

EHT RECREATION

WINTER 2023 PROGRAM GUIDE

DEPARTMENT INFORMATION

5045 English Creek Ave
Egg Harbor Township, NJ 08234
Phone: (609) 272 - 8120
Fax: (609) 272 - 8151
Email: Recreation@ehtgov.org
Website: www.EHTRec.com
Office Monday - Friday
Hours: 8:30 am - 4:30 pm

REGISTRATION DATES

Resident Registration
Begins: December 7
Non-Resident Registration
Begins: December 14

On-line Registration
Ends: December 28



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SPECIAL EVENTS

Philadelphia Flower Show

The Annual PHS Philadelphia Flower Show is back inside at the Philadelphia Convention Center. This year's theme is "The Garden is Electric!" That spark of joy that comes while giving or receiving flowers – this is the moment captured by this year's PHS Philadelphia Flower Show. Don't delay, this trip will sell out. Call (609) 272 - 8120 to reserve your seat today. Transportation via School Bus. Transportation and admission included in fee.

Day	Thursday, March 9
Leaves	2 pm from EHT Community Center
Departs	8 pm from Philadelphia Convention Center
Price	\$45

Winter Picture Contest

Snap the best picture you can of your favorite snowy place or best snow creation and send it in to recreation@ehtgov.org ! Submit your photos by March 15th for a chance to be named the winner! All photos submitted must be taken in EHT. #EHTRec

3rd Annual Spring Craft Show

Save the Date! May 13, 2023 9am - 3pm. EHT Recreation will be hosting its Third Annual Spring Craft Show at the EHT Community Center.

If you are interested in becoming a vendor applications will available at the EHT Community Center, on EHT Recreation's Facebook Page, and on www.ehtrec.com beginning February 1.

Health and Fitness Fair!

Save the Date! March 18, 2023, 10 am - 2 pm. EHT Recreation will be hosting its First Ever Public Health and Fitness Fair! Join us as we host a variety of different professionals who will be able to provide information. We will also be showcasing all the amazing fitness classes offered here at the EHT Community Center. Come out and see what we offer to help improve your physical and mental well-being.

Grab -n - Crafts

Looking for a fun winter project? Swing by the EHT Community Center beginning on January 11 between 9 am and 4:30 pm to pick up a grab and go winter craft! The only supplies you'll need at home are scissors and glue! Available for EHT Residents only. For more information contact the Recreation Office at (609) 272 -8120

Interested in becoming a 2023 Sponsor?

Egg Harbor Township Recreation Department proudly offers numerous Special Events throughout the year, including Rhythm in the Park Concert Series, Monday Morning Madness, Movies Under the Stars, the Mayor's Holiday Tree Lighting, and many more. Being an EHT Recreation Sponsor gives your business a great way to get your name out in the Township and become a partner in our community. A variety of options are available in our sponsorship program. Please call for more information at (609) 272 - 8120.

PRE-SCHOOL PROGRAMS

Creative Kids

Your preschooler will enjoy a variety of fun arts and crafts in Creative Kids. They will start to learn their 1-2-3's and A-B-C's as well as do seasonal crafts and activities. Other activities such as stories, music and games that correspond with the theme of the week will be included. Introduce your preschooler to the basics and structure of a classroom with fun activities without the stress of a full day program! Participants must be potty-trained.

Instructor Miss Doreen
Ages 3 - 5 years old
Location EHTCC 117

Three Day Option

Days Monday, Wednesday & Friday
Times 10 am - 12 noon
Dates January 9 - April 5
(No Class 1/16 or 2/20)
Price \$ 378 R / \$ 398 NR

Two Day Option

Days Tuesdays & Thursdays
Times 10 am - 12 noon
Dates January 10 - April 6
Price \$ 294 R / \$ 314 NR

Tiny Tigers Karate

Our karate program features a structured class to motivate children and teach them concentration, listening skills, coordination, and teamwork. Master Carson and his instructors bring a wealth of experience in leading participants in their learning.

Instructor Master Carson and Karate Staff
Ages 4 - 5 years old
Location EHTCC Aux Gym
Days Wednesdays
Times 5 - 5:30 pm
Dates January 4 - March 29
Price \$50 R / \$55 NR

Ready Set Go

This program will introduce children to a variety of different exercises in a structured, safe environment including stretching, kickball, exercises, skipping, hopping, parachute play, and t-ball. This program will also teach the importance of good sportsmanship and teamwork while playing games. Adults may be required to participate.

