



# PARKS AND RECREATION

## Senior Programs and Centers Additions to Brochure Winter/Spring 2020

### **CROCHET/KNITTING CLASS**

Kick start your creativity with a hook and a slip knot. Learn how to crochet in a fun-relaxing environment.

**Instructor: Tom Neal**

**1/16-5/14      Thurs.: 9 am-12 pm**

### **DRAWING - ADVANCE**

Intermediate drawing class uses various materials.

**Instructor: Carmel Alvis**

**1/13-5/11      Mon.: 10am -12pm**

### **DRAWING - BEGINNER**

Learn how to draw! This class is for the true beginner in teaching the basics of drawing.

**Instructor: Carmel Alvis**

**1/13-5/11      Mon.: 1-3pm**

### **BODY FUSION**

Strength. Confidence. Flexibility. Mind takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movements. The focus of this class is on core muscles, lower body strength and balance.

**Instructor: Joby Robertson**

**1/13-5/11 Mon.: 8:15- 9:15am**

### **LINE DANCING WITH KARLA**

Choreographed dance moves with a repeated step that you do in a group, without a partner. The Electric Slide is a classic example.

**Instructor: Karla Dupriest**

**1/15-5/13 Wed.: 4-5:30pm**

### **SILVERSNEAKERS BOOM MIND**

Boom Mind is a fusion of Yoga and Pilates that focuses on stretching and core strength. Improve your flexibility and athletic performance in a class that's good for your body and your mind.

**Instructor: June Jones**

**1/14-5/12      Tues.: 9:30-10:30am**

**Instructor: Joby Robertson**

**1/14-5/12      Tues.: 3:30-400 pm**

**1/15-5/13      Wed.: 8-8:30 am**



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## Additions to Brochure

### Winter/Spring 2020

## **SILVERSNEAKERS CLASSIC**

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

## Instructor: Joby Robertson

1/15-5/13 Wed.:9:30-10:15am

## SILVERSNEAKERS YOGA

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

**Instructor: June Junes**

**1/13-5/11 Mon.: 9:30-10:30am**

## ZUMBA

Take the work out of workout with our dance fitness party! A great cardio class that burns calories while dancing your cares away!

## Instructor: Joby Robertson

1/14-5/12 Tues.: 8:15-9 am

1/14-5/12 Tues.: 4-4:45pm

1/16-5/14 Thurs.: 4-4:45pm