Coach 'K', NCAE Certified.

Class Fee: \$40

Green Road Community Center

#91318	Jan 8-29	F	11:45am-12:30pm
#91319	Feb 5-26	F	11:45am-12:30pm
#91320	Mar 5-26	F	11:45am-12:30pm
#91321	Apr 9-30	F	11:45am-12:30pm

Laurel Hills Community Center

#91535	Mar 6-27	Sa	12:45-1:30pm
#91538	Apr 10-May 1	Sa	1:00-1:45pm

Gymnastics – Tumbling Tinies

Brier Creek Community Center

Age: 9-24mths. 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: \$30

#90369	Jan 15-29	F	9:30-10:15am
#90370	Feb 5-26	F	9:30-10:15am
#90371	Mar 5-19	F	9:30-10:15am
#90372	Apr 9-30	F	9:30-10:15am

Gymnastics – Tumbling Tots

Brier Creek Community Center

Age: 2-3mths. 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 Ed. Class Fee: \$30

#90373	Jan 15-29	F	10:30-11:15am
#90376	Feb 5-26	F	10:30-11:15am
#90374	Mar 5-19	F	10:30-11:15am
#90375	Apr 9-30	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 Ed. Class Fee: \$30

#90377	Jan 15-Feb 5	F	11:30am-12:15pm
#90380	Feb 5-26	F	11:30am-12:15pm
#90378	Mar 5-26	F	11:30am-12:15pm
#90379	Apr 9-30	F	11:30am-12:15pm

Gymnastics – Beginning Tumblers

Green Road Community Center

Age: 4-5yrs. Learn the basics of tumble gymnastics. This session includes skills and techniques for safety, form, charts, rolls, obstacle course play, vaults and beams. Young gymnastics will experience the joy of performing stunts, flips, multi-jumps, pommel horse stunts, tunnel fun, hoops, parachutes and more! Great for fitness,

social and motor skills. Instructed by Ms.

Khadija, AKA Coach K. Class Fee: \$40

#91323	Jan 8-29	F	4:00-4:45pm
#91324	Feb 5-26	F	4:00-4:45pm
#91325	Mar 5-26	F	4:00-4:45pm
#91326	Apr 9-30	F	4:00-4:45pm

Gymnastics – Bottoms Up Tumble (Parent/Child)

Green Road Community Center

Age: 9-14mths. Even though this course includes tumbling, rolls, lifts, parachute play, hoops, tunnels and more creative games to stimulate motor skill development, pulling up to walk is also one of our objectives. Instructional support with safe apparatuses, scoots and other incentives are included. There will be balance lesson stimulants, color zone-play, placement and an obstacle course of fun. Disney Musical Collection is the music choice. Instructed by Khadija AKA Coach K, BS, Licensed/Certified. Class Fee: \$40

#91308	Jan 8-29	F	10:00-10:45am
#91309	Feb 5-26	F	10:00-10:45am
#91310	Mar 5-26	F	10:00-10:45am
#91311	Apr 9-30	F	10:00-10:45am

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

#90444	Jan 5-26	T	5:15-5:45pm
#90445	Feb 2-23	T	5:15-5:45pm
#90446	Mar 2-23	T	5:15-5:45pm
#90447	Apr 6-27	T	5:15-5:45pm
#90465	Jan 5-26	T	5:15-5:45pm
#90466	Feb 2-23	T	5:15-5:45pm
#90467	Mar 2-23	T	5:15-5:45pm
#90468	Apr 6-27	T	5:15-5:45pm

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

#91607	Jan 4-25	M	11:45am-12:15pm
#91608	Mar 15-Apr 12	M	11:45am-12:15pm
#91609	Apr 19-May 10	M	11:45am-12:15pm

Youth

Cheer Dance

Sanderford Road Park

Age: 5-9yrs. Learn basic cheer fundamentals including jumps, motions, and sharpness into a dance. Participants will enhance self-esteem, learn teamwork, and gain strength. Class Fee: \$32

#90862	Jan 6-27	W	6:00-7:00pm
#90871	Feb 3-24	W	6:00-7:00pm
#90872	Mar 3-24	W	6:00-7:00pm
#90873	Apr 7-28	W	6:00-7:00pm
#90975	Jan 5-26	T	7:00-8:00pm
#90976	Feb 2-23	T	7:00-8:00pm
#90977	Mar 2-23	T	7:00-8:00pm
#90978	Apr 6-27	T	7:00-8:00pm

Fun Fitness

Sanderford Road Park

Age: 5-12yrs. Sanderford Road Center knows how to make exercising fun! Kids can use their enthusiasm while embarking on new adventures in exercise to stay in shape. Let's get fit! \$0

#91931	Jan 4-Apr 28	M,W	5:30-6:00pm
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Gymnastics – Elementary Tumblers

Green Road Community Center

Age: 5-11yrs. 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

#91328	Jan 8-29	F	4:45-5:30pm
#91329	Feb 5-26	F	4:45-5:30pm
#91330	Mar 5-Apr 2	F	4:45-5:30pm
#91331	Apr 9-May 7	F	4:45-5:30pm

Home School Tae Kwon Do

Billmore Hills Community Center

Age: 6-18yrs. Beginners Martial Arts for the Home Schooled population. Taught by Mr. Thomas Jarrett. Class Fee: \$35

#91227	Mar 8-31	M,W	11:00am-12:00pm
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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

#90381	Jan 4-27	M,W	7:00-8:00pm
#90382	Feb 1-24	M,W	7:00-8:00pm
#90383	Mar 1-24	M,W	7:00-8:00pm
#90384	Apr 5-21	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

Karate Little Tigers continued next page —

Karate Little Tigers continued —

coordination as well as leadership. Class Fee: \$25

#88616	Jan 9-30	Sa	10:00-10:45am
#88617	Feb 6-27	Sa	10:00-10:45am
#88618	Mar 6-27	Sa	10:00-10:45am
#88619	Apr 3-24	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

