

MARTIAL ARTS



KARATE

This class will introduce beginners to the basics of Shotokan karate and deepen the practice of intermediate and advanced students. Emphasizes building focus, strength, and self-defense skills. Children aged 10-12 should get permission from the instructors before signing up.

Ages: 10 + Years old

Day: Tuesday/Thursday

Dates: 1/8 to 3/14

Times: 6:30pm – 7:30pm (All)

7:30pm – 8:00pm (Advanced)

FEE: Member: \$60

Nonmember: \$75

FAMILY FOR ALL TAE KWON DO

This class is open to anyone of any skill level, who is over the age of 10. Children under 10 may also participate in the class if they are accompanied by another older family member who is taking the class.

Days: Monday/Saturday

Dates: 1/7 to 3/16

Times: Mon: 7pm-8pm

Sat: 2pm-3pm

FEE: Member: \$60 per person

Nonmember: \$75 per person



FENCING

Combined class for beginner and advanced fencing. All are welcome. Equipment provided (\$15 equipment fee due to instructor at first class) Taught by Jonathan Lee/ Mark Lucas.

Day: Sunday

Dates: 1/13 to 3/17

Time: 5:30pm-6:30pm

FEE: Member: \$40

Nonmember: \$55

BEGINNING TAE KWON DO

This is an introductory course for children who would like to explore the martial arts. No prior experience necessary.

Ages: 5 to 12 years old

Day: Saturday

Dates: 1/12 to 3/16

Time: 1pm – 2pm

FEE: Member: \$35

Nonmember: \$50

TAI CHI

This meditative exercise promotes relaxation, leg strength, and balance. This class is suitable for all skill levels.

Ages: 12+ years old

Day: Saturday **Dates:** 1/12 to 3/16

Time: 8:30am to 10am

FEE: Member: \$35 Nonmember: \$50



Winter 2019 Programs Guide

Open Hours:

Monday-Friday 6am-9pm

Saturday 8am- 8pm

Sunday 11am-7pm



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YOGA & Pilates

YOGA FOR ANY BODY

Explore the gift of you through yoga breath, stretch, balance and strength. Taught by Jennifer Woody-Collins.

Day: Wednesday
Dates: 1/9 to 3/13
Time: 5:30pm – 6:30pm
FEE: Member: \$50
Nonmember: \$65



INTRO TO YOGA (PEOPLE OVER 50)

For mid-life and older beginners, this class offers an ideal low impact, invigorating way to keep the body supple, and the mind relaxed and focused. Taught by Holly Fitch.

Day: Tuesday
Dates: 1/8 to 3/12
Time: 2pm – 3pm
FEE: Member: \$50
Nonmember: \$65

HATHA YOGA INTERMEDIATE LEVEL

This class seeks to balance the practitioner's mind and body through deepening body awareness in yoga poses. Suitable for people with previous experience in basic poses. Taught by Barbara Rostad.

Day: Wednesday
Dates: 1/9 to 3/13
FEE: Member: \$65 Nonmember: \$80
Time: 8:30am- 10am

GRACEFUL YOGA

This class focuses on asanas, breath work, and inner practices designed to reduce stress and enhance physical and mental well-being.

Day: Wednesday
Dates: 1/9 to 3/13
FEE: Member: \$50 Nonmember: \$65
Time: 12:45pm – 1:45pm

CLASSICAL PILATES MAT CLASSES

These classes follow the series of exercises developed by Joseph Pilates that build core strength, improve alignment, create longevity and an enhanced zest for life.

Tuesday Class

Taught by James Skalsky
 1/8 to 3/12
 9am to 10am
FEE: Member: \$45
NonMember: \$60



Thursday Class

Taught by Karena Kilcoyn
 1/10 to 3/14 (no class 2/7)
 9am to 10am
Member: \$45
NonMember: \$60



LABLAST DANCE FITNESS

LaBlast is a dance fitness program based on all the dances you see on 'Dancing with the stars'. It uses a wide variety of music and it's partner free. Anyone is welcome! Taught by Renee Smith.

Day: Wednesdays
Time: 6:30pm-7:30pm
Dates: 1/9 to 3/13
FEE: Member: \$35
Nonmember: \$50

DROP-INS WELCOME \$10 EACH CLASS!

ZUMBA FITNESS

This class fuses high energy Latin music with easy to follow moves to create a one of a kind program. Some resistance training used to tone your body while burning fat. Taught by Kim Knapp-Browne.

Day: Thursday
Dates: 1/10 to 3/14
Time: 5:15pm – 6:25pm
FEE: Member: FREE
Nonmember: \$50

ZUMBA PLUS TONING & SENTAO

This class takes the high energy of Zumba fitness and enhances it with body sculpting and strengthening techniques creating a calorie burning experience. Taught by Kim Knapp-Browne & Kim Rios.

Day: Tuesday
Dates: 1/8 to 3/12
Time: 5:15pm – 6:25pm
FEE: Member: \$35
Nonmember: \$50

BOOTCAMP

(Regular or Advanced)

Designed to increasingly challenge you with whole body and cardio exercises for all fitness levels. High intensity interval and circuit training.

Day: Regular: Tuesday/ Thursday
Advanced: Monday/Wednesday
Dates: 1/7 to 3/14
Time: 6:15am – 7:15am
FEE: Member: \$60
Nonmember: \$75



CORE DE FORCE

An empowering, core-focused workout, Inspired by mixed martial arts. The MMA-Inspired combinations are broken into 3-minute rounds of punching, kicking, and jabbing, with some cardio spikes to raise your heart rate and make you sweat. A great workout for all ability levels! Taught by Katie Thompson.

Day: Mondays
Dates: 1/7 to 3/11
Time: 5:30pm – 6:30pm
FEE: Member: \$35
Nonmember: \$50