



The Clayton Community Center

Group Fitness Programs ~ Spring 2010



FIT & FUN

Mondays & Wednesdays 6 – 7 pm
Begins April 12th at CCC

DANCE TEEN HIP/HOP

Wednesdays 4:30 – 5:30 pm.
Begins April 14th at CCC

TAE KWON DO ~ all levels

Tuesdays & Thursdays
5:45 – 7 pm & 7:15–9pm

Begins April 1st at CCC
Instructors- Ken Farrell, Chuck Farrell &
Joey Reeder

FLEXIBLE STRENGTH

Wednesdays 7 pm – 50 min.
Begins April 14th at CCC

An exercise class that will burn the calories, alternating between heart thumpin' aerobic moves and resistance moves to build strength.

Instructor -

BELLY DANCE

TUESDAYS 7 pm – 8 pm
Begins May 4th at CCC

ZUMBA

THURSDAYS 6 pm – 7 pm
Begins April 15th at CCC

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

Fitness for seniors at Clayton Senior Center

303 Dairy Road, Clayton 27520

MAT PILATES

Mondays at Senior Center 10 – 10:45 am
Begins April 12th

In Pilates the focus will be on strengthening the core (abs, back, sides) while we lengthen our muscles. You'll notice greater awareness of a mind-body connection, better posture, more energy...the list of benefits go on. Mat Pilates is for all levels, men & women. We'll work with a mat (you can bring your own), and there are modifications as well as progressions so you can work at your own level.
Instructor - Jan Homestead

SENIOR CHAIR PILATES

Mondays at Senior Center 11 – 11:30 am
Begins April 12th

Low aerobic and band/mini-ball work geared toward the individual that has limited movement, but wants to stay active at the same time.
Instructor - Jan Homestead