

### **November Women's Self-Defense Class Begins Monday 11/4**

In this class, women have the opportunity to learn ways to defend themselves in different situations. Class covers techniques ranging from wrist grabs to ground defense. The goal of this class is to help women feel more prepared for the unimaginable and to become stronger mentally and physically. Class will take place on Mondays in November as well as on December 2nd from 6:00pm – 7:00pm in the CRC Fit Zone Room. Class is \$30 for all 5 sessions. Registration closes on Monday and is limited to the first 15 participants. Registration is required, no drop-ins will be accepted. Female participants ages 14+ are welcome to register and prior experience with self-defense or martial arts is not required. Register at the CRC or online using Activity Number 4202060. Instructor Kailey Rivenburgh holds a 2nd degree black belt in KiMudo. Participants under the age of 18 will need a parent/guardian to sign a participation waiver before class begins.

### **SilverSneakers EnerChi is Underway**

MRD's newest SilverSneakers class EnerChi began on Tuesday, October 15th in the CRC Fit Zone. Join instructor Kate Musgrave as she leads you through SilverSneakers newest class format. EnerChi incorporates Tai Chi and Qigong principles to improve physical and mental well-being and introduces modified Tai Chi forms. The class links forms together in a guided flow that increases strength and vitality. You will learn the foundations of weight transfer and rhythmic movement along with awareness and focused breathing. All members and day pass purchasers are welcome to attend. You do not need to be a SilverSneakers Member to participate. Class takes place at 1:00pm on Tuesdays.

### **Hip-Hop Dance Fitness is Also Underway**

Join instructors Riley and Ali for a new dance fitness class on Wednesdays at 5:45pm. This Hip-Hop based class will help you get your heart rate up and you will have a blast dancing with MRD's talented instructors. This class will run from October 30th through December 18th in the CRC Fit Zone. Come on out and join the remaining seven classes. Class is also included for CRC pass holders and day use visitors.