#89258	Jan 7-28	Th	6:30-7:30pm
#89255	Feb 4-25	Th	6:30-7:30pm
#89256	Mar 4-Apr 1	Th	6:30-7:30pm
#89257	Apr 8-29	Th	6:30-7:30pm

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

#90469	Jan 7-28	Th	4:00-4:45pm
#90470	Jan 7-28	Th	5:00-5:45pm
#90471	Feb 4-25	Th	4:00-4:45pm
#90472	Feb 4-25	Th	5:00-5:45pm
#90473	Mar 4-25	Th	4:00-4:45pm
#90474	Mar 4-25	Th	5:00-5:45pm
#90475	Apr 8-29	Th	4:00-4:45pm
#90476	Apr 8-29	Th	5:00-5:45pm
#90485	Mar 4-25	Th	4:00-4:45pm
#90487	Mar 4-25	Th	5:00-5:45pm
#90488	Apr 8-29	Th	4:00-4:45pm
#90489	Apr 8-29	Th	5:00-5:45pm

Karate Kids Parent/Me

#90481	Jan 7-28	Th	4:00-4:45pm
#90482	Jan 7-28	Th	5:00-5:45pm
#90483	Feb 4-25	Th	4:00-4:45pm
#90484	Feb 4-25	Th	5:00-5:45pm

Martial Arts – 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. 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

#90863	Jan 4-29	M,W,F	7:15-8:15pm
#90864	Feb 1-26	M,W,F	7:15-8:15pm
#90865	Mar 1-Apr 2	M,W,F	7:15-8:15pm
#90866	Apr 5-30	M,W,F	7:15-8:15pm

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. Classes are held on Monday and Wednesday nights at 6-7pm. Instructor is Eric Blaize. Class Fee: \$15

#91167	Jan 4-27	M,W	6:00-7:00pm
#91168	Feb 1-24	M,W	6:00-7:00pm
#91169	Mar 1-31	M,W	6:00-7:00pm
#91170	Apr 5-28	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. No class on Jan 18. Class Fee: \$28

#90836	Jan 4-Feb 1	M	6:00-6:45pm
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Soccer Saturdays

Worthingdale Community Center
Age: 6-12yrs. Learn to play soccer at an instructional session. Children are given the opportunity to learn kicking, passing, and ball control skills from an instructor. Games will take place after instructional session. Class Fee: \$5

#90512	Apr 3	Sa	9:00-10:30am
#90513	Apr 10	Sa	9:00-10:30am
#90514	Apr 17	Sa	9:00am-10:30pm
#90515	Apr 24	Sa	12:00-4:00pm

Tae Kwon Do Youth

Worthingdale 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

#90541	Jan 12-14	T,Th	6:30-7:30pm
#90542	Feb 2-4	T,Th	6:30-7:30pm
#90543	Mar 2-4	T,Th	6:30-7:30pm
#90544	Apr 6-8	T,Th	6:30-7:30pm

Track Fit 4 Kids

Laurel Hills Community Center
Age: 4-7yrs. Don't they just love to run and race? This is a great way to build their skills with some form and structure. Track Fit aims to promote cardiovascular health and body awareness as it incorporates age appropriate multilevel hurdles, distance, agility drills and more fun! Instructor: Coach K. Class Fee: \$36

#89461	Apr 7-28	W	5:15-5:45pm
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Adult

Adult – Aerobics – Dancercise

Lake Lynn Community Center
Age: 18yrs and up. Join instructor Pat Sorrell for a full body workout designed for ladies of all ages. Starting out slowly, through small dance routines (series of exercise patterns to music), we begin to build our endurance and our strength, gaining a new positive awareness of our bodies.

Two-Day Classes (fee: \$80)

#89435	Jan 11-Mar 3	M,W	5:45-7:00pm
#89451	Mar 22-May 19	M,W	5:45-7:00pm

Single-Day Classes (fee: \$40)

#89436	Mar 23-May 18	T	5:45-7:00pm
#89454	Jan 12-Mar 2	T	5:45-7:00pm
#89455	Jan 11-Mar 19	M	9:15-10:30am
#89456	Mar 22-May 17	M	9:15-10:30am

Aerobics 24

Roberts Park Community Center
Age: 16yrs and up. An exercise program designed to improve and maintain physical condition. It's time to take health seriously.

Get in shape, improve cardiovascular health, muscle endurance, quality of life, feel and look better. All participants receive a complimentary weight room pass. A free fitness room membership if you have a friend register. Class Fee: \$15

#87003	Feb 1-25	M,Th	6:30-7:30pm
#87004	Mar 1-29	M,Th	6:30-7:30pm
#87005	Apr 1-29	M,Th	6:30-7:30pm

Belly Dance Fitness

Pullen Community Center
Age: 16yrs and up. The Bellydance Fitness class is for further exploration into the style of Egyptian Orientale raqs sharqi. This class has both fitness and dance components and is intended as a continuing part of the Beginners class. Advanced students who have not taken the Beginner's class with Jessenia Aymelek or Amara Al Amir must contact the instructor and receive approval before signing up for this class. Class Fee: \$30

#88571	Jan 4-25	M	6:35-7:35pm
#88572	Feb 1-22	M	6:35-7:35pm
#88573	Mar 1-22	M	6:35-7:35pm
#88574	Mar 29-Apr 19	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 additional information go to Kasha's website: www.kashabellydance.com Class Fee: \$80

#89465	Jan 11-Mar 1	M	7:00-8:00pm
#89466	Mar 8-Apr 26	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. Kasha instructs. For more information on the program, visit Kasha's website at www.kashabellydance.com Class Fee: \$80

