

Carolina Beach Aerobics —Instructor: Missy Snow	Cost: \$2.00 per class
Get your heart rate up and have fun in this upbeat step aerobics class.	
Champions in Motion Karate —CIM Instructor: Sesalie Rhinehart	Cost: \$7.00 per class with one-time fee of \$8.00
Learn physical & verbal self-defense skills. Receive safety awareness education, advance in rank, gain self-confidence, and increase concentration.	
Cycling —Instructor: Jenn Stanton	Cost: \$8.00 per class
Great cardio workout! Pedal through hill climbs, sprints, & other challenging drills/exercises. Focus on endurance, strength, & intervals with a weighted flywheel.	
Guitar Lessons —Instructor: Sean Martin	Cost: \$10.00 per class or \$40.00 monthly for Youth Guitar Lessons
Explore the role of the guitar by learning scales, chords, guitar history and songs. Learn the essential skills and ingredients of playing guitar. For all ages!	
Line Dance —Instructor: Kelli Derengowski	Cost: \$5.00 per class or purchase a 5-class package for \$20.00
Features choreographed dance steps to popular music; Country, Top 40 Latin, Hip-Hop and Beach music. Excellent cardio and for ages teen and up!	
Moving for Better Balance —YMCA Instructor: Bridget Carroll	To Register: (910) 251-9622 X246 or bridget.carroll@wilmingtonfamilyymca.org
12-week evidence-based, instructor-led group program designed to help improve strength, balance, flexibility, & mobility through slow, therapeutic movements based on Tai Chi.	
Raqs Sharqi (Egyptian Style Belly Dancing) —Instructor: Christina Fatum	Cost: \$7.00 per class or purchase a 5-class package for \$30.00
These fluid motions, exciting drum rhythms and authentic props will make you feel beautiful no matter what age, shape or dance experience you have.	
Strength 45 - Fit —Instructor: Darlene Smithson	Cost: \$4.00 per class
Fire up the muscles in this 40 - 50 minute body-toning workout! A fun way to incorporate your strength training with light weights all set to music.	
Strength Fusion —Instructor: Darlene Smithson	Cost: \$6.00 per class
Strength interval training fused with simple cardio numbers. Increase your heart rate, burn calories and add muscle mass while enjoying choreographed music!	
Tae Kwon Do —Instructor: Randy Miskech	Cost: Free (Accepting new students September 2017)
For anyone ages 8 & up: develop discipline, learn blocks/punches/kicks/forms, gain confidence, learn self-defense techniques, enjoy fitness and have fun!!!!	
Zumba Gold® —Instructor: Kathy Senna	Cost: \$6.00 per class or purchase a 5-class package for \$25.00
Lower impact, easy-to-follow, Latin-inspired dance fitness-party that keeps you in the groove of life.	
Zumba Gold-Toning® Fitness —Instructor: Kathy Senna	Cost: \$6.00 per class or purchase a 5-class package for \$25.00
Safe and effective program for older active adult and/or deconditioned individual using 1 - 3 pound light weights.	
Zumba Toning® Fitness —Instructor: Dawn Betz	Cost: \$6.00 per class or purchase a 5-class package for \$25.00
Sculpt, tone, and shake the weight off! Serious body sculpting using red hot rhythms.....this is the ultimate way to unleash what's underneath!	
Zumba® Fitness —Instructor: Jenn Stanton or Dawn Betz	Cost: \$6.00 per class or purchase a 5-class package for \$25.00
Fusing hypnotic Latin rhythms & easy-to-follow moves to create a dynamic fitness program of caloric-burning, body-energizing movements.	

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