Instructor Miss Toni Lynn
Ages 2 - 5
Location EHTCC Gyms

Wednesday Class

Days Wednesdays
Times 10:15 am - 11:15 am
Dates January 4 - March 29
Price \$104 R / \$114 NR

Saturday Early Class

Days Saturdays
Times 8:45 am - 9:45 am
Dates January 7 - April 1
(No Class 1/14, 2/18, 3/18)
Price \$80 R / \$90 NR

Saturday Later Class

Days Saturdays
Times 10 am - 11 am
Dates January 7 - April 1
(No Class 1/14, 2/18, 3/18)
Price \$80 R / \$90 NR



RECREATION DANCE

Our dance program is a great way for children to be introduced to the world of dance and learn the basics in a fun, stress-free environment from our caring instructors. Our participants will then progress through our dance program levels and refine their skills. A fantastic dance recital concludes each session.

Recital will be held between May 15 and May 26.

Location: EHTCC 110

Price: \$ 175 R / \$ 195 NR

3 - 4 Years Old Jazz Ballet Classes

Monday Class

Instructor Miss Danielle
Days Mondays
Times 5:15 pm - 6 pm
Dates January 9 - May 15
(No class 1/16 or 2/20)

Tuesday Class

Instructor Miss Kaila
Days Tuesdays
Times 5 pm - 5:45 pm
Dates January 10 - May 9

Thursday Class

Instructor Miss Emilie
Days Thursdays
Times 5:15 pm - 6 pm
Dates January 12 - May 11

Thursday Class

Instructor Miss Emilie
Days Thursdays
Times 6 pm - 6:45 pm
Dates January 12 - May 11

5 - 7 Years Old Jazz Ballet Classes

Monday Class

Instructor Miss Danielle
Days Mondays
Times 6 pm - 6:45 pm
Dates January 9 - May 15
(No class 1/16 or 2/20)

Tuesday Class

Instructor Miss Kaila
Days Tuesdays
Times 5:45 pm - 6:30 pm
Dates January 10 - May 9

Thursday Class

Instructor Miss Emilie
Days Thursdays
Times 6:45 pm - 7:30 pm
Dates January 12 - May 11

8 - 10 Years Old Jazz Ballet Classes

Monday Class

Instructor Miss Danielle
Days Mondays
Times 6:45 pm - 7:30 pm
Dates January 9 - May 15
(No class 1/16 or 2/20)

Tuesday Class

Instructor Miss Kaila
Days Tuesdays
Times 6:30 pm - 7:15 pm
Dates January 10 - May 9

Thursday Class

Instructor Miss Emilie
Days Thursdays
Times 7:30 pm - 8:15 pm
Dates January 12 - May 11

11 - 13 Years Old Jazz Ballet Classes

Instructor Miss Kaila
Days Tuesdays
Times 7:15 pm - 8:15 pm
Dates January 10 - May 9

14 - 18 Years Old Jazz Ballet Classes

Instructor Miss Danielle
Days Mondays
Times 7:30 pm - 8:15 pm
Dates January 9 - May 15
(No class 1/16 or 2/20)

Hip Hop Classes

5 - 10 Years Old Boys Class

Instructor Miss Danielle
Ages 5 - 10 years old
Days Mondays
Times 4:30 pm - 5:15pm
Dates January 9 - May 15
(No class 1/16 or 2/20)

8 - 12 Year Old Class

Instructor Miss Danielle
Ages 8 - 12 Years Old
Days Wednesdays
Times 5 pm - 6 pm
Dates January 11 - May 10

13 + Years Old Class

Instructor Miss Danielle
Ages 13 - 18 years old
Days Wednesdays
Times 6 pm - 7 pm
Dates January 11 - May 10



Contemporary Dance Class

Instructor Miss Emilie
Ages 13 - 18 years old
Days Wednesdays
Times 7 pm - 8 pm
Dates January 11 - May 10

YOUTH PROGRAMS

Youth Mentorship Open Gym

Come join EHT LEAP & EHT Alliance as we build personal and positive rapport with the young future leaders. Different gym and lawn games will be set up weekly - from spikeball, to volleyball, to cornhole and more. Pre-registration recommended.

Instructor	EHT LEAP Volunteers
Grades	4-12
Location	EHTCC Gyms
Days	Mondays and Wednesdays
Times	3 - 5 pm
Dates	January 4 - April 5 (No Class 1/16, 1/18, 2/15, 2/20)
Price	Free

Self -Defense

Join Yoshua for Aikido (games), Ukemi (training techniques), Taisabaki (fundamental movements), Kihon Waza (technique development), Kihon Waza (defense motion) and Tachi Waza (empty handed techniques). You will also learn partner pin downs & throwing, although striking is involved it is not the main objective. Focus on bio-mechanics and physics to apply yourself to this martial art and maintain a level on self-preservation.

