

Green Road Community Center Summer 2014 Classes and Programs



Adult Classes

Adult Book Club: (ages 18+) - Join the Green Road Library staff at the Green Road Community Center on the third Tuesday of each month to discuss the book selection of the month.

#154794	May 20	Tue 7:00-8:30 pm
#154795	June 17	Tue 7:00- 8:30 pm
#154796	July 15	Tue 7:00-8:30 pm
#154797	August 19	Tue 7:00-8:30 pm

Class Fee: FREE

Citizen's Advisory Council - Atlantic CAC: (ages 18+) - Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are the 3rd Thursday of every other month at 7:00 pm. Meetings are held at Green Road Community Center (4201 Green Road). No registration necessary.

English as Second Language (ESL): (ages 18+) - These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés. Class Fee: FREE

#155800	May 14 - Jun 18	We 6:30-8:00 pm
#155798	July 16 - Aug 20	We 6:30-8:00 pm
#155799	May 10- June 14	Sa 11:30am-1:00pm
#155801	July 12 - Aug 16	Sa 11:30am-1:00pm

Exercise - Weight Room/Fitness Room: (ages 18+) - Check out the fitness room at Green Road! Take advantage of the variety of cardiovascular and strength training equipment available at Green Road 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.

#156053	May 1 - 31
#156054	June 1 - 30
#156055	July 1 - 31
#156056	August 1 - 31

Class Fee: \$10.00

Monday - Friday	10:00 am - 9:00pm
Saturday	9:00 am - 3:00 pm
Sunday	1:00 - 6:00 pm

Zumba Toning at Green Road with Maria: (ages 12+) - Certified Zumba Instructor Maria Elena de Leon Angel Williams. For participants who wish to learn how to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength, and tone all the target zones. Zumba Sentao combines strength and resistance exercises with dance moves on and around a chair. Zumba Sentao effectively works your core muscles: your 'abs' and mid-section.

May 2 - August 29	Monday, Wed 6:00-7:00 pm
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Daily Fee: \$5.00 or 5-Class Pass: \$25.00

Urban (Soul) Line Dancing: (ages 16+) - Gentlemen and ladies are invited to learn and follow the latest and all-time favorite line dances to Urban Contemporary and Classic R&B/Soul music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

May 2 - August 29	Monday, Friday 7:00 - 8:30 pm
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Class Fee: \$5.00 per day



Exercise - Weight Room/Fitness Room Daily

Pass: (ages 18+) - Check out the fitness room at Green Road! Take advantage of the variety of cardiovascular and strength training equipment available at Green Road 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.

#154801 May 1 - 31

#154802 June 1 - 30

#154803 July 1 - 31

#154804 August 1 - 31

Daily Fee: \$2.00

Monday - Friday 10:00 am - 9:00pm

Saturday 9:00 am - 3:00 pm

Sunday 1:00 - 6:00 pm

Class Fee: FREE

Zumba at Green Road with Maria Williams:

(ages 12+) - Certified Zumba Instructor Maria Elena de Leon Angel Williams. When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students.

May 5 - August 27 Monday, Wed
6:00-7:00 pm

Daily Fee: \$5.00 or 5-Class Pass: \$25.00

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May 2 - August 29 Monday, Friday
7:00 - 8:30 pm

Class Fee: \$5.00 per day

Yoga: (ages 18+) - 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.

May 5 - Aug 27 Mon, Wed 12:00 - 1:00 pm

Daily Fee: \$6.00

May 5 - Aug 27 Mon, Wed 12:00 - 1:00 pm

8-Class Pass: \$42.00

Senior Classes

Bingo for Adults: (ages 55+) - Come and enjoy making friends and sharing lots of laughs while playing Bingo! This is not your typical Bingo.....we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cent per card.

#154799 May 6 - Aug 26 Tuesday
10:00 am-12:30 pm

Class Fee: FREE

Senior Wednesday Morning Movies: (ages 55+) - Are you in the mood for a good movie, popcorn and soda? Then come join your friends as we view current films as well as classics in a friendly environment. Movie requests are welcome as well! Preregistration is necessary due to popularity!

May 7 - August 27 Wednesday
10:00 am-12:00 pm

Class Fee: \$2.00

Senior Women's Open Play: (ages 50+) - Did you play basketball in high school or college or on a church or community team? Do you want to play again? Please join other women on Monday evenings from 7-9 pm at Green Road Community Center for the opportunity to enjoy new friends, fitness and fun and to play and compete under Senior Game rules. The game is played on just one-half of the basketball court with the three players from each team playing offense and defense.

May 5 - August 25 Mon 7:00-9:00 pm

Class Fee: FREE

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May 2 - August 29 Monday, Wed
6:00-7:00 pm Daily

Fee: \$5.00 or 5-Class Pass: \$25.00

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