



Discover your Raleigh Parks and Recreation Department

Iron Men's Fitness Club

Age 18 – Up

Fit Club aims to provide fitness classes to each individual seeking to strengthen and improve their body through challenging workouts. Establish excellence, brotherly fellowship, community service, and high standards of personal integrity. Provide programs that will keep men dedicated, motivated and gain results that will improve their mental and physical health.

Monthly Cost: \$12 Resident, \$15 Non-Resident **(Gym Membership Included)**

Dates/Times:

Monday and Wednesday 11am-2pm, 6pm-9pm and Saturday 10am-1pm **(1 Seminar per month)**

January 6th –May 7th 2014

“W.O.W” Women of Worthdale

Join our mini boot camp for beginners:

Interval Walking, Core Exercises, Weekly Challenges

Workout Information & Techniques

Ages: 18-55yrs.

Barcode: 151260

Every Tuesday & Thursday 6:00pm

Fee: **(One time fee of \$32.00)**)

January 7th-April 22nd 2014

Joining will also earn you a monthly pass for our fitness room for one month.

Worthdale Youth Step Team

Age 8-17yrs.

The stepping for success will focus on enrichment through recreation with structured constructive learning Opportunities and physical activities. Youth will have the opportunity to participate in recreational programs, special events that will improve their dance technique while enhancing characteristics such as team-building, self-esteem, work habits, social skills and cohesion, help establish a professional image in a safe environment.

Cost: 5.00

Date/Times: Every 1st and 3rd Saturday 10:00am-12pm

Barcode: #149757

Tae Kwon Do

Age 5Y-12Y

Cost \$25/month

Learn the art of self defense and discipline. Students will continue to refine their skills, learn different techniques and develop Physical fitness. **Tues & Thurs 6:30pm-7:30pm**

Cardio Fit and Defend

Age 14-Up

Cost 14/month

The program is designed to teach ladies the basic skills on how to defend against a sudden attack.

Time: 6:30 pm-7:30pm

Every Monday-Wednesday from January 6th –May 7th 2014

Friday Night House of Hoop

Age 12-17yrs.

Cost 1.00

The Friday Night Hoops is designed for teens ages 12 to 17, to enjoy basketball in a safe, fun and relaxed environment.

Friday Night Hoops is held every Friday of the month.

Time: 6pm-9pm **January 3rd –April 11th 2014**

Healthy Living Program for Active Adults

A program designed to promote healthy living choices for seniors.

Come enjoy enriching activities that will encourage you to improve your knowledge in health education and improve levels of physical activity. A Program Designed to Promote Healthy living choices for the senior population by providing Health Education and Physical Activity Programs.

Purpose:

The purpose of this program is to provide a Healthy Living program with its attempt to address the lack of health education and physical fitness among the senior population. This program will provide the senior population with enriching activities that will encourage them to improve their knowledge of health education and their levels of physical activity.

Age 45-78yrs.

Time: 11am-12pm

Every other Wednesday of the Month January 8th-April 23rd

Cost: \$6.00 a month

Fitness Center

Age 18Y-Adult

Cost \$10/per month

Check out the fitness center at Worthdale! Come take advantage of the cardiovascular and strength training equipment available at Worthdale and get into shape. The fitness room will be open during normal center operating hours. Participants must be 18 years of age or older.

Sister Share for Women

Age 18 and Up

Cost Free

Join this program for women that will have informative speakers that will uplift, encourage and motivate. Take a moment for yourself, share social time and meet new friends.

Time: 6:30-8:30pm

Date: January 7th-April 15th 2014

Tweens and Teens-Girl Time

This program is designed to provide teen girls with educational activities outside of school. Participants will be encouraged to focus on learning how they can use resources from home to improve their self-image and self-esteem without spending money. Teens will be given the opportunity to enjoy learning how to redesign clothing and jewelry and are provided weekly workshops that focus on leadership.

Age: 10-16yrs.

Cost: 5.00

January 10th –April 25th 2014

HIP HOP Dance Class

Welcome to the exciting world of dance movement in the specific disciplines of hip-hop dance.

Students learn the basic positions, terms, and full routines for these dances. Now Enrolling!!

Ages: 8-15yrs.

Date/Time: Every Monday 5:30-6:30 PM (January 6th-April 28th 2014)

Cost: \$35 per month

To Wine or Not to Wine

This program is designed to teach adults basic wine knowledge, how wines are bottled, stored and what to look for in a good wine. Participants ultimately learn how to select wines for meals at home or dining out. No wine will be consumed during sessions. Visits to local Wineries will be scheduled.

Age: 21-65yrs.

Cost: 20.00

January 24th-March 14th 2014 (Fridays Only)

RALEIGH PARKS AND RECREATION

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