


# 2018 FEBRUARY

# MONDAY AAC PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 <b>DR</b> Dance Room: Gym <b>FR</b> Fitness Room: Gym <b>CR</b> Culture Room: 201 <b>WA</b> Wellness Room A: 203 <b>WB</b> Wellness Room B: 202	30 <b>CM</b> Community Room: 101 <b>GR</b> Game Room: 102 <b>CC1</b> Community Room 1: 103 <b>CC2</b> Community Room 2: 104 <b>YR</b> Youth Room: 105 <b>CC3</b> Community Room 3: 106	31	01 <b>DR</b> 9AM Zumba w/Rebecca <b>WB</b> 10AM Gentle Therapeutic Yoga <b>DR</b> 11:15AM NIA <b>WB</b> 11:45AM Light Weights for Seniors <b>DR</b> 12:45PM Adult Ballet <b>DR</b> 2:30PM Silver Sneakers Flex <b>DR</b> 5:45PM Zumba w/Melanie & Shannon <b>WA</b> 6PM Hop-Hop Dance & Tone <b>FR</b> 6PM Adult Aikido <b>DR</b> 7PM English Country Dance <b>WA</b> 7:15PM Tang Soo Do	02 <b>DR</b> 9AM Zumba w/Rebecca <b>FR</b> 9AM Baby Bootcamp <b>DR</b> 10:30AM Low Impact Aerobatics <b>DR</b> 3PM Adult Tap <b>DR</b> 4PM Youth Tap <b>FR</b> 5:30PM Out-Fit <b>WA</b> 6PM Bokwa Fitness <b>DR</b> 7PM Blue Ridge Dance Labs	03 <b>FR</b> 8:30AM Adult Aikido <b>DR</b> 9AM Zumba w/Melanie & Shannon
05 <b>DR</b> 9AM Zumba w/Rebecca <b>FR</b> 9AM Baby Bootcamp <b>DR</b> 10:30AM Low Impact Aerobatics <b>WB</b> 1:30PM Light Weights for Seniors <b>CC1</b> 2PM Piano Lessons <b>DR</b> 4:30PM Adult Clogging <b>DR</b> 5:30PM Clogging for 5 & up <b>FR</b> 5:30PM Out-Fit <b>WA</b> 6PM Bokwa Fitness <b>DR</b> 7PM Zumba <b>DR</b> 8:15PM Blue Ridge Dance Labs	06 <b>DR</b> 9AM Zumba w/Rebecca <b>DR</b> 11AM NIA <b>WB</b> 11:15AM Silver Sneakers/Ageless Grace/Brain Health <b>WB</b> 11:45AM SS/Ageless Grace Balance <b>WB</b> 1PM Gentle Therapeutic Yoga <b>CC1</b> 2PM Piano Lessons <b>DR</b> 2:30PM Silver Sneakers Flex <b>DR</b> 3:30PM Tots on Toes <b>DR</b> 5:45PM Zumba w/Melanie & Shannon <b>WA</b> 6PM Hop-Hop Dance & Tone <b>WA</b> 7:15PM Tang Soo Do	07 <b>FR</b> 9AM Baby Bootcamp <b>DR</b> 10:00AM Line Dance - Beginner <b>CC1</b> 2PM Piano Lessons <b>GR</b> 4:15PM Bigger Tap <b>DR</b> 5:30PM Zumba w/Rebecca <b>FR</b> 5:30PM Out-Fit <b>WB</b> 5:45PM Mixed Levels Yoga <b>WA</b> 6PM Bokwa Fitness	08 <b>DR</b> 9AM Zumba w/Rebecca <b>WB</b> 10AM Gentle Therapeutic Yoga <b>DR</b> 11:15AM NIA <b>WB</b> 11:45AM Light Weights for Seniors <b>DR</b> 12:45PM Adult Ballet <b>DR</b> 2:30PM Silver Sneakers Flex <b>DR</b> 5:45PM Zumba w/Melanie & Shannon <b>WA</b> 6PM Hop-Hop Dance & Tone <b>FR</b> 6PM Adult Aikido <b>DR</b> 7PM English Country Dance <b>WA</b> 7:15PM Tang Soo Do	09 <b>DR</b> 9AM Zumba w/Rebecca <b>FR</b> 9AM Baby Bootcamp <b>DR</b> 10:30AM Low Impact Aerobatics <b>DR</b> 3PM Adult Tap <b>DR</b> 4PM Youth Tap <b>FR</b> 5:30PM Out-Fit <b>WA</b> 6PM Bokwa Fitness <b>DR</b> 7PM Blue Ridge Dance Labs	10 <b>FR</b> 8:30AM Adult Aikido <b>DR</b> 9AM Zumba w/Melanie & Shannon
