

Hatha Yoga

Hatha Yoga is about finding a balance between the body, mind, and spirit. Hatha yoga uses body poses, breathing techniques and meditation in hopes of bringing flexibility, and manage stress. **NOTE: It is always advisable, especially if pregnant, to consult a physician before undertaking any physical activity. Bring your mat and water bottle.**

Dates: January 6 - February 24 343320-02
 March 17 - May 5 443420-01
Day: Monday
Time: 6:30 p.m. - 7:30 p.m.
Ages: 16 years & up
Instructor: Pam Lawrence
Location: Krueger Park Activity Room A & B
Min/Max: 8/14
Fee: \$72 Resident, \$77 Non-Resident

Indoor Pickleball Open Gym 441440-01

Join this really fun and popular game! It's a little like badminton, a little like tennis and a little like table tennis. The rules are short and simple and the racquets and balls are light weight. Played on a badminton sized court (two on a side) with a low net, the first team to score 11 points wins. Please bring your own paddles and balls, if you have them. **No Class March 10**

Dates: January 6 - April 28
Ages: 21 & Older
Day: Monday
Location: Krueger Park Gym
Time: 7:30 p.m. - 9:00 p.m.
Min/Max: 8/20
Fee: \$5 Resident, \$7 Non-Resident

Wednesday Night Hoops

741775-02

Play basketball with your friends or just come out to shoot around. No spectators. Anyone not following the rules will be asked to leave with no refund or being suspended from the program. Every player must show a picture ID with name address, and age listed. **NOTE: Pay at the door each night.**

Dates: March 12 - April 30
Day: Wednesday
Time: 7:30 p.m. - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Gym
Min/Max: 8/20
Fee: \$6 Resident, \$8 Non-Resident (each day)
Cash Only!

Instructional Pickleball

Have you ever thought of trying to play Pickleball but not sure how to play? Well now is the time to learn the popular trend called Pickleball. It's a little like badminton, a little like tennis and a little like table tennis. The rules are short and simple and the racquets and balls are light weight. Played on a badminton sized court (two on a side) with a low net, the first team to score 11 points wins. We will instruct you on the rules and how to play the game. **No Class March 10**

Dates: January 13 - February 10 341340-02
 February 24 - March 31 441440-02
Day: Monday
Time: 6:30 p.m. - 7:30 p.m.
Ages: 16 years & up
Location: Krueger Park Gym
Min/Max: 8/16
Fee: \$47 Resident, \$52 Non-Resident



Tropical Show Lunch 356380-01

Join us in January for a heart-warming Tropical show by Edizon Dayao. Edizon is a multi talented person who got his start after moving to Hawaii from the Philippines. **NOTE: Includes lunch, refreshments, dessert & entertainment.**

Day & Date: Tuesday, January 21

Time: 12:00 p.m. - 2:00 p.m.

Ages: 50 years & up

Location: Krueger Park Gym

Min/Max: 80/125

Fee: \$10 Resident, \$13 Non-Resident

The "Kings" Luncheon 356319-01

A feast fit for a King or Queen! Our meal will be sure to satisfy the hungriest of royalties. We will enjoy a finger licking meal that will require little to no utensils. We might even get a visit from the "King" himself. **NOTE: Includes lunch, refreshments, dessert & entertainment.**

Day & Date: Tuesday, February 18

Time: 12:00 p.m. - 2:00 p.m.

Ages: 50 years & up

Location: Krueger Park Gym

Min/Max: 80/125

Fee: \$10 Resident, \$13 Non-Resident

Irish Luck Luncheon**456423-01**

Wear your green and join us as we celebrate St. Patrick's Day, a day late at Krueger Park Rec. Center, with corn beef and cabbage and the trimmings. Join us on this day where we can all be a little Irish for the day. Note: Fee includes lunch, dessert and entertainment.

Day & Date: Tuesday, March 18

Time: 12:00 p.m. - 2:00 p.m.

Ages: 50 years & up

Location: Krueger Park Gym

Min/Max: 80/125

Fee: \$10 Resident, \$13 Non-Resident

Pastapalooza Luncheon 456422-01

Pastapalooza is a pasta lovers luncheon. At this luncheon sample a variety of pasta dishes along with a few sides. This meal will surely fill your pasta needs.

NOTE: Fee includes lunch, dessert, refreshments & entertainment.

Day & Date: Tuesday, April 15

Time: 12:00 p.m. - 2:00 p.m.

Ages: 50 years & up

Location: Krueger Park Gym

Min/Max: 80/125

Fee: \$10 Resident, \$13 Non-Resident

Fiesta Luncheon 456435-01

Let's have one more fiesta before summer begins with a Mexican feast of tacos, rice and beans. We will play some Bingo for fabulous prizes and a few surprises.

NOTE: Fee includes lunch, dessert and entertainment.

Day & Date: Tuesday, May 20

Time: 12:00 p.m. - 2:00 p.m.

Ages: 50 years & up

Location: Krueger Park Gym

Min/Max: 80/125

Fee: \$10 Resident, \$13 Non-Resident



MATURE ADULT EXERCISE

19

Easy Does It

Easy Does It incorporates circuit and strength training with a cardio blend designed to improve your overall health, balance, strength, and endurance. Classes are geared towards seniors and you set your own pace. Try it. . . like it. . love it. **NOTE: Dumbbells and steps will be provided. No Class January 21, February 18, April 15.**

Dates: January 14 - March 6
March 20- May 8

353307-02
453407-01

Ages: 50 years & up
Location: Cynthia Neal Center

Day Tuesday & Thursday

Min/Max: 10/20

Time: 10:00 a.m. - 10:45 a.m.

Fee: \$98 Resident, \$103 Non-Resident

Chair Yoga

Chair Yoga is a unique yoga style that adapts yoga positions and poses through creative use of a chair. The chair replaces the mat and becomes an extension of the body. Bring a water bottle with you. Anyone can practice yoga regardless of age, experience, or level of flexibility – we can all benefit from yoga.

Dates: January 6 - February 24
March 17 - May 5

351320-02
451420-01

Instructor: Pam Lawrence
Location: Krueger Park
Activity Room A & B

Day: Monday

Min/Max: 10/24

Time: 5:15 p.m. - 6:15 p.m.

Fee: \$72 Resident,
\$77 Non-Resident

Ages: 50 years & up