#89468	Jan 11-Mar 1	M	8:00-9:00pm
#89467	Mar 8-Apr 26	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. Women 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 this class. Wear loose fitting clothing and soft-soled shoes or bare feet. Class Fee: \$88

#89469	Jan 12-Mar 2	T	7:00-8:00pm
#89470	Mar 9-Apr 27	T	7:00-8:00pm

Cardio Aerobics

Sanderford Road Park
Age: 16-99yrs. Let's get moving with these highly energized and upbeat classes that combine a variety of exercises and strengthening movements. This class is sure to increase your energy level and improve your quality of life! Class Fee: \$32

#91024	Jan 6-27	W	7:00-8:00pm
#91025	Feb 3-24	W	7:00-8:00pm
#91026	Mar 3-24	W	7:00-8:00pm
#91028	Apr 7-28	W	7:00-8:00pm

Cardio Fitness Workout Class

Lions Park Community Center
Age: 18-99yrs. Physically, Tae Kwon Do develops strength, speed, balance, flexibility, and stamina. Along with a cardio workout this class will focus on physical fitness. By incorporating calisthenics, tae kwon do basics and cardio/strength training program that works on multiple body areas including core, arms and legs the design of the class is to increase physical fitness along with the benefits of a healthier body. Class Fee: \$20

#89251	Jan 8-29	F	7:30-8:30pm
#92063	Feb 5-26	F	7:30-8:30pm
#92064	Mar 5-26	F	7:30-8:30pm
#92065	Apr 2-23	F	7:30-8:30pm

Dance – The New Chicago Style Steppin Class

Method Road Community Center
Age: All Ages. This is the hottest new dance class done in time with R&B music that will have you moving and exercising to the latest beats. Chicago Steppin includes a lead and follow position in order for the dance to be executed. Numerous turns and foot patterns are also included within this dance. Many couples are coming together, having fun and loving every minute of it while making new friends. You will enjoy it. Class Fee: \$10

#91433	Jan 6-27	W	6:30-7:30pm
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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

#91280	Jan 5-Feb 23	T	9:30-11:00am
#91281	Jan 5-Feb 23	T	6:00-7:30pm
#91282	Mar 9-Apr 27	T	9:30-11:00am
#91283	Mar 9-Apr 27	T	6:00-7:30pm

Exercise – Beginning Yoga

Lake Lynn Community Center
Age: 16yrs and up. Never tried yoga or need to get back to it? The Hatha style of yoga is appropriate for beginners and concentrates on breathing, posture, stretching and calmness. Join Pat Sorrell for a class to experience the relaxation of mind and body. All levels welcomed. Class Fee: \$64

#89457	Jan 14-Mar 4	Th	5:45-7:00pm
#89458	Mar 25-May 20	Th	5:45-7:00pm

Exercise – Cardio Kickboxing

Laurel Hills Community Center
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: \$36

Laurel Hills Community Center

#90353	Jan 5-28	T,Th	7:15-8:00pm
#90497	Jan 5-28	T,Th	8:15-9:00pm
#90498	Feb 2-25	T,Th	7:15-8:00pm
#90499	Feb 2-25	T,Th	8:15-9:00pm
#90500	Mar 2-25	T,Th	7:15-8:00pm
#90501	Mar 2-25	T,Th	8:15-9:00pm
#90502	Apr 6-29	T,Th	7:15-8:00pm
#90503	Apr 6-29	T,Th	8:15-9:00pm

Brier Creek Community Center

#90350	Jan 4-27	M,W	8:15-9:00pm
#90351	Feb 1-24	M,W	8:15-9:00pm
#90352	Mar 1-24	M,W	8:15-9:00pm

Exercise – Certified Personal Trainer

Lake Lynn Community Center
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

#89434	Jan 7	Th	8:00-9:00am
#90359	Jan 7	Th	8:00-9:00am

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

Exercise Kripalu continued next page —

Exercise Kripalu continued —

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 Kilmon. Class Fee: \$64

#88946	Jan 4-Feb 22	M	6:00-7:00pm
#88943	Mar 8-Apr 26	M	6:00-7:00pm
#88944	Jan 5-Feb 23	T	12:00-1:00pm
#88947	Mar 9-Apr 27	T	12:00-1:00pm

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 Kilmon. Class Fee: \$64

#88951	Jan 4-Feb 22	M	7:00-8:00pm
#88952	Mar 8-Apr 26	M	7:00-8:00pm
#88949	Jan 6-Feb 24	W	6:00-7:00pm
#88950	Mar 10-Apr 28	W	6:00-7:00pm
#88953	Jan 7-Feb 25	Th	12:00-1:00pm
#88954	Mar 11-Apr 29	Th	12:00-1:00pm

Exercise – Latin La-Fit

Laurel Hills Community Center

Age: 16yrs and up. This class consists of basic warm up for 6-8 minutes. Then some low impact 'Latin' moves, along with the traditional fit moves for 40 minutes. We will follow up with 8-10 minutes of cool down. Together, this is a great combination of Latin music and moves with a fun attitude! You do not have to be a dancer to do this! This class is ideal for all adults just getting started in fitness (including seniors!) with a fun attitude in fitness! Instructor is AFAA Group Fitness Certified and has a Zumba background. Instructor: Ms. Bettie. Class Fee: \$15

#90628	Jan 4-25	M	10:30-11:30am
#90629	Feb 1-Mar 1	M	10:30-11:30am
#90630	Mar 8-29	M	10:30-11:30am
#90631	Apr 5-26	M	10:30-11:30am

Exercise – Nia

Sertoma Arts Center

Age: 13yrs 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

#88966	Jan 5-Feb 23	T	10:00-11:00am
#88965	Mar 9-Apr 27	T	10:00-11:00am
#88964	Jan 8-Feb 26	F	10:00-11:00am
#88963	Mar 12-Apr 30	F	10:00-11:00am
#88967	Jan 9-Feb 27	Sa	10:00-11:00am
#88968	Mar 13-May 1	Sa	10:00-11:00am

