

Zumba®

Ages 18 & Up

Let's Zumba! Ditch the workout and join the party! A cardio-based workout with sculpting exercises designed to tone the entire body using a combination of aerobics and dance moves. Zumba® is designed for people of every shape and every age. This program is easy, effective and stimulating. Anyone can do it! Instructor: Maria Chapman

Activity Fee: \$28/2 classes a week/month
\$19/1 class a week/month

Location: Town Hall Recreation Center

Date:	Day:	Time:
June 2 - 30	Tu & Th	5:30 - 6:30 pm
July 5 - 28	Tu & Th	5:30 - 6:30 pm
Aug 2 - 30	Tu & Th	5:30 - 6:30 pm



Beach Boot(y) Camp

Ages 18 & Up

Get in shape and look your best this summer! Tighten up those trouble areas and lose those last few pounds. This 4-hour seminar will cover nutrition, body types and metabolic rates, along with cardio-training and resistance exercise. Instructor: LDC Training

Activity Fee: \$49

Location: Town Hall Recreation Center

Date:	Day:	Time:
June 25	Sat	9 am - 1 pm
July 23	Sat	9 am - 1 pm
Aug 27	Sat	9 am - 1 pm

Basic Fitness Boot Camp

Ages 18 & Up

Lose weight, tone muscles and build endurance. Based on police/military-style physical training, this class introduces civilians to a healthy lifestyle through sound nutrition, cardio-training and resistance exercise. Each session is now 4 weeks. No class 7/4. Instructor: LDC Training

Activity Fee: \$51/4 weeks

Location: Town Hall Recreation Center

Date:	Day:	Time:
June 6 - 29	M/W	6:30 - 8 pm
July 6 - 27	M/W	6:30 - 8 pm
Aug 1 - 24	M/W	6:30 - 8 pm

Tai Chi

Ages 10 & Up

Learn to increase your level of energy through fluid movements, breath work and inner focus. This is a simple and effective way to condition the whole body. Tai Chi helps regulate blood circulation, mobilizes joints, ligaments, muscles and increases respiratory capacity. Tai Chi is not strenuous and requires no special equipment or ability. No class on 7/4. Instructor Chris Urmston

Activity Fee: \$37/3 classes a week/month
\$27/2 classes a week/month

Location: James Woody Community Center
Arts & Crafts Room

Date:	Day:	Time:
June 1 - 29	M/W/F	11 am - 12 pm
July 1 - 29	M/W/F	11 am - 12 pm
Aug 1 - 31	M/W/F	11 am - 12 pm

Yoga

Ages 16 & Up

Are you looking for a workout program this is easy to learn, requires little or no equipment and soothes your soul while toning your body? If strengthening your cardiovascular system, stretching your muscles and improving your mental fitness are on your to-do list, then this class is for you! Instructor: Debbie Bucarey

Activity Fee: \$28/2 classes a week/month
\$19/1 class a week/month

Location: Town Hall Recreation Center

Date:	Day:	Time:
June 2 - 30	Tu/Th	6:40 - 7:40 pm
July 5 - 28	Tu/Th	6:40 - 7:40 pm
Aug 2 - 30	Tu/Th	6:40 - 7:40 pm