

PROGRAMS - ADULTS/SENIORS

Class	Age	Session	Day	Dates	Time	Fee
Advanced Fencing	Adults/Seniors	01	THURS/FRI	JAN 24th—MAR 15th	7:00PM—9:00PM	\$140/\$168
Advanced Fencing	Adults/Seniors	02	THURS/FRI	APR 4th—MAY 24th	7:00PM—9:00PM	\$140/\$168
Balance Training	Adults/Seniors	01	1st & 3rd WED	JAN 16th—MAY 22nd	10:45AM—11:30AM	FREE
Body Sculpting Pilates	Adults/Seniors	01	THURS	JAN 17th—MAY 23rd	9:00AM—10:00AM	\$5/\$6
Chair Yoga	Adults/Seniors	01	MON/THURS/SUN	JAN 14th—MAY 26th	8:15AM—9:15AM 11:00AM—12:00PM 10:00AM—11:00AM	\$5/\$6
Drawing & Painting Class	Adults/Seniors	01	SAT	JAN 19th—MAR 23rd	2:30PM—4:30PM	\$270/\$324*
Drawing & Painting Class	Adults/Seniors	02	SAT	APR 6th—MAY 25th	2:30PM—4:30PM	\$216/\$260*
Hatha Yoga	Adults/Seniors	01	FRI	JAN 18th—MAY 24th	9:00AM—10:00AM	\$5/\$6
Intro to Fencing	Adults/Seniors	01	THURS	JAN 24th—MAR 14th	6:00PM—7:00PM	\$120/\$144
Intro to Fencing	Adults/Seniors	02	THURS	APR 4th—MAY 23rd	6:00PM—7:00PM	\$120/\$144
Intro to Fencing	Adults/Seniors	01	FRI	JAN 25th—MAR 15th	6:00PM—7:00PM	\$120/\$144
Intro to Fencing	Adults/Seniors	02	FRI	APR 5th—MAY 24th	6:00PM—7:00PM	\$120/\$144
Japanese Style Ju-Jitsu & Eskrima	Adults/Seniors	01	WED SAT	Monthly	6:00PM—8:00PM 9:00AM—12:00PM	\$125/\$150*
Meditation Class	Adults/Seniors	01	SUN	JAN 20th—MAY 26th	11:00AM—12:00PM	\$5/\$6
Parkinson's Support Group	Adults/Seniors	01	2nd & 4th WED	JAN 16th—MAY 22nd	10:45AM—11:30AM	FREE
Pickleball	Adults/Seniors	01	TUES/WED/FRI	JAN 15th—MAY 24th	9:00AM—12:00PM	\$3/\$4*
Pickleball	Adults/Seniors	01	SAT	JAN 19th—MAY 25th	10:30AM—1:30PM	\$3/\$4*
Pilates	Adults/Seniors	01	WED	JAN 16th—MAY 22nd	8:30AM—9:30AM	\$5/\$6
Restorative Yoga	Adults/Seniors	01	TUES	JAN 15th—MAY 20th	9:15AM—10:15AM	\$5/\$6
Socrates Café	Adults/Seniors	01	TUES	JAN 15th—MAY 21st	10:00AM—11:30AM	FREE
Stretch & Relaxation—By Baptist Health	Adults/Seniors	01	WED	JAN 16th—MAY 22nd	12:00PM—1:00PM	FREE
Tai-Chi	Adults/Seniors	01	THURS	JAN 17th—MAY 23rd	10:00AM—11:00AM	FREE
Vinyasa Yoga	Adults/Seniors	01	THURS	JAN 17th—MAY 23rd	10:00AM—11:00AM	\$5/\$6
Women's Self Defense	Adults/Seniors	01	SAT	JAN 19th—MAR 23rd	8:00AM—9:00AM	\$135/\$162*
Women's Self Defense	Adults/Seniors	02	SAT	APR 6th—MAY 25th	8:00AM—9:00AM	\$150/\$180*
Yin Yoga	Adults/Seniors	01	MON/WED	JAN 14th—MAY 22nd	9:15AM—10:15AM 9:30AM—10:30AM	\$5/\$6
Zumba	Adults/Seniors	01	MON/THURS	JAN 14th—MAY 23rd	7:00PM—8:00PM	\$5/\$6

