

ADULT ACTIVITIES

Women's Volleyball League

241238-01

This league has open registration. All teams will begin playing Thursday, Sept. 24. A maximum of 12 players will be allowed on each team. **NOTE: All players must be 18 years of age or older.**

Dates: September 24 - November 12
Day: Thursday
Time: 7:00 - 9:00 p.m.
Ages: 18 years & up
Location: Krueger Park Gym
Min/Max: 4/6 teams
Fee: \$145



Hatha Yoga

Hatha Yoga is about finding a balance between the body, mind, and spirit. Hatha yoga uses body poses, breathing techniques and meditation in hopes of bringing flexibility, and manage stress. It is always advisable, especially if pregnant, to consult a physician before undertaking any physical activity.

Dates: September 22 - October 27 243220-01
 November 10 - December 15 343320-01
Day: Tuesday
Time: 6:15 - 7:15 p.m.
Ages: 16 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/14
Fee: \$46 Resident; \$51 Non-Resident

REFUNDS FOR SPECIAL EVENTS, ONE DAY PROGRAM/EVENTS, AND TRIPS WILL BE ISSUED ONLY IF IT IS CANCELLED BY THE PARK DISTRICT.

Dominoes

This is an easy game with simple rules, but the fun is limitless. Lunch will be served around noon. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

Day & Date: Friday, October 23 256216-01
 Friday, November 6 256216-02
Time: 11:30 a.m. - 2:30 p.m.
Ages: 25 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 20/35
Fee: \$9 Resident; \$11 Non-Resident

Zumba Class

This is a "feel-good" workout like no other that is great for the body and mind. Our master instructor will guide you through a series of unique moves and combinations providing you with a dynamic interval style workout. No dance experience is necessary and all fitness levels are welcome.

Dates: September 23 - October 28 243219-02
 November 11 - December 16 343319-01
Day: Wednesday
Time: 6:30 - 7:30 p.m.
Ages: 14 years & up
Location: Krueger Park Gym North
Min/Max: 6/24
Fee: \$47 Resident; \$52 Non-Resident



W.O.W - Wonderful Overall Workout 241203-01

The title says it all! After a warm-up, the party begins! The program includes weight training, core strengthening interspersed with cardio formats such as low impact dance moves, kick boxing, step and cardio barre. It will get your heart pumping to burn calories and release stress. Work at your own pace and fitness level using a variety of equipment.

Dates: September 28 - November 9
Day: Monday
Time: 6:30 - 7:30 p.m.
Ages: 18 years & up
Instructor: Debbie Sernus
Location: Krueger Park Activity Rooms A & B
Min/Max: 7/15
Fee: \$42 Resident; \$47 Non-Resident

CPR

This class offers training to individuals to respond calmly and appropriately in emergency situations. Through video presentations and practice sessions, participants will be taught adult, child, and infant CPR. The techniques of mouth-to-mouth resuscitation and external heart compressions to restore breathing and heartbeat to heart attack victims will be covered. **NOTE: Please bring your receipt with you.**

Day/Date: Saturday, September 12 206226-01
 Saturday, November 7 206226-02
Time: 9:00 a.m. - 1:00 p.m.
Ages: 16 years & up
Location: RPF, 8611 S. Roberts Rd., Justice
Min/Max: 5/10
Fee: \$50 Resident; \$65 Non-Resident

