

# TABLE OF CONTENTS

Program	Page
Acrylic Painting .....	29
African Dance Beginner Youth .....	9
African Dance Tiny Tots .....	9
Basketball Programs .....	14
Between Class Pass .....	28
Body Sculpting .....	24
Bunco Club .....	25
Buns, Abs and Thighs .....	22
Candy Making .....	12
Cheerleading (Pee-Wee) .....	10
Cheerleading (Junior) .....	10
Chair Massage .....	28
Child Care Activity Center .....	4
Club Salsa I & II .....	23
Counted Cross Stitch .....	30
Crafts For Kids .....	11
Cub Scouts .....	11
Day Camp .....	7
Day Camp Extension .....	7
Day Camp North .....	8
Day Camp North Extension .....	8
Easter Egg Hunt .....	33
Faith Family Future Center .....	13
Fitness Center Information .....	37-38
Fitness Center Member Family Shootaround .....	15
Fitness Fun .....	22
Floral Design Workshops .....	30
General Information .....	35-36
Girl Scouts .....	11
Gymnastics (Pee-Wee) .....	10
Gymnastics (Junior) .....	10
Hatha Yoga .....	22
Hire-A-Teen .....	16
High School Workout Pass .....	16
Ingalls Blood Pressure Screening .....	34
Ingalls Heart Smart For Women .....	32
Instructional Youth Basketball .....	15
Instructor Training .....	25
Intermediate Dress Making .....	26
Karate .....	9
Knitting and Crocheting .....	30
Ladies Exercise .....	22
Little Dragons Karate .....	9
Memorial Day Parade & Remembrance Ceremony .....	33
Men's Basketball League .....	26
Money 102 .....	32
Municipal Park Sledding .....	33
Music Together .....	13
One-On-One Personal Fitness Training .....	28

Program	Page
Pilates Plus .....	23
Pilates Sculpt .....	23
Pre-School .....	5
Pre-School Day Camp .....	6
Rendering With Colored Pencil .....	29
Senior Cardio Class .....	21
Senior Chair Fitness .....	21
Senior Chair Fitness Monday Morning .....	21
Senior Chair Fitness Plus .....	21
Senior Social Connections .....	27
Sewing 101 (Teen) .....	11
Sewing 101 (Adult) .....	26
Spring Entertainment .....	34
Spring Roller Hockey Club .....	14
Steppin' .....	24
Swim Programs .....	17-20
Tai Chi .....	25
Talent Show .....	34
Teen Nights .....	16
Teen Volleyball Open Gym .....	15
Teen Weight Lifting .....	16
Therapeutic Massage .....	28
Trips .....	31
Tuesday Men's 12" Softball League .....	27
Thursday Men's 12" Softball League .....	27
Tutoring After School .....	12
Volleyball Open Gym .....	26
Walking Club .....	4
Walk With Me .....	24
Water Colors .....	29
Women & Weights .....	24
Yoga Stretch .....	21
Youth Fitness .....	13
Youth Indoor Soccer .....	15



INDICATES CHILD CARE AVAILABILITY

## NEW WINTER PROGRAMS!

Body Sculpting .....	24
Candy Making .....	12
Club Salsa I & II .....	23
Day Camp North .....	8
Day Camp North Extension .....	8
Pilates Sculpt .....	23
Yoga Stretch .....	21
Gold Membership Package .....	BACK PAGE