

MAY IS PHYSICAL FITNESS & SPORTS MONTH!

Registration begins April 12th at 8:30 am

Zumba

May 6, 12:30 - 1:30 pm, Rec Gym

Activity #: 400576-A

Dance to great music, with great people, and burn a ton of calories without even realizing it. The perfect combo of fun and fitness has made Zumba classes a world-wide phenomenon. Come and try it and see why Zumba is here to stay!

Pound

May 13, 9 - 9:45 am, Town Common

Activity #: 400576-B

While certain group fitness classes tend to target particular areas of the body, Pound offers a full-body workout and targets common trouble spots. A huge part of the class is performed in a squat position. The constant up-and-down drumming targets your inner and outer thighs, butt and core.

Yoga

May 20, 9 - 10 am, Function Room 1

Activity #: 400576-C

Yoga is a balanced class incorporating challenging active postures followed by passive restorative postures. The focus is on meditation through movement and imagery; a practice that links awareness to breathe, alignment and inner wisdom. Try this demo and learn to reduce stress and relax through movements, postures, breathing and meditation practices.

Modified Yoga for Kids & Teens

May 20, 10:15 - 10:45 am, Function Room 1

Activity #: 400576-D

Yoga can be very beneficial for individuals with disabilities and for children with attention deficits and/ or hyperactivity through both the physical postures and breath work. Each yoga pose can be modified or adapted to meet the needs of each participant, and may be performed with the instructor's assistance as needed.

Tai Chi on the Common

May 21, 9 - 10 am, Town Common

Activity #: 400576-E

If you're looking for a way to reduce stress, consider trying our Tai Chi demo. Tai Chi has evolved into a graceful form to exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements.

Disc Golf

May 7, 11 am - Noon, Simonds Park

Activity #: 400576-F

Did you know that there is an 18-hole disc golf course throughout Simonds Park? Want to learn how to play? Learn the basics of the game including the simple rules of play, throwing techniques and how to score.

Preschool Football

Ages 2 - 5, May 8, 9 - 10 am, Rec Center Field

Activity #: 400576-G

We will learn all of the basics of passing, catching, running with, and kicking the football. Some of the skills learned will be punting, field goal kicking, and playing quarterback, receiver and running back. Parents are encouraged to attend and participate with their children.

