

# ADULT PROGRAMS

## STEPPIN'

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** September 20 to October 25, 2008  
**DAY:** Saturday (6 week session)  
**TIME:** 11:00AM to 12:50PM  
**MIN/MAX:** 12/20  
**FEE:**

	Until Sept 7	After
SH Resident	\$69	\$79
Non Resident	\$72	\$82

Come step with us! Kirk and Karen Roberts will teach you to step using the "8" count. All skill level steppers are welcomed. There will be at least one dance outing at the end of the class to practice your new moves.

**Advanced Steppers**, whether you have just learned or have been stepping for a while, use this session to polish your skills. We will work on turns and footwork.

## WALK WITH ME *Enjoy South Holland's Beautiful Parks!*

**AGES:** 18 and Older  
**WHERE:** South Holland Parks  
**WHEN:** September 15 to October 27, 2008  
**DAY:** Monday (7 week session)  
**TIME:** 10:30AM to 11:30AM  
**MIN/MAX:** 9/35  
**FEE:**

	Until Sept 7	After
Fitness Center Member	\$13	\$23
SH Resident	\$14	\$24
Non Resident	\$15	\$25

Start your week with Evette Ghezzi as she leads you through a proper warm up and stretch prior to walking to get fit. After walking, you'll join Evette again for post walk cool down and stretch. This class is designed for all fitness levels and is a great way to get into the workout routine. Various exercises will be added throughout the walk for optimal results. Meet at Gouwens Park week one for walking schedule. Class will meet at the Community Center on days of inclement weather.

## BODY SCULPTING

*Now 2 Nights A Week!*

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** MONDAYS:  
*Session 1:*  
 September 15 to October 20, 2008  
*Session 2:*  
 November 3 to December 8, 2008  
 WEDNESDAYS:  
*Session 1:*  
 September 17 to October 22, 2008  
*Session 2:*  
 November 5 to December 10, 2008  
 (6 week sessions)

**DAYS & TIMES:** Monday OR Wednesday  
 6:15PM to 7:00PM  
**MIN/MAX:** 6/12  
**FEE:**

	Session 1		Session 2	
	Until Sept 7	After	Until Oct 31	After
Fitness Center Member	\$18	\$28	\$18	\$28
SH Resident	\$21	\$31	\$21	\$31
Non Resident	\$24	\$34	\$24	\$34

Want a little more muscle definition? Join this class so Evette Ghezzi can help guide you to a more defined body. Stability balls and resistance bands will be used to challenge your muscles.

