

DROP-IN-SPORTS

Pickleball

Mon/Wed 11-1/1-3 pm
Friday 1-3 pm

Pickleball is played with wooden paddles and whiffle-type ball, a combination of tennis and badminton, easy to learn and great exercise! \$2 per session.



Bounce Volleyball

Tues/Thurs 11-1 pm

A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate and enjoy this great game. There is already an established group attending this program but always room for more. \$1 per session.



Basketball

Fridays 11-1 pm

Get a great workout and have fun at the same time! Drop-in and play 3 on 3 basketball on half courts. No experience necessary. \$1 per session.

Sit Down and Tone Up

Mon-Wed-Fri 9:30 am

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve balance. You will work lower body and abs by using your legs own weight (or bring ankle weights). You will work upper body with 1-3lb dumbbells (or a couple of soup cans). Drop in, no fee.

Stretch & Strength Training (cardio weights & strengthening)

Mon, June 25-July 30 11 am

Wed, June 27-Aug 8

Fri, June 29-Aug 3

Improve your strength, stamina and flexibility. All exercises are adaptable to allow you to work at your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Work out to great music such as big band, oldies and rock & roll. Join us for socialization, laughter and fun! Bring hand-held weights if you have them and a water bottle. Wear tennis shoes and loose, comfortable clothing. Classes run continuously except on holidays and scheduled instructor vacation. Instructor **Jo Schirtzinger**, Leisure Unlimited, has been teaching this popular class since 1996. **\$26/6 wks** for 1 day, **\$46/6 wks** for 2 days and **\$62/6 wks** for 3 days. Drop in dates: May 13, 15 and June 18, 20, 22. **\$5** drop-in fee. *No class May 28 and June 6, 8, 11.*

Tai Chi Chuan

Tuesday, Apr 10-June 26

Silk Reeling 9 am

(Beginners welcome)

Chen Style Cont 9:45 am

(Not for beginners)

Silk Reeling - internal spiral energy exercise is the key to understanding the real art of Tai Chi Chuan. Simple and easy to learn through repeated practice of its gentle spiraling movement. Instructor **Han Hoong Wang** provides this class for both beginner and continuing students. Chen Style Tai Chi Chuan is the oldest form of Tai Chi Chuan from which all styles originated. Participants need to have taken Silk Reeling before taking this course. Students will improve their nimbleness, strength, coordination and balance. **\$60/12 wks.**

Yoga

Thursday, May 10-June 28

10:15 am

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignment and balance. Instructor - **Cheri Baugh**. Pre-register. **\$36/8 wks.**