

**Ballet Fitness**—Instructor: Caitlin Cooper

**Cost: \$7.00 per class**

This exercise program has a design that utilizes basic ballet elements for a great toning workout.

**Basic Flow Yoga**—Instructor: Carly Rickard

**Cost: \$6.00 per class**

Beginner yoga is a class 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.

**Belly Dancing**—Instructor: Nazneen

**Cost: \$8.00 per class**

Students will learn the fundamentals of belly dancing movement, basic posture, and body isolations. This is a low impact form of exercise for all body types that will improve strength, flexibility, coordination, and self-esteem.

**Carolina Beach Aerobics**—Instructor: Missy Snow

**Cost: \$2.00 per class**

Get your heart rate up and have fun.

**Chi-Gong**—Instructor: Cindy Kienitz

**Cost: \$7.00 per class or 10 class punch card for \$60**

This class will work with the breath and simple postures to benefit circulation and to reduce stress and promote relaxation. These postures are simple, easy to learn, and appropriate for all ages.

**Gentle Yoga**—Instructor: Carly Rickard/Martha Florenz

**Cost: \$6.00 per class**

This class is a basic yoga class geared to new students or students who may have injuries.

**Hatha Yoga**—Instructor: Rebecca Niamtu

**Cost: \$6.00 per class**

Yoga class incorporating all styles of Hatha Yoga. All levels and bodies welcome.

**Hula Hoop Fitness Class**—Instructor: Kelly Jo Stull

**Cost: \$6.00 per class**

The Hoop fitness workout is a feel-good class that inspires strength, confidence, power and poise using the hula hoop.

**Kickboxing**—Instructor: Caitlin Cooper

**Cost: \$7.00 per class**

This class leads you through punches and kicks in combination with light hand weights to tone and sculpt your body.

**P.I. Exercise Club**—Instructor: Jean Martin

**Cost: \$1.00 per class**

Low impact aerobics, slower pace.

**Pilates**—Instructor: Jennifer Jackson

**Cost: \$7.00 per class**

Basic-Intermediate Pilates mat class is a physical conditioning activity involving low-impact exercise and stretches.

**Tae Kwon Do**—Instructor: Randy Mischech

**Cost: Free Class**

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.

**Zumba**—Instructor: Caitlin Cooper

**Cost: \$7.00 per class**

Dance based fitness class with infectious and easy to follow dance moves.



**\*\*\*All fitness class participants must be a recreation center member prior to attending any class\*\*\***