<p><b>Advanced Fencing</b> This class will cater to the more advanced fencing player. Participants will practice fencing techniques and have the opportunity to fence with other students working on similar levels of play. <b>NO CLASS 3/22, 4/19 &amp; 5/17</b></p>	<p><b>Pickleball</b> Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Players use solid paddles to hit a whiffle ball over a net. *Yearly fee: Residents- \$45 / Non-Residents- \$54 <b>NO CLASS 3/22, 4/19, 5/18, 6/5 &amp; 6/7</b></p>
<p><b>Balance Training</b> Almost everything that we do requires balance, but it remains one of the most under-rated aspects of our well-being. Please join Florida Movement Therapy Center as we get you going with exercises designed to help improve your strength and balance. Sponsored by the National Parkinson's Foundation.</p>	<p><b>Pilates</b> Pilates is a body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, developing a strong core or center, improving coordination and balance.</p>
<p><b>Body Sculpting Pilates</b> A combination of traditional sculpting methods using free weights, resistance bands, and your own body. Designed to provide you with a total body workout in one short hour. Good for all levels.</p>	<p><b>Restorative Yoga</b> Restorative classes are very mellow, making them a good complement to more active practices, an excellent antidote to stress, and promote healing. If it is chilly, keep your socks and sweatshirt on since you will not be warming up the body the way you would be in a regular class. Finally, guided meditation and breathing exercises complete the mind-body alignment.</p>
<p><b>Chair Yoga</b> Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. <b>NO CLASS 1/21, &amp; 2/18</b></p>	<p><b>Socrates Café</b> Socratizing: the idea that we learn more when we question with others. Lead by volunteers, this group will get your mind working and give you the opportunity for open dialogue.</p>
<p><b>Adult Drawing &amp; Painting Class</b> These classes are designed to discover, improve and master your own artistic abilities. Whether you are simply having fun, finding relief from a stressful day or expanding your artistic skills, our classes range from beginner to advanced arts. *\$30 set up and supply fee due to instructor first day of class.</p>	<p><b>Stretch &amp; Relaxation - By Baptist Health</b> Kick off your shoes and spend the morning with Baptist Health as they take you on the most magical journey of bliss.</p>
<p><b>Hatha Yoga</b> An invigorating and accessible class designed to encourage students to strengthen their bodies and stretch their minds. This is an all levels class, appropriate for beginners and those new to yoga. <b>NO CLASS 3/22 &amp; 4/19</b></p>	<p><b>Tai-Chi</b> Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination. This unique class will help you flow through your everyday life. Sponsored by the National Parkinson's Foundation. <b>NO CLASS 10/25, 11/1, &amp; 11/22</b></p>
<p><b>Introduction to Fencing</b> This class will introduce the sport of fencing to those with no fencing experience; as well as, offer an opportunity to those with varying levels of fencing experience to continue to learn. All participants must pay an annual fee of \$10 to become a member of the United States Fencing Association. Fencing equipment will be available for participant use during class time. <b>NO CLASS 3/22, 4/19 &amp; 5/17</b></p>	<p><b>Vinyasa Yoga</b> Vinyasa is a unique style of yoga in which postures are linked in a continuous, challenging, and creative flow that combines strength and flexibility; while toning the body and clearing the mind.</p>
<p><b>Japanese Style Ju-Jitsu &amp; Eskrima</b> Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Players use solid paddles to hit a whiffle ball over a net. *Yearly fee: Residents- \$45 / Non-Residents- \$54 <b>NO CLASS 5/18</b></p>	<p><b>Women's Self Defense</b> Learn awareness strategies and basic effective techniques that can be used under stress to keep yourself safe when nobody else is around to protect you. *Class t-shirt included for all newly-registered students. <b>NO CLASS 5/18</b></p>
<p><b>Meditation Class</b> If you want to work on being free of constant worry, pressure and stress this class is for you. Meditation improves learning, memory and self-awareness.</p>	<p><b>Yin Yoga</b> Yin Yoga focuses and addresses tightness, toxin buildup in the joints and connective tissues through poses that are equally challenging for the mind and body.</p>
<p><b>Parkinson's Support Group</b> A Parkinson Support Group will be facilitated by PT Therapist Jodi Gray from Florida Movement Therapy Centers every 2nd &amp; 4th Wednesdays of the month.</p>	<p><b>Zumba</b> Zumba is a unique dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system. The cardio-based dance movements are designed for participants of any fitness level, background, or age. <b>NO CLASS 1/21 &amp; 2/18</b></p>