



HEALTH & WELLNESS



PICKLEBALL OPEN GYM

December 2018-February 2019

#18WG46 Dec 2-Feb 24 @ RMC (Sundays)

#18WG47 Dec 3-Feb 27 @ NCHS (Mon/Wed/Fri)

Looking for gym time to play one of the fastest growing sports? Recreation and Parks is offering open pickleball time for a nominal fee - just register for either one of the locations, or if you really want to play, register for both! You must provide your own paddle and balls. "Special pricing offer for Seniors age 60+" - receive a \$5 discount when registering. Be sure you provide "good" contact info for cancelation notices. Reminder: we follow school closings for poor weather conditions. Two locations currently available (additional locations may be added at a later date) - you must register and participate by location. Coordinator-Rec & Parks staff

- Sundays 7-10pm, on Dec 2-Feb 24 @ RMC
- Mon/Wed/Fri 1-4pm, on Dec 3-Feb 27 @ NCHS

16-Adult / multiple sessions / choose your location
\$10 (Special \$5 senior discount), No early bird discount

ZUMBA® FITNESS-ONE DAY CLASS

#18WG48 Monday, December 17, 6:30-7:30pm

Try it out! 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 / 1 session / TSC
\$9, No early bird or senior discount

MEN'S BASKETBALL OPEN GYM

Tuesdays AND Thursdays, 9-11pm

#18WG49 Dec 18-March 14 (no 12/25, 1/1/19)

Open drop-in gym for men age 18 and older.
Adult / Approx. 24 sessions / RMC
\$15, No early bird or senior discount

STRONG by Zumba™

Wednesdays, 6:30-7:30pm

#18WG50 Jan 2-Feb 6

Mondays, 6:30-7:30pm

#18WG51 Jan 7-Feb 25 (no 1/21, 2/18)

This is a High Intensity Tempo Training (HITT) program using more traditional fitness moves for a more athletic, conditioning-style workout. You will use your own body weight as resistance to achieve muscle definition. Challenge yourself and let this music-driven class show you how STRONG you are! This program can be modified or progressed to fit individual fitness levels. Bring a mat and water bottle.

Instructor- Yvette Castillo

16-Adult / 6 sessions/ TSC

\$45, No early bird or senior discount

FENCING

Fridays, 7-9pm

#18WG52 Jan 4-Feb 22

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 / 8 sessions / RMC

\$72 (+estimated initial equipment cost of \$115)

CLOGGING

Mondays, Jan 7-March 11 (no 1/21, 2/18)

#18WG53-B Beginner 7-7:30pm

#18WG53-I Intermediate 5-6pm

#18WG53-A Advanced 6-7pm

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). The intermediate level requires 3+ years of experience, and the advanced level is for the well-experienced clogger: wear white clogging shoes with jingle taps; learn new routines/steps and work on team form, accuracy and precision; sessions include some free dance time. Instructor-Becky Morehouse

8-Adult / 8 sessions / RMC

\$42-Beginner (+\$19 material fee for taps, if needed)

\$57-Intermediate/Advanced

YOGA FIT

Tuesdays, 6-7pm

#18WG54 Jan 8-Feb 12

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. 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 willing to try! Bring a mat. Instructor-Stephanie Walter

16-Adult / 6 sessions / WSC

\$42

BALLROOM DANCE

Wednesdays, Jan 9-March 6 (no 1/23)

#18WG55-B Beginner 6-7pm

#18WG55-I Intermediate (1+ years) 7-8pm

#18WG55-A Advanced (3+ years) 8-9:15pm

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. A wonderful opportunity for couples to learn or improve in the art of ballroom dance without paying costly studio fees!

Instructor- Stacey Welsh

Adult / 8 sessions / WMS

\$62 per couple, No senior discount

QIGONG

Thursdays, January 17-February 21

#18WG56-B Beginner 6:30-7:30pm

#18WG56-A Advanced 7:30-8:30pm

An exercise of energy cultivation that has brought many people into true mental and physical health. It is enjoying a revival around the world, attracting people interested in its healing power, its graceful motions, and its incredible physical feats. Centered on the three essential components of qigong (body, mind and breath), this program is offering the quickest and most effective way to experience physical and mental benefits of each routine, such as improving posture, strengthening body, and reducing tension. Learn to put together an effective qigong flow and combine routines to address your health and fitness.

Instructor-Peter Chen

16-Adult / 6 sessions / RMC

\$49

TAI CHI CHAUN & QIGONG

Saturdays, January 19-February 23

#18WG57-B Beginner 9:30-10:30am

#18WG57-A Advanced 10:30-11:30am

Roughly referred to as "internal martial arts," has achieved popularity in China and beyond. Performed in a slow, relaxed, continuous and graceful manner, emphasizing relaxation, meditation, and harmony of both mind and body. White Crane Qigong is traditional Chinese exercise that imitates the movements of cranes with breathing techniques.

Instructor-Peter Chen

16-Adult / 6 sessions / WSC

\$49

Men's, Co-ed & Church
SOFTBALL & SOCCER LEAGUES
start April

Carroll County Recreation & Parks
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