

# ADULT CLASSES

## Interval Step Class

This mid afternoon class combines the benefit of interval training with step aerobics. The high energy, low impact class is designed to work problem areas of the body and help you reach your fitness goals. Hand weights, exercise balls and bands enhance each workout. Instructor: Belinda Smith, Certified Aerobic Instructor

Date	Day	Time	Fee	Activity #
Sep 14 - Oct 21	M/W	4 - 4:50 p.m.	\$25	20216-01
Oct 26 - Dec 9*	M/W	4 - 4:50 p.m.	\$25	20216-02
Jan 4 - Feb 17**	M/W	4 - 4:50 p.m.	\$25	20216-03
Feb 22 - Mar 31	M/W	4 - 4:50 p.m.	\$25	20216-04

\*No class Nov 11, 18 & 25

\*\*No class Jan 18 & Feb 15

Location: Roger T. Sermon Community Center

## Multi Level Aerobics

Are you looking for a class that offers a great workout with less stress to your body? This class will challenge you with great moves that get your heart rate up for maximum cardiovascular benefit. The first half of class gets you going with aerobic moves and the second half tones and strengthens with the use of hand weights, exercise balls, and floor work. Bring a mat and water to class. Instructor: Paula Goth, NETA Certified

Date	Day	Time	Fee	Activity #
Sep 8 - Oct 15	T/TH	7:15 - 8:15 p.m.	\$15	20207-05
Oct 20 - Dec 3*	T/TH	7:15 - 8:15 p.m.	\$15	20207-06
Dec 8 - 17	T/TH	7:15 - 8:15 p.m.	\$5	20207-07
Jan 5 - Feb 11	T/TH	7:15 - 8:15 p.m.	\$15	20207-08
Feb 16 - Mar 25	T/TH	7:15 - 8:15 p.m.	\$15	20207-09

\*No class Nov 19 & 26

Location: Roger T. Sermon Community Center

## Core Fitness Training/ Full Body Sculpting

Learn how to protect your back, help with balance and stability, and strengthen the muscles you use daily with most movement. A warm up followed by an intense abdominal workout combined with weight training and stretching will help you gain the sleek, strong look you crave. Bring a mat and water to class. Appropriate workout shoes required. Instructor: Paula Goth, NETA Certified

Date	Day	Time	Fee	Activity#
Sep 8 - Oct 15	T/TH	7:15 - 8:15 p.m.	\$20	20220-01
Oct 20 - Dec 3*	T/TH	7:15 - 8:15 p.m.	\$20	20220-02
Jan 5 - Feb 11	T/TH	7:15 - 8:15 p.m.	\$20	20220-03
Feb 16 - Mar 25	T/TH	7:15 - 8:15 p.m.	\$20	20220-04

\*No class Nov 19 & 26

Location: Roger T. Sermon Community Center

## Introduction to Step Aerobics

Step Aerobics can be therapeutic as well as improving muscle strength. Our instructor will take you step by step through the correct way to learn and use basic moves in this introductory level class. All equipment is provided. Participants should bring water to class. Appropriate attire and footwear is required. Instructor: Michelle Pena, Certified NETA Instructor

Date	Day	Time	Fee	Activity #
Sep 14 - Oct 21	M/W	5:30 - 6 p.m.	\$12.50	20245-01
Oct 26 - Dec 9*	M/W	5:30 - 6 p.m.	\$12.50	20245-02
Jan 4 - Feb 17**	M/W	5:30 - 6 p.m.	\$12.50	20245-03
Feb 22 - Mar 31	M/W	5:30 - 6 p.m.	\$12.50	20245-04

\*No class Nov 11, 18 & 25

\*\*No class Jan 18 & Feb 15

Location: Roger T. Sermon Community Center

## Step Aerobics

Step Aerobics is a high energy, low impact exercise class designed to work problem areas: hips, thighs, and abdomen. Movements can be done either on or off of the step or a combination of both. With a healthy diet and exercise, this class can help you reach your fitness goals. Hand weights, bands and floor exercise give you a total body workout. Steps, bands, and weights provided. Bring a mat and water to class. Instructor: Michelle Pena, NETA Certified

Date	Day	Time	Fee	Activity #
Sep 14 - Oct 21	M/W	6 - 7 p.m.	\$20	20208-01
Oct 26 - Dec 9*	M/W	6 - 7 p.m.	\$20	20208-02
Dec 14 - 23	M/W	6 - 7 p.m.	\$7.50	20208-03
Jan 4 - Feb 17**	M/W	6 - 7 p.m.	\$20	20208-04
Feb 22 - Mar 31	M/W	6 - 7 p.m.	\$20	20208-05

\*No class Nov 11, 18 & 25

\*\*No class Jan 18 & Feb 15

Location: Roger T. Sermon Community Center

## Fit Friends

This health and wellness class is designed to take you through eight mini steps towards a better you. A health risk assessment, life style counseling, assistance with setting goals and meal planning are just a few of the things emphasized in this eight week class. If you want to improve your quality of life, lose weight, or start a new wellness or fitness program, this class will assist you in reaching your goals. Pre-registration is required.