Exercise – Power Tai Chi

Sertoma Arts Center

Age: 10yrs and up. Practice Tai Chi to the power of your own body. Variations of a movement will be demonstrated for different fitness levels and skills. You will learn Tai Chi basic skills of cultivating internal energy while enjoying challenging workout. The class will stress center and balance, weight transfer and core rotation, as well as strength development through muscle extension and Tai Chi boxing. Qi Gong exercise will be used to stimulate internal energy and promote relaxation. Before undertaking any exercise program one should consult a physician. Instructor, Dr. Xiaoqin Wu Turner. Class Fee: \$64

#88969	Jan 4-Feb 8	M	8:00-9:00pm
#88970	Feb 22-Mar 29	M	8:00-9:00pm
#88971	Jan 5-Feb 9	T	5:30-6:30pm
#88972	Feb 23-Mar 30	T	5:30-6:30pm
#90434	Jan 19-Feb 23	T	7:45-8:45pm
#90435	Mar 16-Apr 20	T	7:45-8:45pm

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

#90184	Jan 2-31
#90216	Feb 1-28
#90185	Mar 1-31
#90186	Apr 1-May 5

6 month membership – Class Fee: \$75

#90221	Jan 2-May 6
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Biltmore Hills – Class Fee: \$10

#90187	Jan 2-31
#90188	Feb 1-28
#90189	Mar 1-31
#90190	Apr 1-30

Carolina Pines – Class Fee: \$10

#90196	Jan 2-31
#90197	Feb 1-28

#90198 Mar 1-31

#90199 Apr 1-30

Chavis – Class Fee: \$10

#90200 Jan 2-31

#90201 Feb 1-28

#90202 Mar 1-31

#90203 Apr 1-30

Green Road – Class Fee: \$10

#90204 Jan 2-31

#90205 Feb 1-28

#90206 Mar 1-31

#90207 Apr 1-30

Halifax – Class Fee: \$10

#90208 Jan 2-31

#90209 Feb 1-28

#90210 Mar 1-31

#90211 Apr 1-30

Method – Class Fee: \$10

#90524 Jan 2-31

#90525 Feb 1-28

#90526 Mar 1-31

#90527 Apr 1-30

Millbrook – Class Fee: \$10

#90529 Jan 2-31

#90528 Feb 1-28

#90530 Mar 1-31

#90531 Apr 1-30

Roberts – Class Fee: \$10

#90532 Jan 2-31

#90533 Feb 1-28

#90534 Mar 1-31

#90535 Apr 1-30

Tarboro – Class Fee: \$10

#90536 Jan 2-31

#90537 Feb 1-28

#90538 Mar 1-31

#90539 Apr 1-30

Brier Creek – Class Fee: \$15

#90191 Jan 4-Feb 6

#90192 Feb 1-28

#90193 Mar 1-Apr 4

#90194 Apr 5-May 6

6 month membership – Class Fee: \$75

#90195 Jan 4-May 6

Jaycee Center – Class Fee: \$13

#90212 Jan 2-Feb 5

#90213 Feb 1-28

#90214 Mar 1-31

#90215 Apr 1-30

Laurel Hills – Class Fee: \$10

#90516 Jan 2-Feb 5

#90517 Feb 1-Mar 2

#90518 Mar 1-Apr 2

#90519 Apr 1-May 3

6 Month Membership – Class Fee: \$75

#90520 Jan 2-Jun 30

Lake Lynn – Class Fee: \$15

#90509 January

#89472 February

#89473 March

#89474 April

Lions Park – Class Fee: \$12

#89305 Jan 1-31

#89306 Feb 1-28

Leisure recreation is a state of mind. It is an inner place of peace and a bridge which connects to others in a meaningful way. from the poem of Kathy O. Keffee

#89307 Mar 1-31
 #89308 Apr 1-30
Pullen Community Center – Class Fee: \$10
 #88586 Jan 2-30
 #88587 Feb 1-27
 #88588 Mar 1-31
 #88589 Apr 1-30

Walnut Terrace
 #90545 Jan
 #90546 Feb
 #90547 Mar
 #90548 Apr
Worthdale Center – Class Fee: \$15
 #90549 Jan 2-31
 #90550 Feb 1-28
 #90551 Mar 1-31
 #90552 Apr 1-30

City-Wide – Class Fee: \$20
 #90554 Jan 2-31
 #90555 Feb 1-28
 #90556 Mar 1-31
 #90557 Apr 1-30

Feet Meet Sneaks

Roberts Park Community Center
 Age: All Ages. 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: \$0
 #89481 Mar 4-25 Th 9:30-10:30am
 #89482 Apr 8-29 Th 9:30-10:30am

Fitness – CardioFunk/Dancercise

Greystone Community Center
 Age: 18yrs and up. Come try this fun cardio class. You'll have so much fun dancing that you won't even know you're working out! Fool your body into getting fit! Jazz, Funk, Disco, Latin, it's all fun! Class Fee: \$42
 #90746 Jan 4-25 M 5:00-6:00pm
 #90747 Feb 1-22 M 5:00-6:00pm
 #90748 Mar 1-22 M 5:00-6:00pm
 #90751 Apr 5-26 M 5:00-6:00pm

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

Fitness – Reach your 2010 Goal!

