

Zumba Dance

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "fun and easy to do," allowing Zumba participants to stick to the Zumba fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind. Zumba is a fusion of Latin and international music dance themes that create a dynamic, exciting and effective fitness system. It is a mixture of body-sculpting movements with easy-to-follow dance steps.

WCHS - Door 40 Mon: 6:30 PM - 7:30 PM

Fee: Students must pay for entire month.

Section 1: 1/22, 1/29.....\$12

Section 2: 2/5, 2/12, 2/26.....\$18

Section 3: 3/5, 3/12.....\$12

Section 4: 4/2, 4/9, 4/16, 4/23, 4/30\$30

Cardio-Strength-Flexibility

Looking for a great class that gets results?

This class includes step, cardio with a Latin flair, free weights and other props to help you develop your muscular strength, movements to increase your flexibility, and ends with a relaxing segmented cool down. All you need to bring is a towel and water.

GC/Gym

Section 1: 1/17 - 2/26 **Section 2:** 2/28 - 4/18 **Section 3:** 4/23 - 5/30

Mon & Wed: 6 - 7 PM **Fee:** \$80

Vinyasa Yoga

The style of yoga for this class is called Vinyasa. Vinyasa yoga links poses in a flowing series that warms and energizes the body in an aerobic practice. This class is for beginners to intermediate. Modifications are always welcome to honor a person's body and fitness level. Registration is required in advance. Please call 532-6156 or 532-5614 to register. Bring mat. Minimum of 10 students required.

WCC - Door 70 Wednesdays: 6:00 - 7:00 PM

Section 1: 1/10 - 2/28 **Fee:** \$60

Section 2: 3/7 - 5/16 **Fee:** \$60

Section 3: 5/23 - 6/13 **Fee:** \$45

Small Group Fitness/Personal Training Class

PERSONAL & ATHLETIC TRAINING BY LOLO, LLC: Burn calories, tone muscle, & improve your overall strength all while having fun!! This circuit style class incorporates cardiovascular & strength training into one high energy workout. You will target all muscle groups for a full body training session in a fun, motivating environment. This class provides great instruction in a small group setting. All fitness levels welcome!! Let's get fit!!

WCHS - Fieldhouse Door 14 Tues: 6:00 - 7:00 PM Wed: 6:00 - 7:00 PM Thurs: 6:00 - 7:00 PM

Fees: \$40 (4-week class - once a week)

\$80 (4-week class - twice a week)

Offered: Year round

How to Play Golf

Learn how to play golf through a series of five outdoor group sessions conducted by a local golf professional. Beginners will start playing with the proper techniques while intermediate players will be able to correct those frustrating bad habits. Classes meet in small-group format.

Whispering Hills Golf Course, 10751 Brookville Road, Indianapolis, 46239

5 Sessions: Starts 4/10 - 5/8 **Tue: 6 PM Fee: \$95**

Golf Academy Class

Play better golf in 2018. Whispering Hills Golf Course will be hosting a golf improvement academy for the regular golfer. Focus will be on player improvement without major swing changes. Concentration on practice productivity, helpful drills, short-game strategies, and putting will be developed in these five sessions.

5 Sessions: Starts 4/13 - 5/11 **Thurs: 6 PM Fee: \$120**