

COOKING

TASTE THE SEASONS

#16WG03 **Thursday, January 12, 6-8pm**

A hands-on program where participants will prepare, cook and enjoy a delicious meal together using seasonal, unprocessed ingredients. Students will discover techniques in cooking that support sustainability of our bodies as well as the earth we share. Recipes will be available to take home. Makes a very unique holiday gift as well as a great night out!

Instructor-Lisa Simons

16-Adult / 1 session / WMHS, Room #B-215

\$40 (+\$5 material fee due to instructor at the beginning of class)

No senior discount



HEALTH & WELLNESS

PICKLEBALL (age 30+)

#16WG04 **Sun, Dec 11-Feb 12, 7-9pm**
(no 12/25 & 1/1)

Have you heard of it? If not, come check it out! Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis, with 2-4 players using paddles and a perforated ball. Bring your own paddle or use one of ours. Registrants can drop-in during any of the sessions to participate and/or learn the game - come to one, two or all 8 sessions for one low price! Coordinator-Bob Eney

Adults / 8 sessions / RMC

\$5, No early bird or senior discount

BALLROOM DANCE

#16WG05 **Wed, Jan 4-Feb 15 (no 1/18), 6:30-8pm**

Grab your partner, friend or spouse, dance as a couple, and join the fun learning the basic steps to various ballroom dances such as the Foxtrot, Cha Cha, Waltz, Rumba, and more. Those couples with experience are welcome to join, but the focus will be on beginner steps. Instructor-Stacey Welsh

Adult / 6 sessions / WSC

\$51/couple, No senior discount

FENCING

#16WG06 **Fri, Jan 6-Feb 10, 7-9pm**

Have you ever wanted to learn how to sword fight? If so, this is the class for you! Students learn the skills of this exciting sport, from the basics to the precise maneuvers employed in offense and defense to initiate or avoid attacks from your opponent. Matching wits with your competition can be one of the most challenging and satisfying experiences of a lifetime! No experience required - all levels welcome. Students are responsible for providing their own equipment (mask, jacket, gloves, weapon). Information on where/how to purchase items will be provided upon registration. Instructor-Ben Backe

12-Adult / 6 sessions / RMC

\$60 (+estimated initial equipment cost of \$115)

TRANSFORM YOUR BODY, YOUR HEALTH, YOUR LIFE!

#16WG07 **Mon, Jan 9-Feb 13, 6-7pm**

Do you want to get on the right track with your health? or, did you make a New Year's resolution that you are not sure how to keep? Learn how to use diet and supplements to create wellness including weight management, how to overcome the mental habits that cause us to make poor choices, and suggestions on how to include simple exercise strategies that anyone can do. Being healthy is more than the absence of disease, it is about living a lifestyle that promotes health and wellness! Explore new and exciting ways to get on a new life track, with loads of information to keep you on track! Instructor-Judy Baxter

Adult / 6 sessions / WSC

\$37

CLOGGING

Mondays, Jan 9-Mar 13 (no 1/16 and 2/20)

#16WG08 **Beginner, 8-8:30pm**

#16WG09 **Intermediate, 6-7pm**

#16WG10 **Advanced, 7-8pm**

A fun contemporary American Folk dance for all to enjoy! The Beginner level requires no experience-students will learn basic fundamentals working on basic form, movement, sounds/steps, and combining into simple dance routine(s). Wear a thin-soled shoe (leather sole works best). Intermediate requires 3+ years' experience, and Advanced is for the well-experienced clogger: wear white clogging shoes with jingle taps, learn new routines/steps and work on team form and accuracy; sessions will include some free dance time. Instructor-Footnotes, Becky Morehouse

8-Adult / 8 sessions / RMC

\$40-Beginner / \$55-Intermediate or Advanced,

No early bird or senior discount

ZUMBA® FITNESS

#16WG11 **Mon, Jan 9-Feb 20 (no 2/13), 6:30-7:30pm**

Mambo - Calypso - Merengue - Salsa! A multi-cultural dance exercise experience that fuses Latin dance together with energizing music for an awesome fat-burning, core-conditioning workout! Energetic fun! Instructor-Yvette Castillo

13-Adult / 6 sessions / TSC

\$35, No early bird or senior discount

ZUMBA® FITNESS

Tuesdays, 6:45-7:45pm / Thursdays, 6:15-7:15pm

#16WG12 **Tues, Jan 10-Feb 21 (no 2/14)**

#16WG13 **Thurs, Jan 12-Feb 16**

The perfect combination of fun and fitness has made this program a world-wide phenomenon. Experience the energy and flavor with music from around the world; enjoy easy-to-follow dance steps while burning a ton of calories without even realizing it. There are lots of ways to lose weight...some are just more fun! Instructor-Adriane Morrow

16-Adult / 6 sessions / WSC

\$35, No early bird or senior discount

YOGA FIT

#16WG14 **Tues, Jan 10-Feb 21 (no 2/14), 6-7pm**

Designed as an introduction to the practice of yoga; slower paced than an all-levels class and focused on developing clear and safe alignment in foundational poses. With a focus on breath, these classes draw from a range of yoga traditions. In addition to asana (poses), classes include opportunities for meditation. Together, we come into the breath and quiet the mind as we find steadiness in asana. Come to learn, play and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try. Bring a mat. Instructor-Rahul Ahuja

16-Adult / 6 sessions / RMC

\$42

30/30 IN THE CIRCUIT

#16WG15 **Wed, Jan 11-Feb 15, 6:30-7:30pm**

Zumba Fitness PLUS strength/core/flexibility - two classes in one! We will do 30 minutes of exhilarating Zumba, and then be lead and motivated to challenge yourself through 30 minutes of a variety-packed workout focusing on weight, interval/cardio, core and flexibility training. It will leave you wanting more! Equipment you need to bring: 5-15lb dumbbells, mat, stability ball. Instructor-Yvette Castillo

16-Adult / 6 sessions / TSC

\$40, No early bird or senior discount

BASKETBALL leagues play December - March

CONTACTS:

Men's: Brad Gist, gistford@aol.com

Women's: Teri Leatherwood, tleatherwo@aol.com

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