



	<i>Age</i>	<i>Description</i>
Wednesdays 7:50 – 9:00 Sept 22 – Dec 8 \$75 (Members) \$115 (Non-members) <b>N</b>	Young Adult - Adult	(Class limited to participants who have previous tai chi experience.) The 42 posture tai chi sword was compiled by masters of the China Wushu Institute in 1991. It absorbs contents of many tai chi styles. Features bought in to play are elegance, a relaxed body, softness coordinated with strength, harmony of body and sword and accurate expression of swordsmanship. Limited practice swords are available. Class instructor Dave Scotland.

**Strength/Conditioning**

Mon/Wed 6:30 - 7:30 Sept 14 - Oct 21 & Oct 26 - Dec 2 <b>2 times/wk</b> \$120 (Members) \$160 (Non-members) <b>1 time/wk</b> \$70 (Members) \$90 (Non-members) <b>N</b>	Young Adult - Adult	Want a class that covers weight training and cardio? Well this class is for you! Our instructor will take you through a variety of strength training exercises, using various pieces of portable equipment, that will increase your heart rate at the same time! This one-stop shop class will allow you to tone, sculpt and train your way into a healthier YOU! Bringing your own free weights is a definite asset.
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