Instructor: Cindy Newland, certified Personal Trainer

Date	Day	Time	Fee	Activity #
Sep 21 - Nov 9	Mon	5:30-6:30 p.m.	\$25	20224-01

Location: Roger T. Sermon Community Center

# ADULT CLASSES

## Kaerobox

### Kickboxing Aerobics

Kaerobox combines the basic techniques of karate, aerobic exercise movements and up-beat music. With this combination, you are provided a strenuous total body workout. The Kaerobox workout consists of: Warm-up, Upper Body, Lower Body, Total Body, and Cool Down. Bring a mat and water to class. Six-week sessions. Instructor: Tony Thornton

Date	Day	Time	Fee	Activity#
Sep14 - Oct 21	M/W	7:30 - 8:30 p.m.	\$40	20206-01
Oct 26 - Dec 9*	M/W	7:30 - 8:30 p.m.	\$40	20206-02
Dec 14 - 21	M/W	7:30 - 8:30 p.m.	\$10	20206-03
Jan4 - Feb17**	M/W	7:30 - 8:30 p.m.	\$40	20206-04
Feb22 - Mar31	M/W	7:30 - 8:30 p.m.	\$40	20206-05

\*No class Nov 11, 18 & 25

\*\*No class Jan 18 & Feb 15

Location: Roger T. Sermon Community Center



## Pilates Yoga

Basic yoga movements comprise the workout that provides core muscle training and toning. Yoga helps with flexibility and balance while Pilates concentrates on core strength. Bring a mat and water to class. Six-week sessions. Instructor: Gwen Hake, certified instructor.

Date	Day	Time	Fee	Activity #
Sep15 - Oct 22	T/TH	9:30-10:30 a.m.	\$40	20201-05
Oct 27 - Dec10*	T/TH	9:30-10:30 a.m.	\$40	20201-06
Jan 5 - Feb 11	T/TH	9:30-10:30 a.m.	\$40	20201-07
Feb16 - Mar 25	T/TH	9:30-10:30 a.m.	\$40	20201-08

\*No class Nov 11, 20 & 27

Location: Roger T. Sermon Community Center

## Yoga

Come to class prepared to increase flexibility, improve muscle tone, and develop a general feeling of well being with reduced stress. Learn beginner-level breathing techniques, meditation and relaxation. Bring a yoga mat and water to class. Six-week sessions.

Instructor: Teri Cartwright, certified Yoga instructor.

Date	Day	Time	Fee	Activity #
Sep 15 - Oct 22	T/TH	6 - 7 p.m.	\$30	20204-05
Oct 27 - Dec 10*	T/TH	6 - 7 p.m.	\$30	20204-06
Jan 5 - Feb 11	T/TH	6 - 7 p.m.	\$30	20204-07
Feb 16 - Mar 25	T/TH	6 - 7 p.m.	\$30	20204-08

\*No class Nov 19 & 26

Location: Roger T. Sermon Community Center

## Tai Chi Chuan- The Essentials

Tai Chi Chuan is a gentle set of exercises that emphasizes the building of internal energy and external flexibility that stimulates natural health benefits. Class is separated into four sections: warm up exercises, Chen Tai Chi silk reeling exercises, Chen Tai Chi form practice and instruction and Chen Tai Chi - Chi Kung exercises (deep breathing). Class will stress Chen Tai Chi Chuan basic essentials and principles. Instructor: Randy Jones, licensed and certified to teach Chen Family Tai Chi Chuan by Three Dragons Way, or designated assistants.

Date	Day	Time	Fee	Activity #
Sep 2 - 30	Wed	6:30 - 8:30 p.m.	\$40	20205-01
Oct 7 - 28	Wed	6:30 - 8:30 p.m.	\$35	20205-02
Jan 6 - 27	Wed	6:30 - 8:30 p.m.	\$30	20205-03
Feb 3 - 24	Wed	6:30 - 8:30 p.m.	\$30	20205-04

Location: Roger T. Sermon Community Center

## Hot Yoga

Stretching postures and breathing exercises are taught in a heated room in this one-day class so that moves will relieve one's body resistance without risking injury. Gently stretching muscles and joints as well as massaging the various organs, ensures the optimum blood supply to various parts of the body. Bring Yoga mat, water, and towels. Instructor: Teri Cartwright. Pre-registration required.