12 <b>DR</b> 9AM Zumba w/Rebecca <b>FR</b> 9AM Baby Bootcamp <b>DR</b> 10:30AM Low Impact Aerobatics <b>WB</b> 1:30PM Light Weights for Seniors <b>CC1</b> 2PM Piano Lessons <b>DR</b> 4:30PM Adult Clogging <b>DR</b> 5:30PM Clogging for 5 & up <b>FR</b> 5:30PM Out-Fit <b>WA</b> 6PM Bokwa Fitness <b>DR</b> 7PM Zumba <b>DR</b> 8:15PM Blue Ridge Dance Labs	13 <b>DR</b> 9AM Zumba w/Rebecca <b>DR</b> 11AM NIA <b>WB</b> 11:15AM Silver Sneakers/Ageless Grace/Brain Health <b>WB</b> 11:45AM SS/Ageless Grace Balance <b>WB</b> 1PM Gentle Therapeutic Yoga <b>CC1</b> 2PM Piano Lessons <b>DR</b> 2:30PM Silver Sneakers Flex <b>DR</b> 3:30PM Tots on Toes <b>DR</b> 5:45PM Zumba w/Melanie & Shannon <b>WA</b> 6PM Hop-Hop Dance & Tone <b>WA</b> 7:15PM Tang Soo Do	14 <b>FR</b> 9AM Baby Bootcamp <b>DR</b> 10:00AM Line Dance - Beginner <b>CR</b> 1PM Quilting <b>CC1</b> 2PM Piano Lessons <b>DR</b> 4:15PM Bigger Tap <b>DR</b> 5:30PM Zumba w/Rebecca <b>FR</b> 5:30PM Out-Fit <b>WB</b> 5:45PM Mixed Levels Yoga <b>WA</b> 6PM Bokwa Fitness	15 <b>DR</b> 9AM Zumba w/Rebecca <b>WB</b> 10AM Gentle Therapeutic Yoga <b>DR</b> 11:15AM NIA <b>WB</b> 11:45AM Light Weights for Seniors <b>DR</b> 12:45PM Adult Ballet <b>DR</b> 2:30PM Silver Sneakers Flex <b>DR</b> 5:45PM Zumba w/Melanie & Shannon <b>WA</b> 6PM Hop-Hop Dance & Tone <b>FR</b> 6PM Adult Aikido <b>DR</b> 7PM English Country Dance <b>WA</b> 7:15PM Tang Soo Do	16 <b>DR</b> 9AM Zumba w/Rebecca <b>FR</b> 9AM Baby Bootcamp <b>DR</b> 10:30AM Low Impact Aerobatics <b>DR</b> 3PM Adult Tap <b>DR</b> 4PM Youth Tap <b>FR</b> 5:30PM Out-Fit <b>WA</b> 6PM Bokwa Fitness <b>DR</b> 7PM Blue Ridge Dance Labs	17 <b>FR</b> 8:30AM Adult Aikido <b>DR</b> 9AM Zumba w/Melanie & Shannon
19 <b>DR</b> 9AM Zumba w/Rebecca <b>FR</b> 9AM Baby Bootcamp <b>DR</b> 10:30AM Low Impact Aerobatics <b>WB</b> 1:30PM Light Weights for Seniors <b>CC1</b> 2PM Piano Lessons <b>DR</b> 4:30PM Adult Clogging <b>DR</b> 5:30PM Clogging for 5 & up <b>FR</b> 5:30PM Out-Fit <b>WA</b> 6PM Bokwa Fitness <b>DR</b> 7PM Zumba <b>DR</b> 8:15PM Blue Ridge Dance Labs	20 <b>DR</b> 9AM Zumba w/Rebecca <b>DR</b> 11AM NIA <b>WB</b> 11:15AM Silver Sneakers/Ageless Grace/Brain Health <b>WB</b> 11:45AM SS/Ageless Grace Balance <b>WB</b> 1PM Gentle Therapeutic Yoga <b>CC1</b> 2PM Piano Lessons <b>DR</b> 2:30PM Silver Sneakers Flex <b>DR</b> 