

## ZUMBA® FOR ADULTS

Greenwood Center

Mondays, 5:45-6:45pm

Feb.5-Mar. 19, Activity #7001.683

Mar. 26– May 7, Activity #7001.684

Fee normally \$57 per session

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

Feb. 6-Mar. 20 Activity # 7001.674

Mar. 27-May 8 Activity #7001.675

Fee normally \$57 per session

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

## ADULT KARATE—SHOTOKAN STYLE

Olde Town Hall

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

Mar 1 –Apr 28 Activity #4101.205

May 1-Jun 30 Activity #4101.301

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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## TAI-CHI— YANG STYLE

Olde Town Hall

Tuesdays, 6:30-7:30pm

March 6– Apr 17 Activity #4100.205

May 1-Jun 12 Activity #4100.206

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.

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