Greystone Community Center
 Age: 16yrs and up. It's time to make those New Year's Resolutions again—this year we'll help you keep them! Join this incentive program and participate in a new fun, upbeat aerobic activity each week. Activities include, dance aerobics, circuit training, the newly popular Zumba and more. In addition, our staff will help each participant determine a realistic goal designed personally for you and what you are trying to accomplish the first week of class. You will meet with the

instructor for about 5 minutes each week to discuss your status and plan out your next week. This program is designed for you to have fun and stick to your resolution with the support of the participants and instructor!
 Class Fee: \$150
 #91096 Jan 5-Mar 11 T,Th 9:00-10:00am

Fitness – Step Aerobics

Greystone Community Center
 Age: 18yrs and up. Learn the basics to step aerobics while getting a great workout! We'll also be working on some choreography involving interval cardio and drills. Tons of fun while getting in shape! Class Fee: \$42
 #91011 Jan 5-26 T 10:00-11:00am
 #91012 Feb 2-23 T 10:00-11:00am
 #91013 Mar 2-23 T 10:00-11:00am
 #91014 Apr 6-27 T 10:00-11:00am

Fitness – Yoga

Greystone Community Center
 Age: 18yrs and up. Yoga will help strengthen your muscles, increase flexibility and build balance, while helping the mind to focus. Yoga helps us focus and relieves us from our everyday stress. Prepare today for a stronger more relaxed you tomorrow!
 Class Fee: \$42
 #91100 Jan 4-25 M 9:00-10:00am
 #91101 Jan 6-27 W 10:00-11:00am
 #91102 Feb 1-22 M 9:00-10:00am
 #91103 Mar 1-22 M 9:00-10:00am
 #91104 Apr 5-26 M 9:00-10:00am
 #91105 Feb 3-24 W 10:00-11:00am
 #91106 Mar 3-24 W 10:00-11:00am
 #91108 Apr 7-28 W 10:00-11:00am

Fitness – Zumba

Greystone Community Center
 Age: 18yrs and up. Zumba is the latest fitness craze! It is a Latin-inspired aerobic fitness class using rhythms from Salsa, Merengue, Cumbia, Samba, Cha Cha, and other Latin music. A mixture of body sculpting movements combined with easy to follow, fun dance steps! We like to call it 'EXERCISE IN DISGUISE'. Come dance those calories away! Class Fee: \$42
 #90738 Jan 5-26 T 5:00-6:00pm
 #90743 Feb 2-23 T 5:00-6:00pm
 #90744 Mar 2-23 T 5:00-6:00pm
 #90745 Apr 6-27 T 5:00-6:00pm
 #91007 Jan 8-29 F 9:00-10:00am
 #91008 Feb 5-26 F 9:00-10:00am
 #91009 Mar 5-26 F 9:00-10:00am
 #91010 Apr 9-30 F 9:00-10:00am

Focused Fitness at Jaycee Park

Jaycee Community Center
 Age: 16-99yrs. A certified personal trainer who offers 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! Class Fee: \$80
 #91679 Mar 1-31 M,W 9:30-10:30am
 #91680 Apr 5-28 M,W 9:30-10:30am

Hip Hop Aerobics

Biltmore Hills Community Center
 Age: All Ages. Come learn some Hip Hop

dance moves while getting in shape and having a good time. Class Fee: \$20
 #91312 Mar 2-25 T,Th 6:30-7:30pm

Martial Arts – Aikido

Green Road Community Center
 Age: 14yrs 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: \$35
 #90829 Jan 5-28 T,Th 7:15-8:45pm
 #90830 Feb 2-25 T,Th 7:15-8:45pm
 #90831 Mar 2-30 T,Th 7:15-8:45pm
 #90832 Apr 1-29 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
 #90867 Jan 4-29 M,W,F 8:15-9:15pm
 #90868 Feb 1-26 M,W,F 8:15-9:15pm
 #90869 Mar 1-Apr 2 M,W,F 8:15-9:15pm
 #90870 Apr 5-30 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
 #91288 Jan 6-Feb 24 W 6:00-7:30pm
 #91289 Mar 10-Apr 14 W 6:00-7:30pm

Party-cise

Ralph Campbell Community Center
 Age: 15yrs 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 related to keep the material fresh and varied. Class Fee: \$10
 #90180 Jan 5-28 T,Th 6:15-7:30pm
 #90181 Feb 2-25 T,Th 6:15-7:30pm
 #90182 Mar 2-30 T,Th 6:15-7:30pm
 #90183 Apr 1-29 T,Th 6:15-7:30pm

Adult Fitness continued next page —

Adult Fitness continued —

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! Class is on Mondays and Wednesdays from 7-8pm. Instructor is Eric Blaiz. Class Fee: \$15
 #91162 Jan 4-27 M,W 7:00-8:00pm
 #91163 Feb 1-24 M,W 7:00-8:00pm
 #91164 Mar 1-31 M,W 7:00-8:00pm
 #91165 Apr 5-28 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. Pat Sorrell instructs. Class Fee: \$40
 #89459 Jan 9-Feb 27 Sa 9:15-10:30am
 #89460 Mar 20-May 22 Sa 9:15-10:30am

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 Conty instructs. Class Fee: \$40
 #89143 Mar 8-29 M 5:30-6:30pm
 #89144 Apr 5-26 M 6:00-7:00pm

Weekly Walks at Anderson Point

Anderson Point
 Age: 18yrs and up. Join a fitness leader and our walking group to get some exercise and relieve stress after work. The group meets each Wednesday at the Oak Grove. Strollers are welcome and everyone can walk at their own pace. For more information, contact the Anderson Point Park manager at 919-831-6640. Class Fee: \$4
 #89283 Jan 6-27 W 6:00-7:00pm
 #89284 Feb 3-24 W 6:00-7:00pm
 #89285 Mar 3-31 W 6:00-7:00pm
 #89286 Apr 7-28 W 6:00-7:00pm

Yoga – All Level

Jaycee Community Center
 Age: 18-99yrs. 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
 #91685 Jan 9-Feb 27 Sa 9:15-10:30am

