Specialty Classes

RED CROSS ADULT & CHILD CPR

January 9 & 11 6:30-9:30pm
Members $50 **Non-members $60**

RED CROSS FIRST AID

January 23 6:30-9:30pm
Members $40 **Non-members $50**

INFANT & CHILD CPR

January 18 6:30-9:30pm
Members $50 **Non-members $60**

Pre-Registration Required

BELLY DANCE:

Get the blood moving with an invigorating total body warm-up, including light toning exercises. Easy movements drawn from Middle-Eastern dance, will inspire (and work) your heart and body. Variations will be shown to help accommodate your desired level of impact and cardiovascular challenge. Finish with a cool-down and stretch leaving you glowing and refreshed. 16+. All levels welcome. (10 weeks)
Pre-registration is required at least one week prior to start of the session. Please pre-register at the front desk.

Friday Dec. 2-Feb.3 5:45-6:45

Members: $55 **Non-Members: $90**