



## NEW ADULT PROGRAMS



### **Kickboxing (Ages 16+)**

A workout consisting of jabs, hooks, uppercuts and kicks designed to get you on your way to a lean body and a healthy state of mind. No special equipment required. Most suitable to participants of medium to high fitness levels, newcomers are always welcome. (Chris Biddle—Instructor)

**Cost:** \$35.00 (\$21.00 MAC Members) 5 Weeks

**Times:** Thursdays 6:30 p.m. - 7:30 p.m.

**Location:** MAC Studio A

**Dates:** Thursdays Feb. 23— Mar. 23

### **Zumba (Ages 16 +)**

Zumba® combines Latin and international music with dance moves for a fun and effective workout. Zumba® fitness classes take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. (Gwen Waldecker – Instructor)

**Cost:** \$30.00 (\$18.00 MAC Members)

**Times:** Tuesdays 6:30 p.m. - 7:30 p.m.

**Location:** MAC Studio A

**Dates:** Tuesdays Feb. 21— Mar. 28

### **Floor Hatha Yoga Class (Ages 16+)**

A gentle yoga practice utilizing breathing techniques and controlled movement to stimulate muscles while protecting joint structures. This class is designed to move from the floor to standing to ending with floor exercises that lead into a supine meditation. Chairs, blocks, blankets, balls, and straps will be utilized. This class is designed for the exercise beginner to the moderate athlete desiring stress reduction and an overall feeling of harmony. (Debbie Mckinnon – Instructor)

**Cost:** \$30.00 (\$18.00 MAC Members)

**Times:** Mondays 6:30 p.m.—7:30 p.m.

**Location:** MAC Studio B

**Dates:** Mondays, Feb. 20 —Mar. 27

## **REGISTRATION**

Drop off or Mail registration form and fee to Meade Activity Center 493 Lawrence St, Brandenburg, KY 40108

**\*REGISTRATION DEADLINE:** 2 days prior to start date for all programs (space permitting).

*Registration is accepted on a first-come/first-served basis. Programs will fill quickly, so please register early.*

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ M/F: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Race/Ethnicity: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

\*Financial Assistance is available for those who qualify, call the MAC Office for details.

\_\_\_\_\_ **Floor Hatha Yoga – Monday (\$18/\$30)** \_\_\_\_\_ **Kickboxing – Thursday (\$28/35)** \_\_\_\_\_ **Zumba - Tuesday (\$18/\$30)**