

GRACEFUL YOGA

This class uses yoga as a powerful tool of transformation to achieve your personal goals. We will focus on asanas, breath work and inner practices to reduce stress, and enhance physical and mental well-being.

Day: Thursday
Dates: 1/9-3/12
Time: 1:15pm-2:15pm
FEE: Member: \$50
Nonmember: \$65

YOGA FOR ANY BODY, ANY WHERE

Experience traditional gentle yoga with exploration and safe use of exercise balls, therapy balls, thera bands, chairs and Myofiscial selfcare techniques! Increase Core strength, flexibility, balance and meditative relaxation!

Day: Wednesday
Dates: 1/8-3/11
Time: 5:30pm – 6:30pm
FEE: Member: \$50
Nonmember: \$65

YOGA OVER 50...NEVER TOO LATE TO START!

Beginners & experienced folks will gain strength, balance, flexibility & a renewed sense of Body Awareness no matter your Chronological Age

Day: Tuesday
Dates: 1/7-3/10
Time: 2pm – 3pm
FEE: Member: \$50
Nonmember: \$65

ZUMBA PLUS TONING, SENTAO & BARRE

The first half of this unique specialty class is dedicated to Zumba dance while the second half concentrates on Zumba Toning and Sentao and Barre. Zumba Toning enhances the sense of rhythm and coordination while using hand weights for strengthening and toning the arms, core and lower body. Zumba Sentao combines strength and resistance training all centered around a chair while targeting legs, abs, glutes & arms; a unique way to challenge the muscles without having to lift weights. Barre integrates elements of Pilates, dance, cardio & strength training that tones all parts of your body. Taught by: Kim Knapp-Browne & Kim Rios

Day: Tuesday
Dates: 1/7-3/10
Time: 5:15pm – 6:25pm
FEE: Member: \$35
Nonmember: \$50

ZUMBA FITNESS

Zumba is an interval workout of high & low intensity Latin and International inspired easy-to-follow dance moves designed to get your heart rate up & boost cardio endurance. Some resistance training used to tone and sculpt specific muscle groups. Taught by: Kim Knapp-Browne

Day: Thursday
Dates: 1/9-3/12
Time: 5:15pm – 6:25pm
FEE: Member: FREE
Nonmember: \$50

HATHA YOGA ~INTERMEDIATE LEVEL

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

Day: Wednesday
Dates: 1/8-3/11
Time: 8:30am- 10am
FEE: Member:\$65
Nonmember:\$80

TAI CHI FOR FALLS PREVENTION

Led by Barbara Conover, certified instructor. Tai Chi has been shown to improve balance, increase strength, improve mobility and prevent falls. Target Audience is adults with/without arthritis and /or adults who have a higher risk of falling. This class funded through the Athens County Foundation.

Day: Monday
Dates: 1/6-3/9
Time: 12pm-1pm
FEE: FREE



BOOTCAMP

Designed to increasingly challenge you with whole body and cardio exercises for all fitness levels. HIIT and circuit training. Taught by Lori Knavel, Certified Personal Trainer.

MORNING CLASS

Day: Mondays/Wednesdays
Dates: 1/6-3/11
Time: 6:30am-7:30am
FEE: Member: \$65
Nonmember: \$80

EVENING CLASS

Day: Mondays/Wednesdays
Dates: 1/6-3/11
Time: 5:30pm-6:30pm
FEE: Member: \$65
Nonmember: \$80

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 (9 weeks)

Taught by James Skalsky
Dates: 1/7-3/3
Time: 9am-10am
FEE: Member: \$45
NonMember: \$60

Thursday Class (9 weeks)

Taught by Karena Kilcoin
Dates: 1/9-3/5
Time: 9am-10am
FEE: Member: \$45
NonMember: \$60

TINY TUMBLING

Intro to beginner tumbling skills. Gives kids an introduction to the basics of tumbling and the proper way to stretch. For kids ages 3-5 years old. Taught by OU cheerleader, Ashley Agle.

Day: Wednesdays
Time: 1pm-2pm
Dates: 1/15-2/12
FEE: \$25 per child

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: 6:45pm-7:45pm
Dates: 1/8-3/11
FEE: Member: \$35
Nonmember: \$50

Day: Saturdays
Time: 10:30am-11:30am
Dates: 1/11-3/14
FEE: Member: \$35
Nonmember: \$50



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: 1/7-3/12
Times: 6:30pm – 7:30pm
FEE: Member: \$60
Nonmember: \$75

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: 1/12-3/15
Time: 3pm to 4pm
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: 1/11-3/14
Time: 8:30am to 10am
FEE: Member: \$35
Nonmember: \$50



ADVANCED TAE KWON DO

For advanced students to further their studies. Attendance by Instructor permission. Contact Instructor, Peter Zeisler at the Athens Community Center for permission.

Days: Monday/Saturday
Dates: 1/6-3/14
Times: Mon: 7pm-8pm
Sat: 2pm-3pm
FEE: Member: \$60
Nonmember: \$75



FAMILY FOR ALL

TAE KWON DO

Beginning to Intermediate level, no prior experience needed. Will learn the fundamentals of Korean martial arts and self-discipline practice. Children 10 and under to be accompanied by an adult, unless given instructor permission.

Day: Saturday
Dates: 1/11-3/14
Time: 1pm – 2pm
FEE: Member: \$35
Nonmember: \$50
(per person)

Open Hours:

Monday-Friday 6am-9pm

Saturday 8am- 8pm

Sunday 11am-7pm

DROP-INS WELCOME
\$10 EACH CLASS!

Winter 2020

Programs Guide



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