3:30PM Tots on Toes <b>DR</b> 5:45PM Zumba w/Melanie & Shannon <b>WA</b> 6PM Hop-Hop Dance & Tone <b>WA</b> 7:15PM Tang Soo Do	21 <b>FR</b> 9AM Baby Bootcamp <b>DR</b> 10:00AM Line Dance - Beginner <b>CC1</b> 2PM Piano Lessons <b>DR</b> 4:15PM Bigger Tap <b>DR</b> 5:30PM Zumba w/Rebecca <b>FR</b> 5:30PM Out-Fit <b>WB</b> 5:45PM Mixed Levels Yoga <b>WA</b> 6PM Bokwa Fitness	22 <b>DR</b> 9AM Zumba w/Rebecca <b>WB</b> 10AM Gentle Therapeutic Yoga <b>DR</b> 11:15AM NIA <b>WB</b> 11:45AM Light Weights for Seniors <b>DR</b> 12:45PM Adult Ballet <b>DR</b> 2:30PM Silver Sneakers Flex <b>DR</b> 5:45PM Zumba w/Melanie & Shannon <b>WA</b> 6PM Hop-Hop Dance & Tone <b>FR</b> 6PM Adult Aikido <b>DR</b> 7PM English Country Dance <b>WA</b> 7:15PM Tang Soo Do	23 <b>DR</b> 9AM Zumba w/Rebecca <b>FR</b> 9AM Baby Bootcamp <b>DR</b> 10:30AM Low Impact Aerobatics <b>DR</b> 3PM Adult Tap <b>DR</b> 4PM Youth Tap <b>FR</b> 5:30PM Out-Fit <b>WA</b> 6PM Bokwa Fitness <b>DR</b> 7PM Blue Ridge Dance Labs	24 <b>FR</b> 8:30AM Adult Aikido <b>DR</b> 9AM Zumba w/Melanie & Shannon
26 <b>DR</b> 9AM Zumba w/Rebecca <b>FR</b> 9AM Baby Bootcamp <b>DR</b> 10:30AM Low Impact Aerobatics <b>WB</b> 1:30PM Light Weights for Seniors <b>CC1</b> 2PM Piano Lessons <b>DR</b> 4:30PM Adult Clogging <b>DR</b> 5:30PM Clogging for 5 & up <b>FR</b> 5:30PM Out-Fit <b>WA</b> 6PM Bokwa Fitness <b>DR</b> 7PM Zumba <b>DR</b> 8:15PM Blue Ridge Dance Labs	27 <b>DR</b> 9AM Zumba w/Rebecca <b>DR</b> 11AM NIA <b>WB</b> 11:15AM Silver Sneakers/Ageless Grace/Brain Health <b>WB</b> 11:45AM SS/Ageless Grace Balance <b>WB</b> 1PM Gentle Therapeutic Yoga <b>CC1</b> 2PM Piano Lessons <b>DR</b> 2:30PM Silver Sneakers Flex <b>DR</b> 3:30PM Tots on Toes <b>DR</b> 5:45PM Zumba w/Melanie & Shannon <b>WA</b> 6PM Hop-Hop Dance & Tone <b>WA</b> 7:15PM Tang Soo Do	28 <b>FR</b> 9AM Baby Bootcamp <b>DR</b> 10:00AM Line Dance - Beginner <b>CR</b> 1PM Quilting <b>CC1</b> 2PM Piano Lessons <b>DR</b> 4:15PM Bigger Tap <b>DR</b> 5:30PM Zumba w/Rebecca <b>FR</b> 5:30PM Out-Fit <b>WB</b> 5:45PM Mixed Levels Yoga <b>WA</b> 6PM Bokwa Fitness	01 Additional classes may be added or changed during the month. For more information on classes or programs, please visit our website at <a href="http://www.HCPRD.COM">www.HCPRD.COM</a> or contact us at (828) 697-4884.		03  <p><b>HENDERSON COUNTY Parks &amp; Recreation</b></p>
Athletics & Activity Center: 708 S. Grove St, Hendersonville, NC 28792					

Please find more information about classes offered below. Instructors are happy to answer any questions you may have!