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
 #91832 Jan 4-25 M 2:00-3:00pm
 #91833 Feb 1-22 M 2:00-3:00pm
 #91834 Mar 1-22 M 2:00-3:00pm
 #91835 Apr 12-May 3 M 2:00-3:00pm
 #91836 Jan 8-29 F 10:15-11:15am
 #91837 Feb 5-26 F 10:15-11:15am
 #91838 Mar 5-26 F 10:15-11:15am
 #91839 Apr 8-29 F 5:00-6:00pm
 #91840 Jan 7-28 Th 5:00-6:00pm
 #91841 Feb 4-25 Th 5:00-6:00pm
 #91842 Mar 4-25 Th 5:00-6:00pm
 #91843 Apr 1-22 Th 5:00-6:00pm

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, LMBT. Students may pay per class or purchase an 8 class punch pass. Class Fee: \$42
 #90937 Jan 4-Apr 28 M,W 10:45-11:45am
 #90938 Jan 4-Apr 28 M,W 10:45-11:45am
 #90939 Jan 4-Apr 28 M,W 10:45-11:45am
 #90940 Jan 4-Apr 28 M,W 10:45-11:45am

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

Single Class
 #90941 Jan 4 M 10:45-11:45am
 #90942 Jan 6 W 10:45-11:45am
 #90943 Jan 11 M 10:45-11:45am
 #90944 Jan 13 W 10:45-11:45am
 #90945 Jan 18 M 10:45-11:45am
 #90946 Jan 20 W 10:45-11:45am
 #90947 Jan 25 M 10:45-11:45am
 #90948 Jan 27 W 10:45-11:45am
 #90949 Feb 1 M 10:45-11:45am
 #90950 Feb 3 W 10:45-11:45am
 #90951 Feb 8 M 10:45-11:45am
 #90952 Feb 10 W 10:45-11:45am
 #90953 Feb 15 M 10:45-11:45am
 #90954 Feb 17 W 10:45-11:45am
 #90955 Feb 22 M 10:45-11:45am
 #90956 Feb 24 W 10:45-11:45am
 #90957 Mar 1 M 10:45-11:45am
 #90958 Mar 3 W 10:45-11:45am
 #90959 Mar 8 M 10:45-11:45am
 #90960 Mar 10 W 10:45-11:45am
 #90961 Mar 15 M 10:45-11:45am

The first wealth is health. Emerson

Register online with ReLink at parks.raleighnc.gov

#90962	Mar 17	W	10:45-11:45am
#90963	Mar 22	M	10:45-11:45am
#90964	Mar 24	W	10:45-11:45am
#90965	Mar 29	M	10:45-11:45am
#90966	Mar 31	W	10:45-11:45am
#90967	Apr 5	M	10:45-11:45am
#90968	Apr 7	W	10:45-11:45am
#90969	Apr 12	M	10:45-11:45am
#90970	Apr 14	W	10:45-11:45am
#90971	Apr 19	M	10:45-11:45am
#90972	Apr 21	W	10:45-11:45am
#90974	Apr 28	W	10:45-11:45am
#90973	May 3	M	10:45-11:45am

Yoga – Flow

Jaycee Community Center

Age: 18-99yrs. 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 six months of consistent yoga before taking this class. Please bring a yoga mat or a large towel to each class. Class Fee: \$65
#91687 Jan 8-Feb 26 F 6:00-7:15pm

Yoga – Introduction

Jaycee Community Center

Age: 18-99yrs. 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
#91689 Jan 5-Feb 9 T 5:30-6:45pm

Yoga – Peaceful

Jaycee Community Center

Age: 18-99yrs. 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
#91690 Jan 6-Feb 10 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, LMBT. Students may pay per class or purchase an 8-class punch pass. Class Fee: \$42

8-class Punch Pass

#90899	Jan 4-Apr 28	M,W	9:30-10:30am
#90900	Jan 4-Apr 28	M,W	9:30-10:30am
#90901	Jan 4-Apr 28	M,W	9:30-10:30am
#90902	Jan 4-Apr 28	M,W	9:30-10:30am

Single Class

#90903	Jan 4	M	9:30-10:30am
#90904	Jan 6	W	9:30-10:30am
#90905	Jan 11	M	9:30-10:30am
#90906	Jan 13	W	9:30-10:30am
#90907	Jan 18	M	9:30-10:30am
#90908	Jan 20	W	9:30-10:30am
#90909	Jan 25	M	9:30-10:30am
#90910	Jan 27	W	9:30-10:30am
#90911	Feb 1	M	9:30-10:30am
#90912	Feb 3	W	9:30-10:30am
#90913	Feb 8	M	9:30-10:30am
#90914	Feb 10	W	9:30-10:30am
#90915	Feb 15	M	9:30-10:30am
#90916	Feb 17	W	9:30-10:30am
#90917	Feb 22	M	9:30-10:30am
#90918	Feb 24	W	9:30-10:30am
#90919	Mar 1	M	9:30-10:30am
#90920	Mar 3	W	9:30-10:30am
#90921	Mar 8	M	9:30-10:30am
#90922	Mar 10	W	9:30-10:30am
#90923	Mar 15	M	9:30-10:30am
#90924	Mar 17	W	9:30-10:30am
#90925	Mar 22	M	9:30-10:30am
#90926	Mar 24	W	9:30-10:30am
#90927	Mar 29	M	9:30-10:30am
#90928	Mar 31	W	9:30-10:30am
#90929	Apr 5	M	9:30-10:30am
#90930	Apr 7	W	9:30-10:30am
#90931	Apr 12	M	9:30-10:30am
#90932	Apr 14	W	9:30-10:30am
#90933	Apr 19	M	9:30-10:30am
#90934	Apr 21	W	9:30-10:30am
#90935	Apr 26	M	9:30-10:30am
#90936	Apr 28	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
#88638 Jan 6-Mar 10 W 5:00-6:00pm
#88636 Mar 24-Apr 14 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
#88641 Jan 8-Mar 12 F 5:00-6:30pm
#88640 Mar 26-Apr 16 F 5:00-6:30pm

Yoga for Beginners

Anderson Point

Age: 18yrs and up. Join a yoga instructor and unwind after a long day. This class will teach you yoga basics and work on flexibility, balance, strength, and breathing. The class meets once a week. New poses and sequences will be introduced each week. For more information, contact the Anderson Point Park manager at 919-831-6640. Class will not meet on January 18 and will meet five times in March.

