

# ADULT PROGRAMS

## CLUB SALSA

**AGES:** 16 and Older  
**WHERE:** Community Center  
**WHEN:** January 24 thru February 11, 2008  
**DAY:** Thursday (4 weeks)  
**TIME:** 7:00PM to 8:30PM  
**MIN/MAX:** 12/20  
**FEE:**

	Until Jan. 12	After
SH Resident	\$35	\$45
Non Resident	\$45	\$55

Basic Salsa Dance class "On1". Instructor Lena Hayden and assistant will focus on setting a foundation of good technique. The goal is to understand the dance and learn universal partner dancing rules. No partner is needed.  
 Note: Instructor approval needed for the Club Salsa II class, which will be held last day of class.

## CLUB SALSA II INTERMEDIATE

**AGES:** 16 and Older  
**WHERE:** Community Center  
**WHEN:** February 18 thru March 10, 2008  
**DAY:** Thursday (4 weeks)  
**TIME:** 7:00PM to 8:30PM  
**MIN/MAX:** 6/12  
**FEE:**

	Until Jan. 12	After
SH Resident	\$35	\$45
Non Resident	\$45	\$55

Prerequisite: Club Salsa class must proceed this class.

Club Salsa II takes it to the next level. This class will continue to instill partner dancing fundamentals while adding a slightly more advanced content. Timing will be a strong point for this session. The focus of this class is to reduce limitations on the dance floor. Smoother soled shoes are recommended. No partner necessary.

## PILATES PLUS AM or PM

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** **Session 1:**  
 Monday: January 21 to March 17, 2008  
 Tuesday: January 22 to March 18, 2008  
**Session 2:**  
 Monday: March 31 to June 2, 2008  
 Tuesday: April 1 to May 27, 2008  
 (No class May 26)  
**DAYS & TIMES:** Monday: 10:00AM to 10:50AM  
 Tuesday: 7:00PM to 7:50PM  
**MIN/MAX:** 9/35  
**FEE:**

	Session 1		Session 2	
	Until Jan. 12	After	Until Mar. 23	After
Fitness Center Member	\$36	\$46	\$36	\$46
SH Resident	\$41	\$51	\$41	\$51
Non Resident	\$45	\$55	\$45	\$55

In this class, you will strengthen your "core muscles" by applying the concepts of Pilates, combined with basic yoga techniques and balance training. Nancy Boomsma, our certified instructor, will guide you through this popular class.

## PILATES SCULPT

**NEW**

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** **Session 1:** January 23 to March 19, 2008  
**Session 2:** April 2 to May 28, 2008  
 (No class May 26)  
**DAY:** Wednesday  
**TIME:** 10:00AM to 10:50AM  
**MIN/MAX:** 9/25  
**FEE:**

	Session 1		Session 2	
	Until Jan. 12	After	Until Mar. 23	After
Fitness Center Member	\$36	\$46	\$36	\$46
SH Resident	\$41	\$51	\$41	\$51
Non Resident	\$45	\$55	\$45	\$55

Get the best of both workouts: Pilates Theory complimented with Strength Training. Certified instructor Nancy Boomsma will show you the proper techniques of Pilates and Strength Training. Mats, weights, and stability balls will be provided.