

Please find more information about classes offered below. Instructors are happy to answer any questions you may have!

An Introduction to Tai Chi: Introductory classes on March 19th and 26th. 6 week series begins on April 2nd (12:15 – 1:15pm) Tai Chi for Arthritis and Fall Prevention led by a board certified instructor, Suzanne Tindol. This is practiced in sun style. Tai chi warm up exercises; 1-2 movements per lessons progressively leading to completing the basic core movements; tai chi cool down exercises; breathing techniques; and tai chi principles including those related to improving physical and mental balance. Benefits include increased flexibility, muscle strength and fitness, less stress and more relaxation, improved immunity, lower cholesterol and blood pressure, better body posture, integration of body, mind and spirit, improved flow of energy, and all aspects of health. Please contact Suzanne Tindol at (910)308-8982 to register. Pre-payment cost of \$48 for the 6 sessions.

Adult Aikido Self-Defense Classes: Shojin-ryu. Nihon Goshin Aikido. Learn effective self-defense built upon the traditions of a proven martial art. Hihon Goshin Aikido combines throws, grappling, locks, and striking with physical principles that take advantage of the energy (momentum) of the attack to allow a smaller defender to defeat a stronger attacker. FIRST CLASS IS FREE!! Cost: \$50/month or \$10/class. Discounts for multiple family members. Class is taught by Senior Shojin-ryu Instructor, Gerry Seymour. For more information, announcements or changes in class schedule, please visit: www.Shojinryu.org.

Baby Boot Camp Classes: 60 minute stroller fitness classes cater to moms of all fitness levels: pregnant moms, new moms, and moms with one + stroller ages children. Instructed by Nationally Certified Fitness Professionals, our interval based classes incorporate cardio, strength and core for a total body workout. OUTDOOR LOCATION: JACKSON PARK/INCLEMENT WEATHER LOCATION: ATHLETIC CENTER GYM (FITNESS ROOM). FIRST CLASS FREE. For any questions or to register, please contact instructor Jen McDonald at jen.mcdonald@babybootcamp.com or call 248-303-8807. Learn more at babybootcamp.com

Beginner Piano Lessons: Piano instruction for children and adults. All lessons are \$10 per 1/2 hour. Pre-registration is required. To register or for more information, please contact instructor Kathleen Scanlan at (828) 606-3209 or email joekathy1990@yahoo.com.

Blue Ridge Dance Lab: Mondays -Argentine Tango 8:30-10:30pm (varies); Fridays - 1st Fridays - Line Dancing and Country Couple 7-11pm (\$5); 2nd Fridays - Rueda de Casino & Latin Night 7-11pm (\$5); 3rd Fridays - West Coast Swing 7-11pm (\$5); 4th Fridays - Themed East Coast Swing/Lindy 7-11pm (\$7). For more information and/or to register, please contact Joshua Balson or Tora Ellis at (828) 577-7007.

Bokwa Fitness: 6pm-6:45pm, M/W/F. A non-stop cardio, music driven workout that doesn't feel like a dance class. Bokwa is for dance fitness lovers and folks with two left feet. \$6/class. Contact Christine: 828-275-7144

Clogging: Adult & Kids (ages 5 yrs. and up) classes offered. Cost is \$7.00 per class. To register or for more information contact Mary Ann at (828) 606-3474.

English Country Dance: A dance of the British Isles in which couples together or in sets of 2-3 couples. A caller will be on site on the first Thursday of every month from 7:00-8:30pm. Contact Suzette at 828-243-1949 for registration and additional information.

Hip-Hop Step & Tone: 6pm-6:45pm, T/Th. This class combines an aerobic step and light hand weights for a music driven fitness class. Enjoy popular dance music as we step and tone our way to a healthier body! Beginners welcome. \$6 per class. Contact Christine: 828-275-7144

Light Weights 4 Seniors Fitness Program: This program includes low impact aerobics, light wrist & ankle weights, resistance bands, medicine balls and stretches. Cost of Classes Vary. For more information, pre-payment, or registration, please call certified instructor Suzanne Tindol at 910-308-8982.