Date	Day	Time	Fee	Activity #
Oct 10	Sat	9 -10:30 a.m.	\$5	20214-01
Jan 16	Sat	9 - 10:30 a.m.	\$5	20214-02
Mar 13	Sat	9 - 10:30 a.m.	\$5	20214-03

Location: Roger T. Sermon Community Center

## New Program Participants

Instructors will arrive 15 minutes early the first day of a session to answer questions about content, offer advice, and provide assistance as needed.

# ADULT CLASSES

## Beginners Ballroom Dance

Are you watching the dance shows on television and wishing you could dance? Come try our beginner class! We start out with the Foxtrot and East Coast Swing and progress throughout the year with the Waltz, Rumba, Cha-Cha, Mambo, Samba, Meringue, Tango and West Coast Swing. This class is available to couples only. Instructors: Mike and Sandy Prentiss with Camelot Ballroom. Pre-registration is required.

Date	Day	Time	Fee	Activity #
Sep 8 - Oct 13	Tue	8 - 9 p.m.	\$25	20210-01
Oct 20 - Nov 24	Tue	8 - 9 p.m.	\$25	20210-02
Jan 5 - Feb 9	Tue	8 - 9 p.m.	\$25	20210-03
Feb 16 - Mar 23	Tue	8 - 9 p.m.	\$25	20210-04

Location: Roger T. Sermon Community Center



## Intermediate Ballroom Dance

Ready for more steps and patterns? Starting to think about style and technique? Move on up to this class. Work on one dance per week starting with Waltz, Quickstep, Bolero, Cha-Cha, East Coast Swing and finish with the Hustle. You will learn more and gain confidence but you will still have fun! Instructors: Mike and Sandy Prentiss with Camelot Ballroom. Pre-registration is required.

Date	Day	Time	Fee	Activity #
Sep 8 - Oct 13	Tue	7 - 8 p.m.	\$25	20211-01
Oct 20 - Nov 24	Tue	7 - 8 p.m.	\$25	20211-02
Jan 5 - Feb 9	Tue	7 - 8 p.m.	\$25	20211-03
Feb 16 - Mar 23	Tue	7 - 8 p.m.	\$25	20211-04

Location: Roger T. Sermon Community Center

## Men's Basketball League

Got game? Register your team of five or more players to participate in these eight-week recreational basketball leagues. Pre-registration is required. For more information, call 816-325-7843. Registration deadlines are 5 p.m. Sept 25 and Jan 8.

Date	Day	Time	Fee	Activity #
Oct 6 - Nov 24	Tue	6 - 9 p.m.	TBD	TBD
Jan 19 - Mar 9	Tue	6 - 9 p.m.	TBD	TBD

Location: Palmer Center

## Intermediate/Advanced Ballroom Dance

Registration in the class is with Instructor approval only. In addition to studying all the ballroom dances, styling, form, posture, and patterns, this class also comprises a Performing Arts Team. This class is available for couples registration only. Instructors: Mike and Sandy Prentiss with Camelot Ballroom. Pre-registration is required.

Date	Day	Time	Fee	Activity #
Sep 10 - Oct 15	Thu	7 - 9 p.m.	\$50	20212-01
Oct 22 - Dec 3*	Thu	7 - 9 p.m.	\$42	20212-02
Jan 7 - Feb 11	Thu	7 - 9 p.m.	\$50	20212-03
Feb 18 - Mar 25	Thu	7 - 9 p.m.	\$50	20212-04

\*No class Nov 19 & 26

Location: Roger T. Sermon Community Center

## Lapidary

Learn the art of rock and semi-precious stone cutting, polishing, and setting in this class. Stones will be provided. Feel welcome to bring a favorite or unique stone of your own to cut and set. 4 class sessions. Instructor: Ray Marlatt, Member of the Gem & Mineral Society

Date	Day	Time	Fee	Activity#
Nov 9 & 12	M/Th	7 - 9 p.m.	\$20	20203-04
Nov 16 & 18	M/W	7 - 9 p.m.	\$20	20203-04

Location: Roger T. Sermon Community Center

## Women's Personal Protection and Self-Defense

This class gives you information that may save your life! Each class focuses on vital strategies and techniques that teach you to avoid dangerous situations and how to react if confronted with a dangerous situation. Wear workout clothes and comfortable shoes. This class includes both lecture and practicing realistic self-defense skills. The class is taught by Steve and Becky Scott, two of the area's leading self-defense and personal safety experts. Pre-registration is required.

Date	Day	Time	Fee	Activity #
Nov 18	Wed	7:15 - 8:15 p.m.	\$40	10221-01
Jan 13	Wed	7:15 - 8:15 p.m.	\$40	10221-02

Location: Roger T. Sermon Community Center