ADULT FITNESS PROGRAMS

KUNDALINI YOGA Bring a yoga mat. Guided breathing, stretching, movement, mantra, meditation and relaxation.
DATES: October 31 – December 19, 2016
TIME: Mondays - 7:00 – 8:30 PM
LOCATION: Carriage House
FEE: $79.00 Resident - $89.00 Non-Res.
$75.00 Senior & Military (8-Week Sessions)
DROP-IN FEE: $12.00

TAI CHI
Chinese martial art that can reduce stress and improve flexibility, balance and restore overall health.
SESSION I: October 27 – December 1, 2016
SESSION II: December 8 – January 12, 2017
SESSION III: January 19 – Feb. 23, 2017
SESSION IV: March 2 – April 6, 2017
SESSION V:April 13 – May 18, 2017
TIME: Thursdays - 6:30 – 7:30 PM
LOCATION: Carriage House
FEE: $35.00 Res. - $45.00 Non-Res. - $32.00 Sr.

ZUMBA FITNESS (AGES 12+)
Zumba is a fun and energetic dance workout that feels like a party. Class minumum is 10.
DATE: Ongoing, Tuesdays and Thursdays
TIME: 6:30 - 7:30 PM
LOCATION: C.C. Meeting Room
FEE: $5.00 Walk-In Fee - Unbelievable Price!

Gardening Programs at the Community Center

(12 Student Minimum)

CONTAINER GARDENS
Learn all about making your own vegetable gardens in containers!
DATE: Wednesdays, Feb. 1 – Feb. 15, 2017
TIME: 6:00 – 7:00 PM
LOCATION: Community Center
FEE: $15.00 Res. - $17.00 Non-Res

PREPARE YOUR GARDEN FOR SPRING
This class covers planting zones, site considerations, soil, compositing, fertilizers, planting times and gardening techniques.
DATE: Thursdays, Feb. 2 – Mar. 9, 2017
TIME: 6:00 – 7:00 PM
LOCATION: Community Center
FEE: $30.00 Res. - $32.00 Non-Res.

MASTER GARDENING
We present a six-week course to learn introductory gardening techniques.
DATE: Fridays, Feb. 3 – Mar. 10, 2017
TIME: 5:00 – 6:00 PM
LOCATION: Community Center
FEE: $30.00 Res. - $32.00 Non-Res.

VISIT US AT USTWPREC.COM FOR MORE INFORMATION OR TO REGISTER NOW!