

2018 MARCH

MONDAY AAC PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 DR Dance Room: Gym FR Fitness Room: Gym CR Culture Room: 201 WA Wellness Room A: 203 WB Wellness Room B: 202	27 CM Community Room: 101 GR Game Room: 102 CC1 Community Room 1: 203 CC2 Community Room 2: 104 YR Youth Room: 105 CC3 Community Room 3: 106	28	01 DR 9AM Zumba w/Rebecca WB 10AM Gentle Therapeutic Yoga DR 11:15AM NIA WB 11:45AM Light Weights for Seniors DR 12:45PM Adult Ballet DR 2:30PM SS FLEX Ageless Grace DR 5:45PM Zumba w/Melanie & Shannon WA 6PM Hop-Hop Dance & Tone FR 6PM Adult Aikido DR 7PM English Country Dance	02 DR 9AM Zumba w/Rebecca FR 9AM Baby Bootcamp DR 10:30AM Low Impact Aerobatics DR 3PM Adult Tap DR 4PM Youth Tap FR 5:30PM Out-Fit WA 6PM Bokwa Fitness DR 7PM Blue Ridge Dance Labs	03 FR 8:30AM Adult Aikido DR 9AM Zumba with Melanie & Shannon DR 11:30AM Tots on Toes
05 DR 9AM Zumba w/Rebecca FR 9AM Baby Bootcamp DR 10:30AM Low Impact Aerobatics WB 1:30PM Light Weights for Seniors CC1 2PM Piano Lessons DR 4:30PM Adult Clogging DR 5:30PM Clogging for 5 & up FR 5:30PM Out-Fit WA 6PM Bokwa Fitness DR 7PM Zumba DR 8:15PM Blue Ridge Dance Labs	06 DR 9AM Zumba w/Rebecca DR 11:15AM NIA WB 11:15AM Silver Sneakers/Ageless Grace/Brain Health WB 11:45AM SS/Ageless Grace Balance WB 1PM Gentle Therapeutic Yoga CC1 2PM Piano Lessons DR 2:30PM SS FLEX Ageless Grace DR 3:30PM Tots on Toes DR 5:45PM Zumba w/Melanie & Shannon WA 6PM Hop-Hop Dance & Tone FR 6PM Adult Aikido	07 FR 9AM Baby Bootcamp DR 10:00AM Line Dance - Beginner CC1 2PM Piano Lessons DR 4:15PM Bigger Tap DR 5:30PM Zumba w/Rebecca FR 5:30PM Out-Fit WB 5:45PM Mixed Levels Yoga WA 6PM Bokwa Fitness	08 DR 9AM Zumba w/Rebecca WB 10AM Gentle Therapeutic Yoga DR 11:15AM NIA WB 11:45AM Light Weights for Seniors DR 12:45PM Adult Ballet DR 2:30PM SS FLEX Ageless Grace DR 5:45PM Zumba w/Melanie & Shannon WA 6PM Hop-Hop Dance & Tone FR 6PM Adult Aikido DR 7PM English Country Dance	09 DR 9AM Zumba w/Rebecca FR 9AM Baby Bootcamp DR 10:30AM Low Impact Aerobatics DR 3PM Adult Tap DR 4PM Youth Tap FR 5:30PM Out-Fit WA 6PM Bokwa Fitness DR 7PM Blue Ridge Dance Labs	10 FR 8:30AM Adult Aikido DR 9AM Zumba w/Melanie & Shannon DR 11:30AM Tots on Toes
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19 DR 9AM Zumba w/Rebecca FR 9AM Baby Bootcamp DR 10:30AM Low Impact Aerobatics WB 12:15PM An Introduction to Tai Chi WB 1:30PM Light Weights for Seniors CC1 2PM Piano Lessons DR 4:30PM Adult Clogging DR 5:30PM Clogging for 5 & up FR 5:30PM Out-Fit WA 6PM Bokwa Fitness DR 7PM Zumba DR 8:15PM Blue Ridge Dance Labs	20 DR 9AM Zumba w/Rebecca DR 11:15AM NIA WB 11:15AM Silver Sneakers/Ageless Grace/Brain Health WB 11:45AM SS/Ageless Grace Balance WB 1PM Gentle Therapeutic Yoga CC1 2PM Piano Lessons DR 2:30PM SS FLEX Ageless Grace DR 5:45PM Zumba w/Melanie & Shannon WA 6PM Hop-Hop Dance & Tone FR 6PM Adult Aikido	21 FR 9AM Baby Bootcamp DR 10:00AM Line Dance - Beginner CC1 2PM Piano Lessons DR 4:15PM Bigger Tap DR 5:30PM Zumba w/Rebecca FR 5:30PM Out-Fit WB 5:45PM Mixed Levels Yoga WA 6PM Bokwa Fitness	22 DR 9AM Zumba w/Rebecca WB 10AM Gentle Therapeutic Yoga DR 11:15AM NIA WB 11:45AM Light Weights for Seniors DR 12:45PM Adult Ballet DR 2:30PM SS FLEX Ageless Grace DR 5:45PM Zumba w/Melanie & Shannon WA 6PM Hop-Hop Dance & Tone FR 6PM Adult Aikido DR 7PM English Country Dance	23 DR 9AM Zumba w/Rebecca FR 9AM Baby Bootcamp DR 10:30AM Low Impact Aerobatics DR 3PM Adult Tap DR 4PM Youth Tap FR 5:30PM Out-Fit WA 6PM Bokwa Fitness DR 7PM Blue Ridge Dance Labs	24 FR 8:30AM Adult Aikido DR 9AM Zumba w/Melanie & Shannon DR 11:30AM Tots on Toes
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Additional classes may be added or changed during the month. For more information on classes or programs, please visit our website at www.HCPRD.COM or contact us at (828) 697-4884.



