

ADULT PROGRAMS

ACUPRESSURE

AGES: 18 and Older
WHERE: Community Center
WHEN: September 7 to December 28
 10:00AM to 6:00PM
DAY: Tuesdays
TIME: 10:00AM to 6:00PM
FEE: \$30.00-30 minutes \$60.00-1 hour
 * **Appointment needed**

For thousands of years, the Chinese have healed the body by treating ailments through acupressure. The body contains meridians (or pathways) that conduct energy between the surface of the body and the internal organs. Blockages along these pathways disrupt energy flow (chi or qi) and causes imbalances that are reflected in symptoms (pain, discomfort and/or disease). Points along the meridians correlate with the internal organs- heart, lung, stomach, liver, kidneys, large and small intestines. Acupressure is finger pressure applied therapeutically at selected points on the body.

Anthony G. Guerrero is the Acupressurist



TAI CHI

AGES: 18 and Older
WHERE: Community Center
WHEN: **Session 1:** September 9 to October 21
Session 2: October 28 to December 16
DAY: Thursdays (**No class 11/25**)
TIME: 9:00AM to 10:00AM
MIN/MAX: 8/15 (7 weeks)

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
FC Member	\$20	\$30	\$20	\$30
SH Resident	\$25	\$35	\$25	\$35
Non Resident	\$30	\$40	\$30	\$40

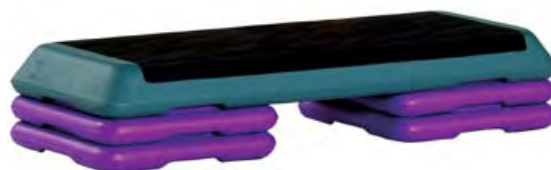
Take control of your life & body with Anthony Guerrero through the "Supreme Ultimate Martial Art" of Tai Chi. Through Tai Chi, balance, breathing, coordination, and flexibility are all vastly improved as well as improving circulation. Tai Chi is not just a class but an opportunity for you to gain knowledge beneficial to your life. This class will also involve meditation for stress-relief. Please wear gym shoes and loose-fitting clothes. Tai Chi is a Supreme Ultimate Martial Art.

SWEAT BOX

NEW

AGES: 18 and Older
WHERE: Community Center
WHEN: **Session 1:** September 15 to October 6
Session 2: October 13 to November 3
Session 3: November 10 to December 8
DAY: Wednesday (4 weeks)
TIME: 6:00PM to 7:00PM
MIN/MAX: 10/30
FEE: \$20 FC Member
 \$25 SH Resident
 \$30 Non Resident

This class is seriously "sweat it out on the step box craziness"! Step interval drill training and muscle conditioning with free weights mixed together for a full body blast attack. This class will consist of basic but intense intervals on a step platform (NO COORDINATION NECESSARY AND NO DANCY MOVES) for an intense cardio workout and muscle sculpting work for the upper and lower body. Bring your "A" game and be ready to WORK IT OUT!! Total Sweat Calorie Burning Fest!!



HATHA YOGA

AGES: 18 and Older
WHERE: Community Center
WHEN: **Session 1:** September 9 to November 4
Session 1: September 11 to November 6
DAY: Thursday or Saturday (**9 weeks**)
Time: **Thursday:** 7:00PM to 8:00PM
Saturday: 7:30AM to 8:30AM
MIN/MAX: 8/25

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
FC Member	\$50	\$60	\$50	\$60
SH Resident	\$55	\$65	\$55	\$65
Non Resident	\$60	\$70	\$60	\$70

SIGN UP FOR EACH DAY SEPARATELY

Yoga means "Union". In Yoga, we are uniting body, mind, and spirit allowing us to get in touch with our true self, which is a peaceful, loving creature. Kelly Carter will be your instructor. Proper alignment, deep breathing, flexibility and muscle strength are gained through this time proven, ancient practice.