Instructor	Yoshua
Ages	8 - 16
Location	EHTCC 109
Days	Tuesdays
Times	4:30 pm - 6:30 pm
Dates	January 3 - March 28
Price	\$100 R / \$110 NR

Karate

Karate students learn practical martial arts and self-defense techniques while stressing self-control, discipline, respect, and perseverance. Classes are taught by Master Carson who brings a wealth of experience in instruction and leading participants in learning. Once students move from the beginner class attendance is important. Students are required to attend a minimum of 24 classes between taking their belt tests and skills review. Karate will build their balance and physical conditioning. They will develop a great work ethic and allow students to reach accomplishments by testing and passing their belt exams. This program is run in accordance with Yi's Karate School and the International Marital Arts Association.

Instructor	Master Carson and Karate Staff
Ages	6 - 16 years old
Location	EHTCC Aux Gym
Days	Mondays and Wednesday
Dates	January 4 - March 29 (No Class 1/16 or 1/20)
Price	\$100 R / \$110 NR

Beginners Karate (No Belts)

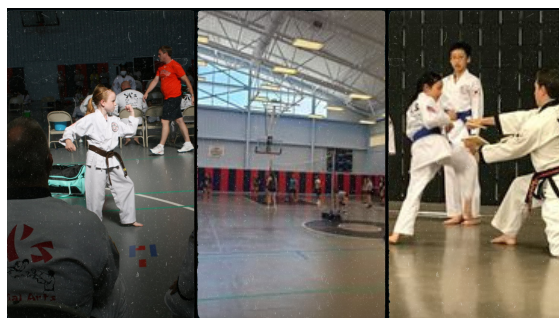
Times	5:30 - 6 pm
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Returning Student Karate (White - Blue Belts)

Times	6 - 7 pm
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Advanced Student Karate (Brown - Black Belts)

Times	7 - 8 pm
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YOUTH PROGRAMS

STEM Saturdays

Join Miss Gina for an exciting hands on approach to science! Each class will provide unique opportunities to conduct fun and engaging experiments and activities. Each session will offer seasonal themed STEM challenges.

Instructor Miss Gina
Ages 8 - 12 years old
Location EHTCC 117
Days Saturdays
Times 10 am - 12 noon
Price \$35 R / \$40 NR (Per Session)

January Class

Date January 21

February Class

Date February 25

March Class

Date March 18

Adaptive Ready Set Grow

This program will offer a safe space to participate in a variety of different exercises in a structured environment including stretching, kickball, exercises, skipping, hopping, parachute play, and t-ball. This program will also teach the importance of good sportsmanship and teamwork while playing games. Adults may be required to participate.

Instructor Miss Toni Lynn
Ages School Aged
Location EHTCC Gyms
Days Saturdays
Times 11:15 am - 12:15 pm
Dates January 7 - April 1
(No Class 1/14, 2/18, 3/18)
Price Free

Crafty Characters

Join Miss Doreen for a fun-filled 2 hours on a Saturday Morning. Participants will listen to a story and then make a craft based on the main character!

Instructor Miss Doreen
Ages 5 - 8 years old
Location EHTCC 117
Days Saturdays
Times 10 am - 12 noon
Price \$25 R / \$25 NR (Per Session)

"No Two Alike"

No two snowflakes are alike, almost, almost . . . but not quite. Follow a pair of birds on a snowflake-filled journey though a gorgeous winter landscape to explore how everything, everywhere is wonderfully unique-- from branches and leaves to forests and trees to friends and loved ones. Enjoy the story and then paint a scene from it!

Date: January 28

"Monsters Don't Eat Broccoli"

What do monsters eat? The waitress in this restaurant just doesn't have a clue. Monsters don't eat broccoli! How could she think we do? After reading this story make a multi-media art project

Date: February 11

"Goodbye Winter, Hello Spring"

As days stretch longer, animals creep out from their warm dens, and green begins to grow again, everyone knows—spring is on its way! Join a boy and his dog as they explore nature and take a stroll through the countryside, greeting all the signs of the coming season. Make a spring suncatcher after enjoying this story!

