

## ZUMBA® FOR ADULTS

Greenwood Center

Mondays, 5:45-6:45pm

May 14—Jun 25, Activity #7001.685 - \$57

Aug 21—Sept 17, Activity #7001.686 - \$38

Zumba is a fun and effective dance fitness workout set to Latin inspired and international music. The average person will burn around 600 - 1,000 calories during a Zumba class. Ditch the workout, join the party! Be sure to bring a water bottle and wear sneakers and any type of comfortable athletic clothing.

**Use coupon code: SCANTIC40 to save 40%!**

## NEW! ADULT FITNESS

Greenwood Center

Tuesdays, 5:45-6:45pm

May 15—Jun 19 Activity # 7001.676

Aug 7—Sept 11 Activity #7001.677

Fee normally \$57 per session

Adult Fitness is a 45 minute workout that gives you everything you want in cardio, strength, core, and flexibility. Get ready to work! Bring dumbbells (3-8lbs), a mat, water and your energy.

**Use coupon code: SCANTIC40 to save 40%!**

### **REGISTER NOW!**

ONLINE: WWW.LPRD.NET

FAX: 565-4165

MAIL/IN PERSON: 735 LONGMEADOW ST.



### **SVRHT SPECIALS!**

Valid for benefit-eligible employees who work 20+ hours/week in the SVRHT network

## ADULT KARATE—SHOTOKAN STYLE

Olde Town Hall

Tues. 7:30-9pm, Thurs. 6:30-8pm, Sat. 8:30-10am

May 1—Jun 30 Activity #4101.301

Jul 3— Aug 30 Activity #4101.302

Fee normally \$75 per session

Shotokan Karate-Do International Federation (SKIF) system includes an international standardized syllabus of kihon (basics), kata (forms) and kumite (sparring). All instruction and certification is authentic and directly affiliated with SKIF Japan, one of the largest and finest karate organizations in the world.

\*A white karate uniform is required for class and can be ordered through the instructor. Your instructor is James P. Shea, 7th Dan SKIF, licensed Karate-Do and Tai Chi instructor with over 40 years' experience.

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## TAI-CHI— YANG STYLE

Olde Town Hall

Tuesdays, 6:30-7:30pm

May 1-Jun 12 Activity #4100.206

Wednesdays, 6:30-7:30pm

Jul 11—Aug 22 Activity #4100.207

Fee normally \$60 per session

Tai Chi is an ancient Chinese martial art that uses slow, smooth body movements and concentrates on breathing and balance to achieve a state of relaxation of both body and mind and chi (energy) development. It is less strenuous than other martial arts, and offers several health benefits.

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