Line Dance-Beginner: Cost is \$5 per class. Contact Wanda Junek to register at (828) 890-5777 or visit www.linedanceclass.com

Low Impact Aerobics: Aerobics with chair assistance if necessary. This class incorporates cardio and strength training with no floor work. \$50 punch card for 10 classes or \$6.00 per class for walk-ins. For further questions, please contact instructor Angela Vaughn at 828-808-2427.

Mixed Levels Yoga: Certified yoga teacher, Tony Baron, brings 50+ years of teaching experience. Yoga invigorates, renews flexibility, and helps create an inner atmosphere of peace and harmony in your daily routine. Wednesdays from 5:45-6:45pm. Props are available, if needed. To register, please contact Tony at 828-243-8965.

Out-Fit: Fitness For All Levels! This class is a Circuit/Cross Training/Interval style class that mixes calisthenics and body weight exercises with cardio and strength training. Cardio work can include Step, Hi-Lo Aerobics, Cardio Kickboxing; Strength work can include weights, mat, body weight exercises, and more. Cost: \$10 per class or \$60.00 per month. For further questions, please contact certified instructor Timothy Thew at email: mstreet@bellsouth.net.

Quilting Class: Classes on the 2nd and 4th Wednesdays of the month. \$5.00 per class. Contact Margaret Street at mstreet@bellsouth.net.

Silver Sneakers FLEX Ageless Grace: Ageless Grace is a cutting edge brain fitness program that activates 5 functions of the brain. Denise Medved, the creator, and Doreen Blue will tag team this class Tuesday and Thursday from 2:30-3:00pm. Contact Denise at denise@agelessgrace.com or 828-290-2344.

Silver Sneakers Ageless Grace Brain Health / Balance: Ageless Grace Brain Health (each Tuesday from 11:15AM-11:45AM); Balance (each Tuesday from 11:45AM-12:30PM) Cost is \$5/class for non Silver Sneakers

Tap and Ballet: For more information and/or to register, please contact instructor Carol Montgomery at (954) 655-0680, (828) 595-9910 or email Cburns0502@gmail.com.

Tap Class (all ages): Saturdays (ongoing) 12:30-1:15pm. The creativity of basic rhythmic tap sounds and having fun too. Beginners will learn choreographed "Traditional Soft Shoe & Puttin on the Ritz". While learning routines, students will continue building their tap skills. Cost is \$10/class. Dance leotard/stretchy attire and tap shoes needed. For more information and/or to register, please contact instructor Carol Montgomery at (954) 655-0680, (828) 595-9910 or email Cburns0502@gmail.com.

Yoga with Therapeutically Oriented Influences: Yoga is a "hands on" application combining joint work in the warm up leading up to where breath and movement allow you to gently challenge yourself in poses that aligns, strengthens, gentle twists, balance and restore. This form of Yoga is good for those with Limitations such as knees, Fibromyalgia, Parkinson's, recovery from an illness or surgery, tight muscles and the like and includes ageless grace. Mats and props are provided on 1st come 1st served basis. Cost is \$9 per class, or \$40 for 5 classes (expires in 3 months), or \$50 (monthly unlimited), \$80 for 12 classes (expires in 6 months). To register, please contact Suzanne at (910) 308-8982.

Tots on Toes: Introduce your child to the art of ballet, build self-confidence, and increase creativity through dance in a non-competitive environment with instructor Dory Jones. **March Session (every Saturday)** Ages 3-4 11:30-12:15. Ages 5-6 12:30-1:15. Cost is \$40 for the workshop. (Contact Dory Jones at (828)242-6643 or dorypjones@gmail.com)

Zumba Fitness (AM and Wednesday PM): Come sculpt and tone while calming the mind and inspiring the soul with Latin/international aerobic dance. COST: drop in fee of \$6.00 per class, \$50 for 10 class punch card or \$50 monthly for unlimited classes. For more information, please contact Rebecca at rshord@gmail.com or (828) 551-1269.

Zumba Fitness (PM & Saturday): The ZUMBA program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. It combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. Price \$5.00 per class. Melanie and Shannon teach for all levels! For questions, please contact licensed instructors Melanie: 699-3790 or Shannon: 698-2707.