Date: March 11

YOUTH PROGRAMS

K - 2 Basketball Clinic

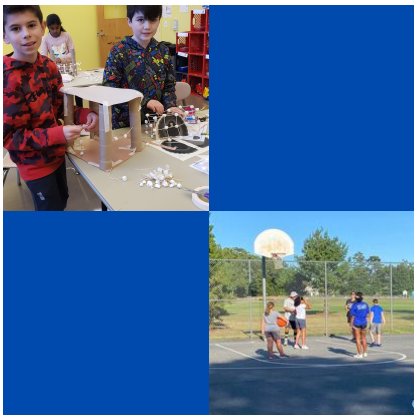
Coach Cam and his assistants will teach the game of basketball in a fun and instructional atmosphere. Participants will engage in drills for footwork, passing, dribbling and shooting in addition to playing games. No teams or league play, our clinic is designed to introduce the game of basketball to younger participants.

Instructor Coach Cam and Recreation Staff
Location EHTCC Gym
Days Saturdays
Dates February 11 - April 1
(No class 2/18 or 3/18)
Price \$50 R / \$55 NR

Grade Kindergarten
Time 8 am - 9 am

Grade First Grade
Time 9:15 am - 10:15 am

Grade Second Grade
Time 10:30 am - 11:30 am



Art Corner

Instructor Miss Carly
Location EHTCC 117
Days Saturdays
Price \$35 R / \$40 NR

Make your own Journal / Sketch book

Learn the process of making books using a saddle stitch binding as well as various closures. Spend time decorating and creating pages in their books with provided materials.

Ages 9 +
Date January 7
Time 10 am - 12 noon

Valentine Heart Mosaic

Participants will use tile and glass beads to design and grout their own wall hanging.

Ages 9+
Date February 4
Time 10 am - 12 noon

Upcycled Jewelry

Learn how to take plastic water bottles and turn them into fashionable bangle bracelets and earrings.

Ages 10+
Date February 11
Time 1 pm - 3 pm

Custom Paint Your Kicks!

Bring Your Own Canvas sneakers to design and paint! In class we will discuss and draw designs as well as use fabric paint to bring them to life! This is a great way to give those stained white canvas sneakers a fresh look or start with new if you prefer.

12 +
March 4
10 am - 12 noon

Meditative Art of Neurographica

Using marker, colored pencil, or paint, this relaxing artistic exercise can help improve your focus and sense of calm.

Ages 10+
Date March 11
Time 1 pm - 3 pm

YOUTH PROGRAMS

Spring Break Camp

Have an exciting week off school with EHT Recreation and our awesome summer camp staff! Each day will feature a variety of groups games and activities at the Community Center to keep your camper busy and active. Multiple field trips will be hosted during the week. Campers will need to bring lunch and a water bottle everyday to camp.

Instructor	Recreation Camp Staff
Ages	k - 5
Location	EHTCC
Days	Monday - Friday
Times	9 am - 4 pm
Dates	April 10 - April 14
Price	\$280



Summer Adventure Camp

Join EHT Recreation for a fun filled summer! Weekly trips to the beach, bowling, mini golfing, the pool and more! We'll head to the water park, the zoo, the ballpark, and many more exciting trips! Your campers will make lasting friendships and summer memories to last all year long.

One-week non-refundable deposit due at time of registration.

10% sibling discount for additional children in the same household

5 Day Option

Instructor	Recreation Summer Staff
Grades	Current K - Current 7
Location	EHT Community Center and Various Field Trips
Days	Monday - Friday
Times	7:30 am - 5 pm
Dates	June 26 - August 25 (NO July 4)
Price	\$290/Week
Multi-Week Discount for 8+ weeks registered	

3 Day Field Trip Only Option

Instructor	Recreation Summer Staff
Grades	Current 5 - Current 7
Location	EHT Community Center and Various Field Trips
Days	Tuesday- Thursday
Times	7:30 am - 5 pm
Dates	June 26 - August 25 (NO July 4)
Price	\$190/Week
Multi-Week Discount for 8+ weeks registered	

PICKLEBALL

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton and ping-pong. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players and a fun sport!

Beginners Pickleball Clinic

Come learn the basics of this exciting game. 90 minutes of instruction followed by 90 minutes of guided open play.
Session registration highly recommended, drop ins are allowed for \$20/day as space allows.

Instructor	Bill Giannetti
Ages	18+
Location	EHTCC Gym
Days	Fridays
Times	8:45 - 11:45 am
Dates	January 13 - March 3
Price	\$120 R / \$130 NR

Intermediate Pickleball Clinic

This clinic will help you build on your current skill set and improve your game play. 90 minutes of instruction. This is a skills clinic only - no game play.

