

REGISTRATION:

At the Recreation/Pool Complex

DATES AND TIMES:

Thursday September 7th

7:00pm - 9:00pm

Fees are noted by each class.

2022/2023 VFP Resident Leisure Pass or 2023 Resident Pool Pass is required for registration. Applications are available at the Recreation/Pool Building, Park's Shelter House or Village web site www.fpvillage.org.

For more information call 326-6336.

Classes are subject to change or cancellation.

YOUTH PROGRAMS - \$65

KIDS ZUMBA

First Class Sept 30

Saturday: 11:15am - 12:00pm

Ages: 4-7

Saturday Dance Party! High energy dances with kid friendly routines and music kids love.

TINY TOTS GYMNASTICS

First Class Sept 16

Saturday: 12:15pm - 1:15pm

Ages: 5-7

Saturday: 1:15pm - 2:15pm

Ages: 4-5

Saturday: 2:15pm - 3:15pm

Ages: 3-4

Introduction to the art of gymnastics. Including stretching, low impact tumbling, and beginner gymnastic techniques.

GARDENING FOR KIDS

First Class Sept. 16

Saturday: 9:00am

Ages: 3-10

Held at Centennial Gardens (Rain Location: Pool Building). Children explore gardening, walks and crafts

YOUTH TENNIS

Mondays: 4:00pm—5:00p Grades 1-3 **Begins Sept 11**

Tuesdays: 4:00pm—5:00pm Grades 4-8 **Begins Sept 12**

ADULT & SENIOR PROGRAMS

AEROBICS

First Class Sept 11

Days: Monday, Wednesday & Friday

Fee \$100.00

8:30am - 9:30am or 9:45am - 10:45am

Nights: Monday & Wednesday

Fee \$75.00

7:00pm - 8:00 pm

17 week step aerobic/floor program to maintain good physical condition and instill the discipline of exercise.

CARDIO KICKBOXING/TONING

First Class Sept 25

Monday & Wednesday: 8:00pm - 9:00pm

Fee \$75.00

Intense exercises, weights, stability ball, and stretching.

INTERVAL FITNESS TRAINING

Fee: \$75

(Outdoor in the Park)

First Class Sept 8

Wednesday 6:45pm & Friday 9:15am

Build a strong core! Interval training with bursts of activity alternated with intervals of lighter activity

ADULT YO-CHI

Fee: \$65

Monday: 4:15- 5:15pm

First Class Sept 11

A flow class combining the movement of tai-chi and the strength and balance of yoga

ADULT YOGA

Fee: \$65

Tues: 7:30pm - 8:30pm

First Class Sept 12

Sat: 9:00 - 10:00am

First Class Sept 30

Learn to slow down and breathe deep while working on balance, flexibility, strength and relaxation.

ADULT PILATES

Fee: \$65

Tuesday: 6:30 - 7:30pm

First Class Sept 26

Thurs: 4:15pm - 5:15pm

First Class Sept 28

ZUMBA

Fee: \$65

Saturday: 10:00am - 11:00am

First Class Sept 30

Let the beats of Latin music get your heart pumping. Combines cardio, muscle conditioning, balance and flexibility, and enhanced energy every time you leave class.

SENIOR AGILITY & STRENGTHENING

Fee: \$40

Monday & Friday

First Class Oct 13

Monday: 12:30 pm - 1:30pm

Friday: 11:00am - 11:45am

Includes a variety of indoor walking styles, as well as breathing and stretching techniques. Improves balance.

SILVER SNEAKERS EXERCISE

Fee: \$40

Tues & Thurs: 9:15am-10:00am

First Class Sept 12

12 week exercise program without leaving your seats. A benefit for beginner or experienced exercisers. Increases flexibility and muscle tone.

SILVER SNEAKERS/GENTLE MOVEMENT

Fee: \$40

Tues & Thurs: 10:15am - 11:00am

First Class Sept 12

~ or ~

Tues & Thur: 11:15am - 12:00pm

A 12 week program including low impact and toning exercises designed specifically for older adults to improve your range of motion, balance and joint mobility.

FALL TENNIS LESSONS

Tues & Thurs: 11:00am

First Class Sept 12 / Fee \$70

~ or ~

Saturday:

First Class Sept 16 / Fee: \$ 65

8:00am Intermediate; 9:00am Advanced Beginner;

Proper mechanics, use of racket, strategies and all the basics.

PICKELBALL

First Class Sept 15

Friday 11:00am

Fee \$65.00

Learn the basics of the game including scoring, serving and proper mechanics.

WOMENS KICKBALL

Women's kickball league on field#2.

Sundays 9:00am 2:00pm

First Game TBD

Fee \$100.00