

ADULT CLASSES

-MONTHLY CLASSES-

Fabric

Painting

Senior Citizens
Thursdays: 9am-12pm
\$1 per month
Participants must provide their own fabric. Come and paint with us!



Aikido

Ages 18+
Monday, Wednesday: 7pm-8pm
Saturday: 10am-11:00am
\$70 monthly
A Japanese form of self defense, directing attacks away from you.



Cardio Dance

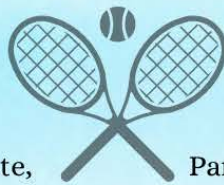
Ages 18+
Monday-Friday: 9am-10:30am
Saturday: 8:30am-9:30am
\$20 monthly.
A high energy cardio dance workout class.

-SEASONAL CLASSES-

Adult

Beginner Tennis

Ages 18+
Tuesdays: 9:30am-10:30am
\$60
April 8 - May 27
Participants will learn proper racket etiquette, ball control, and more.



Adult Beginner -

Intermediate Tennis

Ages 18+
Fridays: 7pm-8pm
\$60
April 11 - May 30
Participants will learn and practice proper racket etiquette, ball control, and rally with other players of a similar level.

Adult

Kickboxing

Ages 18+
Tuesdays: 10:45am-11:45am
\$40
April 8 - May 27
Participants will get a workout and learn a form of self defense all in one class!



Tai Chi

Ages 18+
Thursdays: 6pm-8pm
\$80
April 10 - May 29
Participants will get a low impact form of martial art that puts minimal stress on muscles and joints.



Adult

Soccer

Ages 18+
Thursdays: 6:30pm-7:30pm
\$80
April 10 - May 29
Participants will practice and learn the basics of soccer as well as play scrimmages against one another.