Instructor	Bill Giannetti
Ages	18+
Location	EHTCC Aux Gym
Days	Fridays
Times	12:15 pm - 1:45 pm
Dates	January 13 - March 3
Price	\$ 90 R / \$ 100 NR

Open Play Pickleball

All players welcome. Times are designated for different levels of players.
Session registration available for Session Fee or Drop in for \$5 as space allows, only 30 players will be allowed in each day. **Drop-ins will not be allowed for the first 30 minutes of any session.** A waiver must be completed on site daily for drop-in players.

Level 1

Beginner, Novice & Intermediate Players

Ages	18+
Location	EHTCC Gyms
Days	Tuesdays
Times	9 am - 11 am (Drop ins 9:30 - 11am)
Dates	January 3 - March 28
Price	\$ 52 R / \$57 NR

Days	Thursdays
Times	2 pm - 4 pm (Drop ins 2:30 - 4 pm)
Dates	January 5 - March 30
Price	\$ 52 R / \$57 NR

Level 2

Intermediate Players

Ages	18+
Location	EHTCC Gyms
Days	Tuesdays
Times	11:30 am - 1:30pm (Drop ins 12 pm - 1:30 pm)
Dates	January 3 - March 28
Price	\$ 52 R / \$57 NR

Days	Thursdays
Times	11:30 am - 1:30pm (Drop ins 12 pm - 1:30 pm)
Dates	January 5 - March 30
Price	\$ 52 R / \$57 NR

Level 3

Intermediate & Advanced Players

Ages	18+
Location	EHTCC Gyms
Days	Tuesdays
Times	2 pm - 4 pm (Drop ins 2:30 - 4 pm)
Dates	January 3 - March 28
Price	\$ 52 R / \$57 NR

Days	Thursdays
Times	9 am - 11 am (Drop ins 9:30 - 11am)
Dates	January 5 - March 30
Price	\$ 52 R / \$57 NR

ADULT PROGRAMS

Open Gym Basketball

Our Adult Open Gym Basketball is a place to shoot some hoops. Pick-up games are formed each day. Games are based on exercise, sportsmanship, and fun. Space in the gym is limited. Sign up for the session to secure your place all season, or drop in for \$5/day as space allows. A waiver form must be completed on site daily for drop-in players.

Ages	18+
Location	EHTCC Gyms
Days	Mondays
Times	12 noon - 2 pm
Dates	January 9 - March 27 (No Class 1/16 or 2/20)
Price	\$ 40 R / \$ 45 NR

Karate

Karate students learn practical martial arts and self-defense techniques while stressing self-control, discipline, respect, and perseverance. Classes are taught by Master Carson who brings a wealth of experience in instruction and leading participants in learning. Once students move from the beginner class, attendance is important. Students are required to attend a minimum of 24 classes between taking their belt tests and skills review. Karate will build their balance and physical conditioning. They will develop a great work ethic and allow students to reach accomplishments by testing and passing their belt exams. This program is run in accordance with Yi's Karate School and the International Marital Arts Association. Karate students learn practical martial arts and self-defense techniques while stressing self-control, discipline, respect, and perseverance. Classes are taught by Master Carson who brings a wealth of experience in instruction and leading participants in learning.

Instructor	Master Carson and Karate Staff
Ages	16+
Location	EHTCC Aux Gym
Days	Mondays and Wednesdays
Times	8 pm - 9 pm
Dates	January 4 - March 29 (No Class 1/16 or 1/20)
Price	\$100 R / \$110 NR

Youth Coaching Clinic

The EHT Parks and Recreation Department will conduct a youth sports coaching clinic for coaches in our local youth sports programs. The course will focus on the basic fundamentals needed to coach any youth sport successfully. Pre-registration is required.

Participants will learn:

- Responsibilities of being a coach
- Effective methods of teaching sports skills
- How to send positive messages to athletes
- How to conduct a safe program, manage risks, and more
- CDC Heads Up: Concussions in Youth Sports Training (certificate awarded)

Instructor	Rick Audet
Ages	18+
Location	EHTCC Meeting Room
Days	Tuesday
Times	6 pm - 9 pm
Dates	February 28
Price	Free

Self - Defense

Join Yoshua for Aikido (games), Ukemi (training techniques), Taisabaki (fundamental movements), Kihon Waza (technique development), Kihon Waza (defense motion) and Tachi Waza (empty handed techniques). You will also learn partner pin downs & throwing, although striking is involved it is not the main objective. Focus on bio-mechanics and physics to apply yourself to this martial art and maintain a level on self-preservation.