Class Fee: \$23

#89279 Jan 4, 11, 25 M 7:30-8:30pm

Class Fee: \$30

#89280 Feb 1-22 M 7:30-8:30pm

Class Fee: \$38

#89281 Mar 1-29 M 7:30-8:30pm

Class Fee: \$30

#89282 Apr 5-26 M 7:30-8:30pm

Senior

Chair Yoga

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. Class Fee: \$15

Jaycee Community Center

#90308	Jan 5-26	T	9:00-10:00am
#90302	Feb 2-23	T	9:00-10:00am
#90303	Mar 2-23	T	9:00-10:00am
#90304	Apr 6-27	T	9:00-10:00am
#90309	Jan 7-28	Th	2:00-3:00pm
#90305	Feb 4-25	Th	2:00-3:00pm
#90306	Mar 4-18	Th	2:00-3:00pm
#90307	Apr 8-22	Th	2:00-3:00pm

Pullen Community Center

#91844	Jan 7-28	Th	3:00-3:45pm
#91845	Feb 4-25	Th	3:00-3:45pm
#91846	Mar 4-25	Th	3:00-3:45pm
#91847	Apr 1-22	Th	3:00-3:45pm

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: \$64
#88960 Mar 9-Apr 27 T 1:15-2:15pm
#88959 Jan 5-Feb 23 T 1:15-2:15pm

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. This

Exercise Parkview Manor continued next page —

Exercise Parkview Manor continued —

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
#91166 Jan 4-Apr 29 M,Th 11:00-11:30am

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 Toker 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
#91172 Jan 4-Apr 28 M,W 11:00am-11:30pm

Horseshoes

Non-City Owned Site
Age: 50yrs and up. Practice your horseshoe skills with other adults. Equipment is provided. This activity takes place at Athens Drive High School every Tuesday and Saturday weather permitting. Call 831-6851 for more information. Class Fee: \$0
#91175 Jan 5-9 T,Sa 9:00-10:30am

Senior Fitness – Walking Groups

Optimist Community Center
Age: 50yrs and up. 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. Contact Carmen Rayfield at 807-8525 to find a walking group near you or look on our website at www.raleighnc.gov/seniors. Class Fee: \$0

Optimist Walking Group

#91184 Jan 4-Apr 30 M,W,F 8:30-9:30am

Senior Walking Group

#91187 Jan 4-Apr 26 M 8:30-9:30am

Laurel Hills – Capital City Striders

#91747 Jan 8-Apr 30 F 10:15-11:15am

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

#89495 Feb 2-23 T 10:00am-12:30pm

#89496 Mar 2-30 T 10:30am-12:30pm

#89497 Apr 6-27 T 10:30am-12:30pm

Seniorcise

Age: 55yrs 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

Millbrook Exchange

#88341 Jan 5-28 T,Th 9:30-10:15am

#88343 Jan 5-28 T,Th 10:30-11:15am



#88345 Feb 2-25 T,Th 9:30-10:15am
#88348 Feb 2-25 T,Th 10:30-11:15am
#88342 Mar 2-30 T,Th 9:30-10:15am
#88344 Mar 2-30 T,Th 10:30-11:15am
#88346 Apr 1-29 T,Th 9:30-10:15am
#88347 Apr 1-29 T,Th 10:30-11:15am

Pullen Community Center

#88622 Jan 5-28 T,Th 2:00-2:45pm
#88623 Feb 2-25 T,Th 2:00-2:45pm
#88624 Mar 2-30 T,Th 2:00-2:45pm
#88625 Apr 1-29 T,Th 2:00-2:45pm

Greystone Recreation Center

#91057 Feb 1-26 M,F 10:00-11:00am
#91059 Mar 1-26 M,F 10:00-11:00am
#91067 Jan 4-29 M,F 10:00-11:00am
#91068 Apr 2-26 M,F 10:00-11:00am

Sanderford Rood Center

#91179 Jan 5-Feb 2 T,Th 2:30-3:15pm
#91180 Feb 2-Mar 4 T,Th 2:30-3:15pm
#91181 Mar 2-25 T,Th 2:30-3:15pm
#91182 Apr 1-May 4 T,Th 2:30-3:15pm

Lake Lynn Community Center

#91759 Jan 5-28 T,Th 9:00-10:00am
#91760 Feb 2-25 T,Th 9:00-10:00am
#91761 Mar 2-Apr 1 T,Th 9:00-10:00am
#91762 Apr 6-29 T,Th 9:00-10:00am

Shuffleboard

Non-City Owned Site
Age: 50yrs and up. Practice and play shuffleboard with other adults. Equipment is provided. This activity takes place at Athens Drive High School every Tuesday and Saturday weather permitting. Call 831-6851 for more information. Class Fee: \$0
#91194 Jan 2-5 T,Sa 9:00am-12:00pm

Family

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
#91205 Jan 5-7 T-Th 5:00-7:00pm

Karate – Okinawan Shorin-Ryu

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-Ryu Karate-DO Okinawan and Kata. Class Fee: \$44

Pullen Community Center

#88612 Jan 5-28 T,Th 6:00-7:00pm
#88613 Feb 2-25 T,Th 6:00-7:00pm
#88614 Mar 2-30 T,Th 6:00-7:00pm
#88615 Apr 1-29 T,Th 6:00-7:00pm

