

Class Descriptions:

- **Carolina Beach Aerobics**—Instructor (Don Pierce) Free. Get your heart rate up and have fun.
- **P.I. Exercise Club**—Instructor (Jean Martin) \$1.00/class. Low impact aerobics, slower pace.
- **GED**—Instructors (Dick Bury and Lawrence Nichols) FREE of charge through Cape Fear Community College. Classes have started but students may join at any time. Bring your NC Driver's License, Social Security Card, and parent/guardian if you are a minor to register. Dick teaches the Tues/Thurs class, Lawrence teaches the Mon/Wed class. Call Dick Bury at 458-4947 for more information.
- **Hula Dance Class**—Instructor (Nadine Boltz) \$20.00/week, the class is 3 times a week, come to as many classes that fit your schedule.
- **Se Jong Tae Kwon Do**—Instructor (Randy Miskech) Learn punches, kicks, and basic self defense moves. Blends the mind, body and spirit to help develop self-confidence and improve your overall fitness level. 6:00 class is for beginners, 7:00 class is advanced.
- **Beginner Yoga/Yoga**—Instructor (Lia Adkins-Garza) \$5.00/Members, \$7.00/Non-Members. Beginner yoga is a class is aimed at first time yoga takers/ Yoga is for all levels. These classes explore breathing and primary yoga postures. This is designed for all fitness levels with a focus on increasing flexibility and core strength.
- **Art Experience**—Instructor (Kristin Gibson) \$10.00/Child. This class is for children ages 5-8 who have an interest in art. There will be a different medium every Wednesday morning in July. Wear messy clothes for fun with paint, clay, drawing, texture, mosaic...and wherever the children's imaginations go!

Instructor—Karen Crater—\$6.00/member, \$8.00/non-member, Punch Cards— 10 classes- \$50.00/members, \$70.00/non-members

- **B Fit**—This class uses bench, balls, bands, and bells to build strength and stamina, as well as sculpt the body to be at its best. This basic workout can be tailored to any level of fitness and will progress as you do.
- **Pilates**—Karen uses the method created by Joseph Pilates to synchronize breathing as your mind directs motion in correct alignment to strengthen the core of the body. This series of controlled rhythmic exercises engages the whole person to promote physical conditioning, balance, refreshing your energy and relaxes participant of all ages.
- **Basic Aerobics**—This class consists of segments of flexibility and cardio conditioning followed by body and floor exercises for all fitness levels.
- **Chi/Core**— Designed for all levels of fitness, this class focuses on rhythmic breathing with exercises to improve balance, alignment, flexibility, and core strength. It will help to reduce stress and increase relaxation.
- **Step & Sculpt** -An hour of cardiovascular challenge using the step bench with intervals of power moves, weight training, and abdominal work.
- **Have A Ball**- **This energetic class uses the stability ball to build stamina and core strength. The use of light and heavy dumbbells will tone the extremities. Increased balance and flexibility will also be a result.**