

Fitness Classes



All classes will be held outdoors. Wellness screenings are required for all participants. During the screening, you will be asked a few short questions and a temperature check will be performed with a touchless thermometer. Participants that do not pass the wellness screening will not be allowed to participate.

How to Register:

1. Online via RecLink parks.raleighnc.gov
2. By phone
 Anne Gordon Center for Active Adults 919-996-4720
 Five Points Center for Active Adults 919-996-4730

ADULT TAP DANCE

Learn (or re-learn) classic tap patterns for a good physical and mental workout. Tap dance does not require a partner or a group so you can practice any time. Students should bring tap or hard bottomed shoes and have some tap/dance experience.

Kiwanis Community Center				<i>Bev Norwood</i>
#260112	W	Oct 14-28	\$9	12:30 -1:30 PM
#260113	W	Nov 4-25	\$9	12:30 -1:30 PM

AIM FITNESS

The 'AIM' of Adults In Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through low impact aerobics, stretching, and the use of hand weights and resistance bands. Classes differ by instructor and are beginner level with chair support unless otherwise noted.

Five Points Center for Active Adults				<i>Bettie Ittenbach</i>
#259776	W	Oct 14-28	\$9	10:15 -11:15 AM
#259777	W	Nov 4-18	\$6	10:15 -11:15 AM
#259780	F	Oct 16-30	\$9	10:15 -11:15 AM
#259785	F	Nov 6-20	\$9	10:15 -11:15 AM

Halifax Community Center				<i>Journonya Harris-Raynor</i>
#259764	Tu	Oct 13-27	\$5	11:15 AM-12 PM
#259765	Tu	Nov 3-17	\$5	11:15 AM-12 PM

Millbrook Tennis Center				<i>Valerie Salinas</i>
<u>Beginner (Chairs are not allowed on tennis court.)</u>				

#268821	Tu	Oct 13-27	\$9	1 -1:45 PM
#268822	Tu	Nov 3-17	\$9	1 -1:45 PM

<u>Intermediate (Chairs are not allowed on tennis court.)</u>				
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#268823	Tu	Oct 13-27	\$9	2:15 -3 PM
#268824	Tu	Nov 3-17	\$9	2:15 -3 PM

Powell Dr Park				<i>Journonya Harris- Rayner</i>
#259788	Tu	Oct 13-27	\$9	2 -2:45 PM
#259789	Tu	Nov 3-24	\$9	2 -2:45 PM
#260153	Th	Oct 15-29	\$9	2 -2:45 PM
#260154	Th	Nov 4-19	\$9	2 -2:45 PM

Tarboro Rd Community Center				<i>Janet Wise-Thomas</i>
#260157	W/F	Oct 14-30	\$5	10-10:45 AM
#260158	W/F	Nov 4-23	\$5	10-10:45 AM



BOOTCAMP

Bootcamp pushes you a little further than you push yourself! It builds on the fundamentals of cardio and strength training. Use bodyweight exercises like pushups, squats and burpees interspersed with aerobic activities. Bring a towel and a mat.

Abbotts Creek Community Center				<i>Raquel Robinson</i>
#260184	Tu	Nov 3-17	\$9	10:30 -11:15 AM
#260188	Th	Nov 5-19	\$9	10:30 -11:15 AM

CARDIO DANCE

Dance to fun, upbeat tunes from yesterday and today. You'll have so much fun, you won't realize you're working out. All skill levels are welcome.

Kiwanis Community Center				<i>Journonya Harris-Rayner</i>
#260205	F	Oct 16-30	\$9	1 -1:45 PM
#260206	F	Nov 6-20	\$9	1 -1:45 PM

CARDIO SCULPT

Cardio Sculpt helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Get a healthy heart and sculpted muscles all in one class.

Abbotts Creek Community Center				<i>Raquel Robinson</i>
#260210	Tu	Nov 3-17	\$9	9:30 -10:15 AM
#260214	Th	Nov 5-19	\$9	9:30 -10:15 AM

PILATES

Pilates takes a holistic approach to fitness and well-being through a series of movements with breathing techniques to stretch and strengthen muscles; improve flexibility and balance; and strengthen the core.

Five Points Center for Active Adults				<i>Marty Lamb</i>
#260386	M	Oct 12-26	\$9	9:15 -10 AM
#260387	M	Nov 2-16	\$9	9:15 -10 AM



QI GONG

Qi Gong, the ancient Chinese practice of meditation with movement, uses 24 simple movements to promote internal energy and organ health. Practitioners believe that in addition to physical exercise, the movements create energy flow in the body contributing to overall health. Practice guided visualization, simple motion and balance exercises to improve strength and fluidity of movement, promoting bone and joint health.

