

# CLASS DESCRIPTIONS

**P.I. Exercise Club-** Instructor (Jean Martin). Cost \$1.00. Senior Aerobics Class in Gym.

**Gentle Yoga**— Certified Instructor( Emily Webber) \$5..00 /Members \$7.00/ Non-Members For those who think they can not practice yoga due to age, injury or physical conditions.

**Se Jong Tae Kwon Do**— Certified Instructor (Randy Mischech) 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.

**Beginner Yoga**— Certified Instructor (Emily Webber)) \$5.00/Members, \$7.00/Non-Members. 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.

**American Kempo Karate**— Instructor (Larry Brown) Traditional style of Karate, a good way to get back in shape, as well as a good cardio workout. \$30.00 a month.

**Carolina Beach Aerobics**—Instructor ( Don Pierce) Get your heart rate up and have fun. **Free**

**Beach Body Workout-** Instructor (Elizabeth Andrews) Have fun and get your body ready for the summer. Class will consist of various workouts from the Beach Body Video Series including: Hip hop ABS, Total Body Burn, and Ab Sculpt. This is a **Free Class**

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

**Basic & Ball-**This class consists of basic aerobics and ball exercises to build strength and stamina, This basic workout can be tailored to any level of fitness and will progress as you do.

**Pilates Plus Props-** 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 participants of all ages. This class will also incorporate weights, bands, ball for extra toning.

**Step & Sculpt**— This class uses the bench, bands, and bells to build strength , as well as sculpt the body to be at its best. This basic workout can be tailored to any fitness level.

**Seaside Stretch**— This class offers Yoga, Pilates, Chi Gong, tai chi with the sights and sounds of the ocean in the background. This class is held on the Carolina Beach Boardwalk stage overlooking the ocean. Bring a mat or beach towel, sunglasses, sunscreen and water. If weather is stormy or too cold, class will be held at the Recreation Center.

**20/20/20**— 20 minute segments of cardio, strength and stretching.