Instructor	Yoshua
Ages	16+
Location	EHTCC 109
Days	Fridays
Times	4:30 pm - 6:30 pm
Dates	January 6 - March 31
Price	\$100 R / \$110 NR

ADULT PROGRAMS PROGRAMS

Simply Made with Josh

Adult Cooking Classes

Join Chef Josh as he teaches you the skills and methods to feel more comfortable and confident in the kitchen.

Instructor Josh
Ages 18+
Location EHTCC Multipurpose Room
Price \$45 R / \$50 NR

Superbowl Snacks!

Join Chef Josh as he shares his favorite recipes to feed your guests and score a touchdown on your taste buds!

Days Saturday
Times 10 am - 12 noon
Dates January 21

Latin American Food Tour

Explore Latin America without leaving the kitchen! Join us for this fun and interactive cooking class as we taste our way around the world creating some of the most popular dishes from North, Central, and South America.

Days Saturday
Times 10 am - 12 noon
Dates February 25

A Taste of Ireland: St Parick's Day Cooking

Come celebrate the Feast of Saint Patrick in this hands-on cooking class. Learn how to make some of Chef Josh's favorite Irish dishes to honor the patron saint of Ireland!

Days Saturday
Times 10 am - 12 noon
Dates March 11

Get Craftin' kids can't have all the fun

Make art! Make Friends!

Join Doreen and EHT Recreation as you tap into your creative side and walk away with a craft you've made from scratch! Crafting allows you to learn, teach, and pass on skills. Increased personal growth, and a sense of satisfaction will be gained from learning a new, useful skill, focus your thoughts on a single task in a world that is lost in multitasking.

Instructor Doreen
Ages 18+
Location EHTCC Multipurpose Room
Days Wednesday
Times 6 pm
Price \$ 45 R / \$ 50 NR

Wooden Welcome Signs

Make your very own Welcome Sign! Paint, Stencil, Create, and Laugh!

Dates January 18

Photo Shadow Box

Create your very own shadow box to show off your favorite memories. Please bring small photos to display.

Dates February 15

FITNESS PROGRAMS

Walk Off the Pounds

If you want to lose weight and improve your fitness this year but don't know where to start, indoor walking can be your best option. This program consists of walking in place, knee lifts, forward kicks and back kicks for a total walk of 1 to 3 miles. Towel and water needed.

Instructor Toni-Lynn
Ages 18+
Location EHTCC 111
Days Mondays, Wednesdays & Fridays
Times 8:15 am - 9:15 am
Dates January 4- March 31
(No Class 1/16 or 2/20)
Price \$ 252 R / \$ 272 NR

Tone with Margaret

This class incorporates every day balance moves and building strength with light weights. No impact, just tightening our bodies. Please bring your own mat, fitness band, and water.

Instructor Margaret
Ages 18+
Location EHTCC 113
Days Mondays, Wednesdays, & Fridays
Times 8:15 am - 9 am
Dates January 4 - March 31
(No Class 1/16, 2/20, or TBA)
Price \$245 R / \$265 NR

Two Day Option

Price \$182 R / \$202 NR

Kick it Up Cardio Spin

Kick it Up Cardio Spin will combine the best elements of spinning along with toning your upper body; incorporating exercises using light weights while remaining seated on the bike. This class is intense! Are you ready to shed those calories? Towel and water needed.

Instructor Margaret
Ages 18+
Location EHTCC 112

Monday Morning Class

Days Mondays
Times 9:30 am - 10:30 am
Dates January 9 - March 27
(No Class 1/16, 2/20 or TBA)
Price \$80 R / \$90 NR

Wednesday Evening Class

Days Wednesdays
Times 6:30 pm - 7:30 pm
Dates January 4 - March 27
(No class TBA)
Price \$ 96 R / \$ 106 NR

Friday Morning Class

Days Fridays
Times 9:30 am - 10:30 am
Dates January 6 - March 31
(No Class TBA)
Price \$ 96 R / \$ 106 NR

FITNESS PROGRAMS

Cardio Blast

This full body fitness class incorporates a variety of aerobic exercises with strength and core training to tone your entire body, blast calories and boost your metabolism. Designed for all fitness levels, this class will have you moving, sweating and looking forward to coming back. Participants will need a towel, mat and water.

Instructor Wendy
Ages 18+
Location EHTCC 111

Monday Class

Days Mondays
Times 5:30 pm - 6:30 pm
Dates January 23 - March 27
(No Class 2/20 or 3/6)
Price \$ 64 R / \$69 NR

Wednesday Class

Days Wednesdays
Times 5:30 pm - 6:30 pm
Dates January 4 - March 29
(No Class 1/11, 2/8, 3/8)
Price \$80 R / \$90 NR

Punch Cards

Interested in taking a fitness class, but not sure which one? Like a class, but not sure if you are able to make it every week? Check out our Fitness Punch Cards!

