

ZUMBA® FOR ADULTS

Greenwood Center

Mondays, 5:45-6:45pm

Sept. 11th—Oct. 23rd

Fee normally \$57, Activity #7001.680

Add some spice to your workout! This class features aerobic/fitness interval training that tones and sculpts the body. Be sure to bring a water bottle and wear sneakers and any type of comfortable athletic clothing.

Use coupon code: SCANTIC40 to save 40%!

NEW! FU6ION FIT

Greenwood Center

Tuesdays, 5:45-6:45pm

Sept. 12th—Oct. 23rd

Fee normally \$57, Activity #7001.671

Fu6ion Fit is a 45 minute workout that gives you everything you want in cardio, strength, core, and flexibility. Get ready to work!

Use coupon code: SCANTIC40 to save 40%!

REGISTER NOW!

ONLINE: WWW.LPRD.NET

FAX: 565-4165

MAIL/IN PERSON: 735 LONGMEADOW ST.



SVRHT SPECIALS!

Valid for benefit-eligible employees who work 20+ hours/week in the SVRHT network

TAI-CHI— YANG STYLE

Olde Town Hall

Tuesdays, 6:30-7:30pm

Fee normally \$60 per session

Tai Chi is an ancient Chinese martial art that uses slow, smooth body movements and concentrates on breathing and balance to achieve a state of relaxation of both body and mind and chi (energy) development. It is less strenuous than other martial arts, and offers several health benefits.

Activity #4100.104: Sept. 12th—Oct. 24th

Activity #4100.105: Nov. 7th —Dec. 19th

ADULT KARATE—SHOTOKAN STYLE

Olde Town Hall

Tues. 7:30-9pm, Thurs. 6:30-8pm, Sat. 8:30-10am

Activity #4101.101: Sept. 5th—Oct. 31st

Activity #4101.102: Nov. 2nd—Dec. 30th

Fee normally \$75 per session

Shotokan Karate-Do International Federation (SKIF) system includes an international standardized syllabus of kihon (basics), kata (forms) and kumite (sparring). All instruction and certification is authentic and directly affiliated with SKIF Japan, one of the largest and finest karate organizations in the world.

*A white karate uniform is required for class and can be ordered through the instructor. Your instructor is James P. Shea, 7th Dan SKIF, licensed Karate-Do and Tai Chi instructor with over 40 years' experience.

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NEW! WELLNESS WORKSHOP FOR PARENTS

Greenwood Center

Oct. 3rd—Nov. 14th

Fee normally \$150 per person

If you would like some simple and easy ideas to incorporate wellness into you and your family's everyday life, this class is exactly what you need! Come learn a variety of techniques that include self-care strategies, mindful movement, healthy eating, alternative medicine and more! Class will include instruction, group discussion, and plenty of user-friendly take-away.

Contact Heather Locklear directly at 413-822-8324 or heather@dragonfly-wellness.net to sign up.

Use coupon code: SCANTIC40 to save 40%!