Lake Lynn Community Center

#89342 Jan 4-27 M,W 5:30-6:30pm
#89343 Feb 1-24 M,W 5:30-6:30pm
#89344 Mar 1-31 M,W 5:30-6:30pm
#89345 Apr 5-28 M,W 5:30-6:30pm

Latin Rhythms with Zumba

Method Road Community Center
Age: All Ages. Hypnotic latin rhythms and easy to follow moves create a dynamic fitness program for the whole family. Working out can be fun. You will love working out while the calories are burning, your body-energizing while the movements are captivating your life. Class Fee: \$56
#91244 Jan 5-28 T,Th 6:00-7:00pm

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

#90493	Jan 5-28	T,Th	6:00-7:00pm
#90494	Feb 2-25	T,Th	6:00-7:00pm
#90495	Mar 2-23	T,Th	6:00-7:00pm
#90496	Apr 6-29	T,Th	6:00-7:00pm

Martial Arts – Shotokan Karate

Optimist Community Center
Age: 6yrs and up. Are you looking for a martial arts program that stresses discipline of both mind and body? Come try this class to learn the art for yourself. Makes a great program for the family to take together. Students must provide their own uniform and safety/sparring equipment. Students will also be responsible for purchasing a manual. Instructor: Michael Casey. Please call us for more information. Class Fee: \$75

#91681	Jan 4-Feb 1	M,W	6:30-7:30pm
#91682	Feb 3-Mar 1	M,W	6:30-7:30pm
#91683	Mar 3-29	M,W	6:30-7:30pm
#91684	Apr 5-28	M,W	6:30-7:30pm

Mixed Martial Arts

Roberts Park Community Center
Age: 6-70yrs. 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. Be a part of the excitement. Class Fee: \$45

#89487	Jan 5-30	T,Sa	6:30-8:00pm
#89488	Feb 2-27	T,Sa	6:30-8:00pm
#89489	Mar 2-30	T,Sa	6:30-8:00pm
#89490	Apr 3-27	T,Sa	12:00-1:30pm

Open Play

Chavis Community Center
Age: 5yrs and up. 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 specific Community Center for days and times. Class Fee: \$0

#91212	Jan 2-Apr 30	Daily	12:00-2:30pm
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Self Defense Class

John P. Top Greene Center
Age: 8-99yrs. The Self Defense class will prepare you to make yourself less of a target and more able to stop such an attack. Class Fee: \$20

#91251	Feb 10-Mar 3	W	6:00-7:00pm
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Tae Kwon Do

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

#91581	Jan 7-28	Th	6:30-8:00pm
#91582	Feb 4-25	Th	6:30-8:30pm
#91583	Mar 4-25	Th	6:30-8:00pm
#91584	Apr 1-29	Th	6:30-8:00pm

Tae Kwon Do – Beginners

Billmore Hills Community Center
Age: 5yrs and up. Marital 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

#91229	Jan 4-27	M,W	6:30-7:30pm
#91230	Feb 1-24	M,W	6:30-7:30pm
#91231	Mar 1-31	M,W	6:30-7:30pm
#91232	Apr 5-May 5	M,W	6:30-7:30pm

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

#89259	Jan 5-Feb 4	T,Th	6:30-8:00pm
#89260	Feb 2-25	T,Th	6:30-8:00pm
#89261	Mar 2-30	T,Th	6:30-8:00pm
#89262	Apr 1-29	T,Th	6:30-8:00pm

Tae Kwon Do – Sanderford

Sanderford Road Center
Age: 10-99yrs. Martial arts class for youth and adults. The program provides introductory instruction in Tae Kwon Do. Parents are encouraged to sit in and observe. Class Fee: \$35

#91061	Jan 5-26	T	6:00-7:00pm
#91069	Feb 2-23	T	6:00-7:00pm
#91070	Mar 2-23	T	6:00-7:00pm
#91076	Apr 6-27	T	6:00-7:00pm

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

#88633	Jan 5-Feb 23	T	1:00-2:00pm
#88632	Mar 9-Apr 27	T	1:00-2:00pm

Winter Yoga

Durant Nature Park
Age: 14yrs and up. Experience yoga in the the comfort of Durant’s Training Lodge as the winter melts away to spring. Claudia Conty instructs. Class Fee: \$40

#89190	Feb 8-Mar 1	M	6:00-7:00pm
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Nature

Preschool

Bambi and Friends

Green Road Community Center
Age: 3-5yrs. As Bambi grows up in the forest, his animal friends help him learn about his world. Each week we will learn about a different friend, and do a craft activity. All students must be potty-trained. Class Fee: \$36

#91357	Feb 4-25	Th	2:00-2:45pm
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Birding for Preschoolers

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

Tarboro Road Community Center

#89210	Feb 9	T	10:30-11:15am
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Lake Lynn Community Center

#89211	Mar 24	W	10:15-11:00am
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Bug Adventure

Age: 3-5yrs. Search for insects of all kinds at the park. We will look under logs, in the soil, and among the trees for these fascinating little critters. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

Anderson Point Park

#89212	Mar 16	T	9:30-10:15am
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Lake Lynn Community Center

#89213	Apr 14	W	10:30-11:15am
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Butterflies and Ladybugs

Laurel Hills Community Center
Age: 3-5yrs. Butterflies and ladybugs are just two of the neat insects that we will learn about in this class! We will discover how our insect friends can not only be cute, but are good for the environment. Craft related projects in each class. Participants must be potty trained. Class Fee: \$36

#89333	Apr 7-28	W	2:00-2:45pm
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Frogs and Friends

Laurel Hills Community Center
Age: 3-5yrs. Come explore the world of the pond community where frogs live. Find out the answers to such questions as, ‘What is a tadpole?’, and ‘Do frogs really give you warts?’ We learn about a different creature in the pond community each week. Participants must be potty trained. Class Fee: \$36

#89329	Mar 3-24	W	10:15-11:00am
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Nature Preschool continued next page —