<p><b>Adult Self-Defense Classes:</b> Shojin-ryu. Nihon Goshin Aikido. Learn effective self-defense built upon the traditions of a proven martial art. Hihon Goshin Aikido combines throws, grappling, locks, and striking with physical principles that take advantage of the energy (momentum) of the attack to allow a smaller defender to defeat a stronger attacker. FIRST CLASS IS FREE!! Cost: \$50/month or \$10/class. Discounts for multiple family members. Class is taught by Senior Shojin-ryu Instructor, Gerry Seymour. For more information, announcements or changes in class schedule, please visit: <a href="http://www.Shojinryu.org">www.Shojinryu.org</a>.</p>
<p><b>Baby Boot Camp Classes:</b> 60 minute stroller fitness classes cater to moms of all fitness levels: pregnant moms, new moms, and moms with one + stroller ages children. Instructed by Nationally Certified Fitness Professionals, our interval based classes incorporate cardio, strength and core for a total body workout. OUTDOOR LOCATION: JACKSON PARK/INCLEMENT WEATHER LOCATION: ATHLETIC CENTER GYM (FITNESS ROOM). FIRST CLASS FREE. For any questions or to register, please contact instructor Jen McDonald at <a href="mailto:jen.mcdonald@babybootcamp.com">jen.mcdonald@babybootcamp.com</a> or call 248-303-8807. Learn more at <a href="http://babybootcamp.com">babybootcamp.com</a></p>
<p><b>Beginner Piano Lessons:</b> Piano instruction for children and adults. All lessons are \$10 per 1/2 hour. Pre-registration is required. To register or for more information, please contact instructor Kathleen Scanlan at (828) 606-3209 or email <a href="mailto:joekathy1990@yahoo.com">joekathy1990@yahoo.com</a>.</p>
<p><b>Blue Ridge Dance Lab:</b> Mondays -Argentine Tango 8:30-10:30pm (varies); Fridays - 1st Fridays - Line Dancing and Country Couple 7-11pm (\$5); 2nd Fridays - Rueda de Casino &amp; Latin Night 7-11pm (\$5); 3rd Fridays - West Coast Swing 7-11pm (\$5); 4th Fridays - Themed East Coast Swing/Lindy 7-11pm (\$7). For more information and/or to register, please contact Joshua Balson or Tora Ellis at (828) 577-7007</p>
<p><b>Bokwa Fitness:</b> 6pm-6:45pm, M/W/F. A non-stop cardio, music driven workout that doesn't feel like a dance class. Bokwa is for dance fitness lovers and folks with two left feet. \$6/class. Contact Christine: 828-275-7144</p>
<p><b>Clogging:</b> Adult &amp; Kids (ages 5 yrs. and up) classes offered. Cost is \$7.00 per class. To register or for more information contact Mary Ann at (828) 606-3474.</p>
<p><b>English Country Dance:</b> A dance of the British Isles in which couples together or in sets of 2-3 couples. A caller will be on site on the first Thursday of every month from 7:00-8:30pm. Contact Suzette at 828-243-1949 for registration and additional information.</p>
<p><b>Hip-Hop Step &amp; Tone:</b> 6pm-6:45pm, T/Th. This class combines an aerobic step and light hand weights for a music driven fitness class. Enjoy popular dance music as we step and tone our way to a healthier body! Beginners welcome. \$6 per class. Contact Christine: 828-275-7144</p>
<p><b>Light Weights 4 Seniors Fitness Program:</b> This program includes low impact aerobics, light wrist &amp; ankle weights, resistance bands, medicine balls and stretches. Cost of Classes Vary. For more information, pre-payment, or registration, please call certified instructor Suzanne Tindol at 910-308-8982</p>
<p><b>Line Dance-Beginner:</b> Cost is \$5 per class. Contact Wanda Junek to register at (828) 890-5777 or visit <a href="http://www.linedanceclass.com">www.linedanceclass.com</a></p>
<p><b>Low Impact Aerobics:</b> Aerobics with chair assistance if necessary. This class incorporates cardio and strength training with no floor work. \$50 punch card for 10 classes or \$6.00 per class for walk-ins. For further questions, please contact instructor Angela Vaughn at 828-808-2427.</p>
<p><b>Mixed Levels Yoga:</b> Certified yoga teacher, Tony Baron, brings 50+ years of teaching experience. Yoga invigorates, renews flexibility, and helps create an inner atmosphere of peace and harmony in your daily routine. Wednesdays from 5:45-6:45pm. Props are available, if needed. To register, please contact Tony at 828-243-8965.</p>
