

ADULT PROGRAMS

Adult Health & Fitness Programs

Yoga For Everybody

Energize the body, balance the emotions, focus the mind, and renew the spirit after a busy workday by learning this gentle flowing style of movement. Learn how to increase your flexibility, strength, and agility through breathing and visualization. All levels of experience are welcome. Wear loose, comfortable clothing and bring a yoga mat or blanket to class. Conducted by certified instructor Nancy Boch.

Location: Community Center Studio

Session 1: Mondays, April 14 – June 2

Divisions: Continuing – 6PM – 6:50PM (225080A)
Beginner's – 7PM – 7:50PM (225080B)

Fee: \$37-resident / \$47-non-resident (7 sessions)
Register: By April 9 (No May 26)



Pilates Mat Work

Pilates is a powerful body sculpting system for losing weight, sculpting long, lean muscles and reshaping your body from head to toe. Exercises help develop core control, integrating the trunk, pelvis and shoulder muscles. Mat required for class.

Location: Community Center Studio

Schedule: Tuesdays, April 15- July 1,
6:10PM-7:10PM (225110)

Fee: \$69 – resident / \$79 – non-resident (12 sessions)
Register: By April 10



Martial Arts

Master instructor Kirk Rehn, Shidojin, leads this program for men and women. Tang Soo Doo style classes

will emphasize self-discipline, focus, physical fitness along with basic movements and self-defense. Please wear loose-fitting athletic clothing. Ages 14 and up.

Location: Community Center Studio

Schedule: Thursdays, April 17– June 26,
7:10PM-8:10PM (223480)

Fee: \$45 – resident / \$55 – non-resident (10 sessions)
Register: By April 7 (No May 22)



Women on Weights – WOW!

W.O.W. (Women on Weights) will give you the basic knowledge, skills and comfort necessary to engage in a successful and fulfilling weight training program, including proper technique and safety, stretching, and free-weight training. Some ball work performed. Work with a Certified Personal Trainer! Please bring a mat to class.

Location: Community Center Studio

Schedule: Tuesday, April 15- July 1,
5PM-6PM (225870)

Fee: \$69-resident / \$79 – non-resident (12 sessions)
Register: By April 10



Pilates & Sculpt

Flowing exercises with an emphasis on abdominals and lower back muscles often resulting in longer, leaner muscles, and a dramatic improvement in posture/flexibility. Class includes some sculpting moves. Mat required for class.

Location: Community Center Studio

Schedule: Thursdays, April 17 – July 3,
6PM-7PM (225130A)

Fee: \$69 – resident / \$79 – non-resident (12 sessions)
Register: By April 10

Fitness Fusion- New!

This class is designed to make the most of your time by integrating all fitness components into one workout. Cardiovascular, resistance and stretching all included! Please bring a mat to class.

Location: Community Center Studio

Schedule: Thursday, April 17-July 3,
5PM-5:55PM (225090A)

Fee: \$69 – resident / \$79 – non-resident (12 sessions)
Register: By April 10

Kickboxing

The ultimate cardiovascular challenge, complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training and a cool down. Please bring a mat.

Location: Community Center Studio

Schedule: Thursdays, April 17– July 3,
8:15PM-9PM (225100)

Fee: \$69 – resident / \$79 – non-resident (12 sessions)
Register: By April 10

Dance Aerobics

You will do various aerobic dance routines targeting major muscle groups. Burn calories as you improve your flexibility, coordination and cardiovascular strength.

Location: Community Center Studio

Schedule: Fridays, April 18 – June 20,
7PM-8PM (225120)

Fee: \$57 – resident / \$67 – non-resident (10 sessions)
Register: By April 14

Athletics

Co-Rec Softball League

Teams play early weeknight games during the 14 game season. The top four teams advance to the playoff round. Team fee includes: game balls, ASA team registration, playoff officials, sponsor trophy & custom t-shirts for league and playoff champions. Sponsor trophy playoff runner-up.

Location: Civic Center Park ballfield

Schedule: Tuesday or Thursday games (6PM @ 7:15PM), May 6 – August 21

Team Fee: \$488 (includes \$48 forfeit bond) +\$12 per team, per game to umpire.
Register: By April 6 (222390)



Tennis Lessons

Players of all skill levels learn how to properly hit forehand, backhand, serve, volley and overhead shots from our experienced instructor Patti Morris. Scoring and tennis etiquette are also covered.

Location: Civic Center Park courts

Schedule: Mondays, May 5-June 16
(no May 26)

Beginner/Intermediate,
6:30PM-7:30PM
(223401A)

Advance, 7:30PM-8:30PM
(223401B)

Fee: \$30 – resident / \$40 – non-resident (6 sessions)
Register: By May 1



Arts & Crafts Programs

Stained Glass

This class is for beginners and will teach the skills necessary to produce a stained glass photo frame, sun catcher or candle holder. Class is taught by experienced local craftsmen Ernest Kugler. Limited to one project. All tools and materials included. (223410)

Location: Community Center Craft/Woodshop

Schedule: Tuesdays, April 22 – May 13, 6:30PM – 8:30PM

Fee: \$25 – resident / \$35 – non-resident
Register: April 17



Woodshop Training

Learn how to use the power tools and techniques in the Woodshop. Anyone interested in repairing broken items or making something new in the woodshop will need to go through an equipment orientation/training process. You only need to attend one woodshop training to be able to participate in the Open Shop times.

Location: Community Center Craft/Woodshop, 6PM-7PM

Schedule: April 2 (214440A), April 16 (214440B),
May 7 (214440C), May 21 (214440D)

Fee: Free
Register: At least one week prior to class

Open Wood Shop

The Wood Shop will be open for small repair/projects. We have a variety of tools that you are able to utilize to complete your project. You must take your materials home with you. We do not provide storage. Must attend a Wood Shop Training class to participate.

Location: Community Center Craft/Woodshop,
7PM – 9PM

Schedule: April 2, April 16, May 7, May 21

Fee: Free – resident / \$5 – non-resident, per visit

ALL AGES/SPECIAL EVENTS

Family Yoga - NEW!

Take an evening off from the usual and experience a great way for parents and children to play together. We will learn yoga poses, partner poses, songs and more! We will move, breathe, relax and share in other creative activities surrounding our weekly theme.

Bring a yoga mat.

Location: Community Center Studio

Schedule: Tuesday, April 8 – May 20,
7:15PM-8:15PM (216051A)

Fee: \$42-per person resident /
\$52-per person non-resident (7 sessions)

Register: By April 4

Family Fun!

Play table tennis, floor games, soccer, basketball and more during Family Fun at the Community Center gym.

Location: Community Center Gym

Schedule: Pick-up schedule at
Community Center
(138030)

Fee: Free – resident w/
Community Center
Card / \$68 non-
resident (per family)



Open Swimming

Residents with a Community Center Card SWIM FREE at Avondale School Districts Open Swim program! Program takes place at the Avondale High School pool. Days & times to be announced. \$3 per person, non-resident. Under 14 must be accompanied by an adult.