Punch Cards allow you to drop into any fitness class that is below capacity. Try any class to see if it is a good fit for you. Only pay for the classes that fit into your busy schedule.

Punches never expire.

Four Class

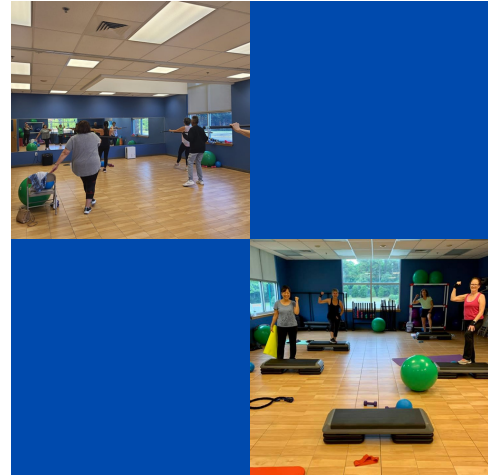
Price \$40 R / \$45 NR

Eight Class

Price \$80 R / \$90 NR

Twelve Class

Price \$160 R / \$180 NR



Tabata

Tabata is a High Intensity Interval Training (HIIT) workout that incorporates cardio and strength training for all fitness levels. It is designed in a ratio of 20 seconds of work to 10 seconds of rest in 4 minute sets, followed by a recovery period. You work at your pace. This workout will increase your overall cardiovascular fitness and endurance while you burn a ton of calories to shed pounds. Best of all it is a lot of fun!!

Instructor Keisha
Ages 18+
Location EHTCC 113

Monday Class

Days Mondays
Times 6 pm - 7 pm
Dates January 9 - March 27
(No Class 1/16 or 2/20)
Price \$ 88 R / \$98 NR

Thursday Class

Days Thursdays
Times 6 pm - 7 pm
Dates January 5 - March 30
Price \$ 104 R / \$ 114 NR

FITNESS PROGRAMS

Double It Up with Dina

These classes incorporate full body dynamic movements to push your limits using dumbbells, varied intervals and multi-directional movements which help develop more cardiovascular conditioning and functional strength. You never repeat the same workout twice which keeps your body challenged and in full fat-burning mode. Towel and water required.

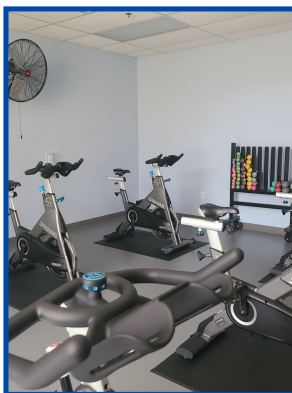
Instructor Dina
Ages 18+
Location EHTCC 112

Manic Monday Spin

Days Mondays
Times 5:30 pm - 6:30 pm
Dates January 9 - March 27
(No Class 1/16 or 2/20)
Price \$80 R / \$ 90 NR

Werk It Wednesday Spin

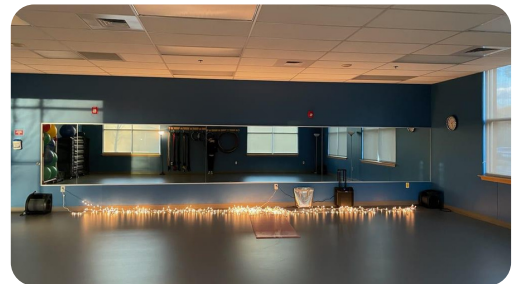
Days Wednesdays
Times 5:15 pm - 6:15 pm
Dates January 4 - March 29
Price \$ 104 R / \$ 114 NR



Mindful Chair Yoga

We will practice and explore experiential exercises and movements including gentle movement, chair yoga, meditation, and relaxation. Through the practices you develop a greater sense of self awareness, hone the attention of your mind, and learn new movement skills for better self-observation and monitoring your well-being. These practices open you to experiencing life directly and being at peace. Bring a mat and water bottle.

Instructor Linda
Ages 18+
Location EHTCC 109
Days Tuesdays
Times 10 am - 11 am
Dates January 3 - March 28
Price \$ 104 R / \$ 114 NR



Cycle with Joe

Something for everyone! Intervals, rolling hills and sprints all to music hand-picked to motivate and inspire! This is a great work out if you want to burn calories and increase endurance! Come join the fun! Towel and water required.

