

CHARNESKI RECREATION CENTER

WELLNESS CLASS DESCRIPTIONS

(Every Rec Center Member welcome, first come first serve, it's FREE !!!)

Shuri-ryu Karate

Instructor: David Boyd

Shuri-ryu karate is an eclectic martial arts system, developed by the martial arts pioneer Robert Trias, the first person to teach karate in the United States in 1945 in Phoenix, Arizona. What makes Shuri-ryu different from other forms of Karate is its blend of Japanese, Okinawan and Chinese techniques. In addition to the punches, blocks, and kicks of karate, Shuri-ryu also incorporates joint locks, take-downs and throws. Training in karate teaches students confidence by learning to do things they never thought they could. Focus, discipline, self control, persistence and positive attitude help the students learn how to reach their goals and be successful. In addition Shuri-ryu also heavily emphasizes honesty, respect, integrity, and courtesy - life skills that traditional martial artists believe are necessary to deal with others peacefully and avoid conflict in their journey through life.

Power Hour Yoga

Instructor: Rebecca (Becky) Traber

Major muscle groups and the core are stretched and strengthened in this one hour course created with everyone from athletes to non-athletes in mind. The practice offers both a rejuvenating and relaxing experience. For some participants, they will feel recharged and energized, for others, the class will be ideal for unwinding and bringing peaceful closure to the end of the day.

Zumba

Instructor: Reyneth Reyes-Morales

What the class is about- Latin Cardio Dance is a form to release stress and to maintain a healthy body, burning up to 1000 calories in each class session you will be dancing to Latin music and movements that are easy to learn. Class is an hour long with three 30second breaks. No dancing skill necessary (Must be open to new ideas). Wear gym cloths and proper shoes (tennis-shoes recommended). Classes are Monday & Wednesday 5:30-6:30pm @ the Rec-center dance classroom. It's Free to attend.... Everyone is welcome ... See you on the dance floor!!!

Boot Camp

Instructor: Kim Vivian

This 6 week boot camp welcomes everyone at all skill levels. The purpose of this short course it to help teach new workouts to beginners and give advanced individuals refreshers on different ideas to work out. This is a circuit class that will be meeting once a week on Wednesdays at 4 p.m. It will be quick paced and fun, and will change from week-to-week. The circuits will be pertaining to time instead of reps so each individual can get the workout they want to focus on. Each circuit will contain modified versions so the beginner can ease their way into working out, while the advanced will be able to push themselves! For those of you planning on sticking through the work-out, we will do physical tests so you can see the results from week one to week six!

Vinyasa Flow Yoga

Instructor: Lisa Banks

Vinyasa flow yoga takes the participants through a combination of isometric and flowing poses that work together to improve balance and build strength. This class also focuses on range of motion techniques and working with the breath and relaxation which helps make the class a detoxifying full body, mind, and spirit workout.