

TAEKWON-DO

The national martial art of Korea, Ch'ang Hon(ITF) style Taekwon-do has its foundations in the Okinawan systems of Shorin and Shorei Ryu Karate. It combines hard and soft, fast and slow movements and footwork, and is known for its evolutionary kicking techniques. This program is ideal for anyone interested in traditional martial arts training, practical self-defense. or to get in shape.

Tues. & Thurs. 6:15pm - 7:30pm
 Sat. 9:30 am - 11:00 am
 R/NR: \$60./\$75. payable monthly

BODY BLAST

Experience a different full body workout using weights, dumbbells, resistance bands, jump ropes, hurdles, and medicine balls for all fitness levels:

Mon. Wed. & Fri. 9 am - 10 am
 Instructor: Gayle Pumo
 R/NR \$12./class /\$15./class
 Monthly class rates available.

JAZZERCISE

Given by: Nancy Horton
 Morning Classes

Mon. - Sat. 9:00am-10:00am

Evening Classes

Tues. & Thurs. 6:00pm - 7:00pm

Fees:

Walk In Fee: R/NR Fee:

Per Class Fee: \$12./\$15.

Res: \$66. 6 weeks or 12 classes no expiration

Nonres: \$82.50 8 weeks or 15 class no expiration
 Easy Fitness Ticket: Automatic debit from your checking account

Residents: \$38./per month

Nonresidents: \$47.50/per month

KARATE

Learn different karate and self-defense techniques in a safe & professional environment.

There is a \$20.00 registration fee for all new students payable to the instructor.

Danny Lemus, 5th Degree Black Belt

Monday/Wednesday 7pm - 8:30pm

R/NR\$48./\$60. payable monthly



JUMP ROPE FOR ADULTS

TRY A DIFFERENT KIND OF WORKOUT

The adult fitness program provides a high energy blend of jumping rope fitness skills, exercises that are ideal for any athlete or fitness enthusiast looking to increase their overall physical fitness. This class caters to beginners all the way to professional athletes.

Ages 15 +

Tuesday Nights 7:15-8:15 pm

Per Class: Res./Nonres. \$10./\$12.50

Pay monthly receive a 20% discount.

Duplicate

Bridge Games

Monday: Alan Minton 12 Noon
 (954) 839-0205

Tuesday: Georgette King 12 Noon
 (305) 864-1540

Wednesday: Myra Bast 12 Noon
 (305) 935-2214

Friday: Myra Bast 12 Noon
 (305) 935-2214



BELLY DANCE BY KAHREEN AND KIRA

Join the longest running class at the Community Center. Taught by professional dance instructors Kahreen (Pat Cocchi) and Kira (Carol Cocchi). Classes held at the Community Center for 36 years. Great exercise and fun for all ages. Look good - feel great through this wonderful, ancient dance. Egyptian, Turkish, and Lebanese styles of dance, all styles of music are used. Longest established classes in South Florida, these top quality classes are geared from beginner to professional level.

Beginners

Day	Time	R/NR Fee
Sat	10:30am-11:30am	\$8.75/\$11.

Beginners - Intermediate

Day	Time	R/NR Fee
Thurs(L1)	7pm-8pm	\$8.75/\$11.
Sat(L2)	11:15am-12:15pm	\$8.75/\$11.

Intermediate/Advanced

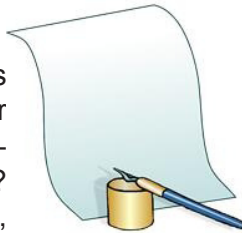
Thurs	7:45pm-8:45pm	\$8.75/\$11.
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Advanced Level Class will learn transition steps, strong shimmies, Choreography & zills.

(Needs Instructor Approval)

CREATIVE WRITING

Do you have a novel-in-progress tucked away on a shelf? A memoir brewing in notebooks? A family history that lives only in your memory? Do you want to write better blog posts, personal essays, or letters? Angela Kelsey, PhD, MFA, will lead a workshop designed to get you started, keep you going, and provide a writing community for supportive, guided critiques of your work.



Wednesday	6:30 pm - 8:30 pm
Jan. 4 - Jan. 25/4	R/NR: \$40./\$50.
Feb. 1 - Feb. 29/4	R/NR: \$40./\$50.

No class February 15th.

Mar. 7 - Mar. 28/4	R/NR: \$40./\$50.
April 4 - April 25/4	R/NR: \$40./\$50.
May 2 - May 30/5	R/NR: \$40./\$50.

No class May 16th

(Minimum 6 students required) Must register at least a week in advance.

PILATES

Pilates is a body conditioning routine that helps to not only build flexibility, but also strengthen, endurance, and coordination in the legs, abdominals, arms and back. All levels are welcome.

Tuesday	9:30 am - 10:30 am
Jan. 3 - Feb. 14/7	R/NR: \$80.50/\$100.
Feb. 21 - April 3/7	R/NR: \$80.50/\$100.
April 10 - May 22/7	R/NR: \$80.50/\$100.

GOOD DOG BAD DOG **OBEDIENCE TRAINING**

Learn to gain better control of your dog in this basic obedience class. Dogs five months and older are socialized with other dogs, taught good manners and on-leash obedience commands. Meets on the Basketball Courts
MONDAY
7:15 pm - 8:30 pm
Mar. 19-April 23/6
R/NR: \$75./\$95.

