

# ADULT PROGRAMS

## STEPPIN'

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** **Session 1:**  
 January 26 to March 1, 2008  
**Session 2:**  
 March 8 to April 19, 2008  
 (No class March 22)  
**DAY:** Saturday  
 (6 week sessions)  
**TIME:** 11:00AM to 12:50PM  
**MIN/MAX:** 12/20  
**FEE:**

	Session 1		Session 2	
	Until Jan. 12	After	Until Mar. 23	After
SH Resident	\$69	\$79	\$69	\$79
Non Resident	\$72	\$82	\$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

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** **Session 1:** January 21 to March 10, 2008  
**Session 2:** March 31 to May 19, 2008  
**DAY:** Monday (8 week sessions)  
**TIME:** 10:00AM to 11:00AM  
**MIN/MAX:** 9/35  
**FEE:**

	Session 1		Session 2	
	Until Jan. 12	After	Until Mar. 23	After
Fitness Center Member	\$14	\$24	\$14	\$24
SH Resident	\$15	\$25	\$15	\$25
Non Resident	\$16	\$26	\$16	\$26

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 on the fitness track, 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.

## BODY SCULPTING

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** **Session 1:**  
 Monday: January 21 to March 10, 2008  
 Thursday: January 24 to March 13, 2008  
**Session 2:**  
 Monday: March 31 to May 19, 2008  
 Thursday: April 3 to May 22, 2008  
 (8 week sessions)  
**DAYS & TIMES:** Monday: 6:00PM to 6:50PM  
 Thursday: 9:00AM to 9:50AM  
**MIN/MAX:** 9/35  
**FEE:**

**Day or Evening!**

	Session 1		Session 2	
	Until Jan. 12	After	Until Mar. 23	After
Fitness Center Member	\$27	\$37	\$27	\$37
SH Resident	\$29	\$39	\$29	\$39
Non Resident	\$32	\$42	\$32	\$42

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.

## WOMEN & WEIGHTS

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** **Session 1:**  
 Monday: January 21 to March 10, 2008  
 Friday: January 25 to March 14, 2008  
**Session 2:**  
 Monday: March 31 to May 19, 2008  
 Friday: April 4 to May 23, 2008  
 (8 week sessions)  
**DAYS & TIMES:** Monday: 11:00AM to 11:50AM  
 Friday: 10:00AM to 10:50AM  
**MIN/MAX:** 9/35  
**FEE:**

	Session 1		Session 2	
	Until Jan. 12	After	Until Mar. 23	After
Fitness Center Member	\$18	\$28	\$18	\$28
SH Resident	\$20	\$30	\$20	\$30
Non Resident	\$22	\$32	\$22	\$32

Ladies, does your upper body need some extra firming and toning? Join Evette Ghezzi as she guides you through proper exercises to help balance and maintain upper body strength. Free weights will be used in this class.