

New Smyrna Beach Leisure Services Program Schedule

386-410-2890

Hatha Yoga with Cindy Robinson

Session: April 11 – June 29 / 12 Week Session
Day/Time: Tuesdays and/or Thursdays, 6:30- 8 p.m.
Location: Woman's Club, 403 Magnolia Street
Cost: \$48 for residents, \$56 for non-residents (choice of 1 day)
\$96 for residents, \$112 for non-residents (both days)



Instructor Cindy Robinson has designed this class to promote balance of body, mind and breath. Cindy is a certified Instructor I Hatha Yoga. Hatha Yoga is an active form of yoga with constant movement and coordinated breathing. Yoga's benefits include strength, flexibility and relaxation. Please bring a non-stick mat to use in class.

Tai Chi with Rhonda Donahoo

Day/Time: Wednesdays, 1 - 2:30 p.m. Tai Chi, Qigong & Weapons
Tuesdays, 2:30 - 4:30 p.m. Advanced Tai Chi
Cost: Residents \$7 per class or \$24 per month
Non-residents \$8 per class or \$28 a month
Location: Coronado Civic Center, 150 Pine Street

Rhonda Donahoo started her Tai Chi experience in 1988 attending a class offered by Daytona Beach Community College. After extensive training, Rhonda started teaching in 1995, while continuing her education in Tai Chi. The basic movements of Tai Chi form are linked together to create continuous moving meditative exercise. Proper practice of posture and breathing with the form movements are covered. Many of the movements are based on Kung Fu movements, creating a slow moving self-defense system for your physical body. The meditative principles are based on nature and the balance of all living things.



Easy Does It Yoga with Jo Ann

Session: March 21 - May 25 - 10 Week Session
Day/Time: Tuesday & Thursdays, 10:30 – 11:30 a.m.
Cost: Residents \$62, Non Residents \$70 for 10 week session
Location: Woman's Club

This class follows the principles of Hatha Yoga and is taught by JoAnn McConnell. It is specifically designed for seniors.

Line Dance with Rita

Day/Time: Monday 6:30 - 9 p.m. / Wednesday 9 -11:30 a.m. Friday 9 - 11:30 a.m.
Location: Coronado Civic Center, 150 Pine Street (Corner of Pine Street & Flagler Avenue)
Cost: Residents \$4 per class, non-residents \$5 per class.

Each class runs continuously for two and a half hours. During that time, people come and go as desired. The first hour is for beginners followed by 20-30 minutes of review or open dance time. The last hour of class is geared toward the intermediate dancer.

Wake Up your Muscles with Randye

Day/Time: 9 - 10 a.m., Monday / Wednesday
Location: Woman's Club
Cost: \$4 per class for residents, \$5 per class for non-residents

A stimulating exercise program for those over 50 who want their muscles challenged without strain. All levels welcome. Please bring some light weights, an exercise mat and some water with you to class.

Fitness Boot Camp with Tonya Bauchman

Day/Time: Monday, Tuesday and Friday, 6 a.m.
Location: City Gym – 1000 Live Oak Street

Tonya's Fitness Boot Camp is a four-week program designed to help you achieve your fitness goals. The class works on core conditioning, muscular strength, flexibility, balance and endurance. The atmosphere is fun and will challenge all fitness levels and abilities. Don't forget to bring your water, towel and/or mat, set of dumbbells and tennis shoes.

All classes are subject to change with vacation schedules.