<p><b>Out-Fit: Fitness For All Levels!</b> This class is a Circuit/Cross Training/Interval style class that mixes calisthenics and body weight exercises with cardio and strength training. Cardio work can include Step, Hi-Lo Aerobics, Cardio Kickboxing; Strength work can include weights, mat, body weight exercises, and more. Cost: \$10 per class or \$60.00 per month. For further questions, please contact certified instructor Timothy Thew at email:</p>
<p><b>Quilting Class:</b> Classes on the 2nd and 4th Wednesdays of the month. \$5.00 per class. Contact Margaret Street at <a href="mailto:mstreet@bellsouth.net">mstreet@bellsouth.net</a>.</p>
<p><b>Silver Sneakers FLEX Ageless Grace:</b> Ageless Grace is a cutting edge brain fitness program that activates 5 functions of the brain. Denise Medved, the creator, and Doreen Blue will tag team this class Tuesday and Thursday from 2:30-3:00pm. Contact Denise at <a href="mailto:denise@agelessgrace.com">denise@agelessgrace.com</a> or 828-290-2344.</p>
<p><b>Silver Sneakers/Ageless Grace/Brain Health and Balance:</b> Must call instructor, Suzanne Tindol @ 910-308-8982 to register.</p>
<p><b>Tang Soo Do – Korean Style Karate for Adults and Teens 13 &amp; up:</b> A great way to keep in shape, while learning technique that could protect you or your loved ones. Don't be unprepared! Increase your fitness and stamina while learning self-defense. Classes are taught by two Master Instructors: Master Nathan Askin, a 6th Degree Black Belt and Master Joanna Askin, a 4th Degree Black Belt. For more information please contact an Instructor at 828-332-7718 or <a href="mailto:AspireTangSooDo@gmail.com">AspireTangSooDo@gmail.com</a>.</p>
<p><b>Tap and Ballet:</b> For more information and/or to register, please contact instructor Carol Montgomery at (954) 655-0680, (828) 595-9910 or email <a href="mailto:Cburns0502@gmail.com">Cburns0502@gmail.com</a>.</p>
<p><b>Tap Class (all ages):</b> Saturdays (ongoing) 12:30-1:15pm. The creativity of basic rhythmic tap sounds and having fun too. Beginners will learn choreographed "Traditional Soft Shoe &amp; Puttin on the Ritz". While learning routines, students will continue building their tap skills. Cost is \$10/class. Dance leotard/stretchy attire and tap shoes needed. For more information and/or to register, please contact instructor Carol Montgomery at (954) 655-0680, (828) 595-9910 or email <a href="mailto:Cburns0502@gmail.com">Cburns0502@gmail.com</a>.</p>
<p><b>Therapeutically Oriented Yoga:</b> Yoga is a "hands on" application combining joint work in the warm up leading up to where breath and movement allow you to gently challenge yourself in poses that aligns, strengthens, gently twists, balance and restore. This form of Yoga is good for those with Limitations such as knees, Fibromyalgia, Parkinson's, recovery from an illness or surgery, tight muscles and the like and includes ageless grace. Mats and props are provided on 1st come 1st served basis. Cost is \$9 per class, or \$40 for 5 classes (expires in 3 months), or \$50 (monthly unlimited), \$80 for 12 classes (expires in 6 weeks). To register, please contact Suzanne at (910)</p>
<p><b>Tots on Toes:</b> Introduce your child to the art of ballet, build self-confidence, and increase creativity through dance in a non-competitive environment with instructor Dory Jones. Ages 3-4 (3:30-4:15). Ages 5-6 (4:30-5:15). \$80/8 week session. Contact Dory at (828)242-6643 or <a href="mailto:dorypiones@gmail.com">dorypiones@gmail.com</a></p>
<p><b>Zumba Fitness (AM and Wednesday PM):</b> Come sculpt and tone while calming the mind and inspiring the soul with Latin/international aerobic dance. COST: drop in fee of \$6.00 per class, \$50 for 10 class punch card or \$50 monthly for unlimited classes. For more information, please contact Rebecca at <a href="mailto:rsbord@gmail.com">rsbord@gmail.com</a> or (828) 551-1269.</p>
<p><b>Zumba Fitness (PM &amp; Saturday):</b> The ZUMBA program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. It combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. Price \$5.00 per class. Melanie and Shannon teach for all levels! For questions, please contact licensed instructors Melanie: 699-3790 or Shannon: 698-2707</p>