

Anusara-Inspired Yoga —Instructor: Holly Terrell-Cavalluzzi	Cost: \$10.00 per class
We will move through a full spectrum of poses using biomechanical principles of alignment. Classes are open to all levels of experience.	
Booty Camp —Instructor: Christina Dees	Cost: \$6.00 per class
Workouts include: stretchy band, pilates ball, medicine ball, stationary & timed circuit. All fitness levels are welcome to attend as exercises can be modified to your level of comfort.	
Carolina Beach Aerobics —Instructor: Missy Snow	Cost: \$2.00 per class
Get your heart rate up and have fun.	
Community Pilates & Wellness —Instructor: Sophina Goodall	Cost: \$8.00 per class
This class focuses on strengthening your core by using low impact exercise that aligns your body posture, develops balance, and builds long lean muscles.	
Gentle Beginner Yoga —Instructor: Lia Zazzalli	Cost: \$8.00 per class (or 5 classes for only \$30....see staff for a punch card)
This all levels class explores yoga for service as you relax and restore the body and mind.	
Happy Little Singers —Instructor: Susan Savia	Cost: \$10.00 for first child, \$5 for each additional child
Early childhood music and movement class where you and your little one can sing, dance and play! This class is for ages 6 months to 6 years.	
Hatha Yoga —Instructor: Rebecca Niamtu	Cost: \$8.00 per class (Ask Becca about her 5 classes for \$25 special)
Yoga class incorporating all styles of Hatha Yoga. All levels and bodies welcome.	
Luv2Act —Instructor: Kim Henry	Cost: \$10.00 per class or \$8.00 per class if you commit to all 10 classes
Children's drama classes that encourage self-expression, self-esteem & teamwork within a supportive & fun environment. Visit www.luv2act.com for more information.	
Mini Monets —Instructor: Jenni Wenk	Cost: \$40.00 per month
Art class for youth ages 3 through 11. All supplies are provided, just bring creativity and imagination.	
P.I. Exercise Club —Instructor: Jean Martin	Cost: \$1.00 per class
Low impact aerobics, slower pace.	
Power Flow Yoga —Instructor: Carly Rickard	Cost: \$8.00 per class
This is an intermediate class focusing on advanced yoga practices.	
Tae Kwon Do —Instructor: Randy Miskech	Cost: Free (please see a staff member for details)
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.	
Young Champions Karate —Instructor: Ron Harris	Cost: \$7.00 per class with one-time fee of \$8.00 (15-week session)
Learn physical & verbal self-defense skills. Receive safety awareness education, advance in rank, gain self-confidence, increase concentration, & improve academic performance.	
Zumba —Instructor: Tori Casey	Cost: \$6.00 per class
This class fuses Latin rhythms & easy-to-follow moves to create a dynamic fitness program that will blow you away. An absolute blast in one hour of caloric-burning movements!	

All fitness class participants must be a recreation center member or pay the daily guest fee prior to attending any class