Five Points Center for Active Adults *Kathy Bundy*
 #268880 F Oct 16-30 \$9 9:15 -10 AM
 #268881 F Nov 6-20 \$9 9:15 -10 AM

SILVER CARDIO

Classes start with basic warm-up moves, followed by 30 minutes of moderate impact moves, including gentle boxing, floor exercises and balance elements.

Five Points Center for Active Adults *Bettie Ittenbach*
 #260419 Th Oct 15-29 \$9 1 -1:45 PM
 #260420 Th Nov 5-19 \$9 1 -1:45 PM

SOUL LINE DANCING

Dance to soul and R&B music while working up a sweat and burning calories. Learn popular line dances and new moves!

Kiwanis Community Center *Journonya Harris-Rayner*
 #260423 Th Oct 15-29 \$9 10:30 -11:15 AM
 #260424 Th Nov 5-19 \$9 10:30 -11:15 AM

TAI CHI

Tai chi is an ancient form of movement that uses low-impact, slow motions to improve health, coordination, balance, and mental focus. Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the gentle movements. Intermediate Sun Style: This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. Advanced Sun Style: Pre-requisite Intermediate Sun Style. Teaches the Sun 73 Long Form movements. (Chairs not allowed on tennis court).

Millbrook Tennis Center *Rita Shaloiko*
Beginner/Intermediate Sun Style
 #268817 M Oct 12-26 \$9 1 -1:45 PM
 #268818 M Nov 2-16 \$9 1 -1:45 PM
Advanced Sun Style
 #268819 M Oct 12-26 \$9 2:15 -3:00 PM
 #268820 M Nov 2-16 \$9 2:15 -3:00 PM

TAI CHI CH

Tai chi ch consists of 19 flowing moves to balance and circulate energy (chi). Students experience benefits such as decreased stress/anxiety, improved balance and flexibility.

Five Points Center for Active Adults

Tai Chi Ch Beginner *Adrienne McKenzie*
 #260427 M Oct 12-26 \$9 10:15 -11:15 AM
 #260428 M Nov 2-16 \$9 10:15 -11:15 AM

TOTAL BODY

Build strength, balance, and flexibility! Use body weight, hand weights, resistance bands, and other equipment while you are being encouraged to follow proper form and technique. Classes differ by instructor, difficulty/impact level, and option to use a chair for support.

Abbotts Creek Community Center *Raquel Robinson*
 #260448 Tu Nov 3-17 \$9 11:30 AM-12:15 PM
 #260452 Th Nov 5-19 \$9 11:30 AM-12:15 PM

YOGA: CHAIR YOGA

This class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair. Students should provide their own yoga mat.

Five Points Center for Active Adults *Marty Lamb*
 #260055 Tu Oct 13-27 \$9 11:45 AM-12:45 PM
 #260056 Tu Nov 3-17 \$9 11:45 AM-12:45 PM
Halifax Community Center *Brenda Cleveland*
 #260064 W Oct 14-28 \$9 11:45 AM-12:30 PM
 #260065 W Nov 4-18 \$6 11:45 AM-12:30 PM

YOGA: GENTLE FLOOR YOGA

Gentle Yoga poses are done in various positions, including lying down, sitting, on hands and knees and standing. Yoga incorporates breathing, stretching and strengthening exercises with mindfulness practice. Bring your own mat.

Millbrook Tennis Center *Mary Flournoy*
 (No chairs allowed on tennis court)
 #268825 W Oct 14-28 \$9 1 -2 PM
 #268826 W Nov 4, 18 \$9 1 -2 PM
 +Th Nov 12 (no class 11/11)
 #268827 W Oct 14-28 \$9 2:15 -3:15 PM
 #268828 W Nov 4, 18 \$9 2:15 -3:15 PM
 +Th Nov 12 (no class 11/11)

Five Points Center for Active Adults *Marty Lamb*
 #260092 W Oct 14-28 \$9 3:15 -4:15 PM
 #260093 W Nov 4-18 \$6 3:15 -4:15 PM
Halifax Community Center *Brenda Cleveland*
 #260096 W Oct 14-28 \$9 10:30 -11:30 AM
 #260097 W Nov 4-18 \$6 10:30 -11:30 AM
Tarboro Road Community Center *Janet Wise - Thomas*
 #260100 F Oct 16-30 \$9 11 -11:45 AM
 #260101 F Nov 6-20 \$9 11 -11:45 AM