Instructor Joe
Ages 18+
Location EHTCC 112
Days Tuesdays
Times 6:45 pm - 7:45 pm
Dates January 3 - March 28
Price \$ 104 R / \$ 114 NR

FITNESS PROGRAMS

Mindfulness, Meditation, and Being in the Now

Explore and experience various meditation techniques, the mind/body connection, wellness, expanding awareness and living in the moment. Calm the mind and soothe the emotions through stress reduction practices. Find a practice that works for you and your lifestyle. Using focused interactive discussion and dialogue concerning human perception and thought processes and their effect on the emotions and the body we will explore mindfulness, present moment awareness, and a variety of other mind-body topics and practices. You will learn and practice several types of meditations to find the one best suited for you and your lifestyle.

The practices lead to self-compassion, healing, and resilient happiness. They allow us to go to deeper levels below the mind to access the peace and serenity within - leading to stress reduction, awake alertness, increased energy, and clarity of mind. Research has linked a regular meditation practice with reduced levels of anxiety and an improved immune function. We all need ways to stay centered in our essence instead of getting carried away by our thoughts. Learn to handle "the full catastrophe of living" and experience the wonder, joy, and awe of this mysterious, beautiful world.

Instructor Linda
Ages 18+
Location EHTCC Meeting Room
Days Tuesdays
Times 11:30 am - 12:30 pm
Dates January 3 - March 28
Price \$ 104 R / \$114 NR

Zumba with Kendale

Zumba combines Latin and International music with a fun and effective workout system combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. The perfect combo of fun and fitness has made Zumba® classes a world-wide phenomenon. All you need are water, a towel and a smile!

Instructor Kendale
Ages 18+
Location EHTCC 113
Days Tuesdays
Times 5:30 pm - 6:30 pm
Dates January 3 - March 28
(No class 3/21)
Price \$ 96 R / \$106 NR



Cardio Step

Step moves are choreographed into fun routines. The music won't let you stop moving. Have fun while burning calories. This class is designed to appeal to experienced steppers. Participants will need a towel and water.

Instructor Wendy
Ages 18+
Location EHTCC 111
Days Wednesdays
Times 6:30 pm - 7:30 pm
Dates January 4 - March 29
(No Class 1/11, 2/8, 3/8)
Price \$ 80 R / \$ 90 NR

FITNESS PROGRAMS

Yoga for Health and Well-Being

Join the fun exploring and practicing yoga. Learn how to cultivate and circulate your life force energy. Build strength, balance, and increase flexibility. Calm the mind, soothe the emotions, and come home to your body. We learn how to balance action with inner stillness to take Yoga off the mat into our lives. All poses can be adapted to your body. Bring a mat and water bottle.

Instructor Linda
Ages 18+
Location EHTCC 109

Wednesday Class

Days Wednesdays
Times 10 am - 11 am
Dates January 4 - March 29
Price \$104 R / \$114 NR

Saturday Class

Days Saturdays
Times 10:30 am - 11:30 am
Dates January 7 - March 25
(No class 1/14, 2/18, 3/18)
Price \$80 R / \$90 NR

Sporadic Saturday Spin

Join us on Saturday morning to get the body moving! Sporadic Saturday Spin will combine the best elements of spinning along with toning your upper body, incorporating exercises using light weights while remaining seated on the bike. This class is intense! Towel and water needed.

Instructor Margaret
Ages 18+
Location EHTCC 112
Days Saturdays
Times 9:30 am - 10:15 am
Dates February 11 - March 25
Price (No Class 2/18, 2/25 or 3/18)
\$ 32 R / \$ 37 NR

Friday Happy Hour Spin

And it's definitely a happy hour! Come join us for a fun ride to Ride Down the Week.

This 50 minute class is for riders of all skill levels. Experience climbs, flats, and some all out sprints, while riding to energizing music. You'll love the energy in the class and the benefits to your body when you leave! Come join the fun- singing allowed and encouraged. Towel and water required.

Instructor Adele
Ages 18+
Location EHTCC 112
Days Fridays
Times 5:30 pm - 6:30 pm
Dates January 13 - March 31
(No Class 1/27, 2/17)
Price \$80 R / \$ 90 NR

Saturday Spin with Adele

Join Adele every other Saturday for a 50 minute ride. This class is for riders of all levels. Experience climbs, flats, and some all out sprints, while riding to energizing music. You'll love the energy in the class and the benefits to your body when you leave! Towel and water required

Instructor Adele
Ages 18+
Location EHTCC 112
Days Saturdays
Times 11:45 am - 12:35 pm
Dates February 11, 25
March 11, 25
Price \$32 R / \$ 37 NR