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>An Introduction to Tai Chi: Introductory classes on March 19th and 26th. 6 week series begins on April 2nd (12:15 – 1:15pm) Tai Chi for Arthritis and Fall Prevention led by a board certified instructor, Suzanne Tindol. This is practiced in sun style. Tai chi warm up exercises; 1-2 movements per lessons progressively leading to completing the basic core movements; tai chi cool down exercises; breathing techniques; and tai chi principles including those related to improving physical and mental balance. Benefits include increased flexibility, muscle strength and fitness, less stress and more relaxation, improved immunity, lower cholesterol and blood pressure, better body posture, integration of body, mind and spirit, improved flow of energy, and all aspects of health. Please contact Suzanne Tindol at (910)308-8982 to register. Pre-payment cost of \$48 for the 6 sessions.</p>
<p>Adult Aikido Self-Defense Classes: 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: www.Shojinryu.org.</p>
<p>Baby Boot Camp Classes: 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 jen.mcdonald@babybootcamp.com or call 248-303-8807. Learn more at babybootcamp.com</p>
<p>Beginner Piano Lessons: 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 joekathy1990@yahoo.com.</p>
<p>Blue Ridge Dance Lab: Mondays -Argentine Tango 8:30-10:30pm (varies); Fridays - 1st Fridays - Line Dancing and Country Couple 7-11pm (\$5); 2nd Fridays - Rueda de Casino & 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>Bokwa Fitness: 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>Clogging: Adult & 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>English Country Dance: 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>Hip-Hop Step & Tone: 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>Light Weights 4 Seniors Fitness Program: This program includes low impact aerobics, light wrist & 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>Line Dance-Beginner: Cost is \$5 per class. Contact Wanda Junek to register at (828) 890-5777 or visit www.linedanceclass.com</p>
<p>Low Impact Aerobics: 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>Mixed Levels Yoga: 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>Out-Fit: Fitness For All Levels! 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>Quilting Class: Classes on the 2nd and 4th Wednesdays of the month. \$5.00 per class. Contact Margaret Street at mstreet@bellsouth.net.</p>
<p>Silver Sneakers FLEX Ageless Grace: 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 denise@agelessgrace.com or 828-290-2344.</p>
<p>Silver Sneakers Ageless Grace Brain Health / Balance: Ageless Grace Brain Health (each Tuesday from 11:15AM-11:45AM); Balance (each Tuesday from 11:45AM-12:30PM) Cost is \$5/class for non Silver Sneakers</p>
<p>Tap and Ballet: For more information and/or to register, please contact instructor Carol Montgomery at (954) 655-0680, (828) 595-9910 or email Cburns0502@gmail.com.</p>
<p>Tap Class (all ages): Saturdays (ongoing) 12:30-1:15pm. The creativity of basic rhythmic tap sounds and having fun too. Beginners will learn choreographed "Traditional Soft Shoe & 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 Cburns0502@gmail.com.</p>
<p>Yoga with Therapeutically Oriented Influences: 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, gentle 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 months). To register, please contact Suzanne at (910) 308-8982.</p>
<p>Tots on Toes: 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. March Session (every Saturday) Ages 3-4 11:30-12:15. Ages 5-6 12:30-1:15. Cost is \$40 for the workshop. (Contact Dory Jones at (828)242-6643 or dorypjones@gmail.com)</p>
<p>Zumba Fitness (AM and Wednesday PM): 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 rshord@gmail.com or (828) 551-1269.</p>
<p>Zumba Fitness (PM & Saturday): 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>