

## **TAI CHI - NEW**

Introduction to classical Yang style Tai Chi through the instruction of the 24 Step Simplified form. Every class begins with a gentle warm up using Qigong (Self Cultivation) exercises that are a blend of deliberate movement, breathing exercise, and meditation. Included in the Tai Chi practice will be postural basics, including body and arm/hand positions, footwork, and transitions. Some simple applications work will be done as well, although the martial use of Tai Chi is not the goal of this class. Whether you are moving for the first time in a while, just getting back into exercise, or already practice some other martial art, you can benefit from this class. Instructor: Russell Therrien.

**CODE:** 240219D  
Age: 16 & up  
Days: Thursdays, 1/5 – 3/8 (10 weeks)  
Time: 7:30 - 8:30pm  
Location: Evolve Yoga - Wildewood Shopping Center  
Fee: \$95



## **MIXED LEVEL PILATES**

Pilates is a method of strengthening the “powerhouse,” or core muscles, and gaining flexibility through the use of continuous motions with breath that promote the principles of control, fluid movement, concentration, stability and postural alignment. This mat Pilates class is derived from the classical teachings of Joseph Pilates, in addition to many adaptations and evolutions of the original methods and is designed to accommodate drop-in students. All levels of fitness are welcome to attend this class with a concentration on Levels 1 and 2, and variations offered for Level 3. This class is not recommended for those with serious back or shoulder injuries or those who are pregnant. Instructors: April Tucker E-RYT 200 and Diane Bramos.

Age: 16 & up  
Location: Evolve Yoga - Wildewood Shopping Center  
Fee: \$95

**CODE:** 240219A  
Dates: Wednesdays, 1/4 - 3/7 (10 weeks)  
Time: 4:45 - 5:45 pm  
Instructor: April Tucker  
**CODE:** 240219B  
Dates: Mondays, 1/9 - 3/12 (10 weeks)  
Time: 9:00 – 10:00 am  
Instructor: Diane Bramos

**CODE:** 240219C  
Dates: Thursdays, 1/5 - 3/8 (10 weeks)  
Time: 9:00 – 10:00 am  
Instructor: Diane Bramos



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## ZUMBA®

Zumba classes, also known as a Zumba fitness party fuses Latin and International music and dance styles to create a fun, exciting and effective workout. Zumba is for people of all dance and fitness levels. Participants can expect to burn 600-1000 calories per class, reduce stress levels and have fun. Comfortable clothes and shoes required. Dance shoes are preferred but not required. For information about this class please contact instructor Robyn Butcher at (240)434-2518 or robyn.zumba@gmail.com.

### CODE: 240213A

Age: 13 & up  
Dates: Wednesdays, 1/11 – 3/14  
Time: 7:00 – 8:00 pm  
Location: Town Creek Elementary School Gym  
Fee: \$50.00



### CODE: 240213B

Age: 13 & up  
Dates: Fridays, 1/6 - 3/30 (no class 1/20, 2/10 & 2/17)  
Time: 6:00 – 7:00 pm  
Location: Mechanicsville Elementary School Gym  
Fee: \$50.00

## ZUMBA FOR KIDS!!!! ZUMBATOMIC®

All the fun of Zumba designed especially for children. Children will learn a variety of dance moves that keep them active the entire class. It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids max out on fun and fitness all at the same time. Comfortable clothes and shoes are required. Dance shoes are preferred but not required. For information about this class please contact instructor Robyn Butcher at (240)434-2518 or robyn.zumba@gmail.com.

### CODE: 240113A

Age: 8 - 12  
Dates: Wednesdays, 1/11 – 3/14  
Time: 6:00 - 6:45 pm  
Location: Town Creek Elementary School Gym  
Fee: \$42.50



## DROP IN VOLLEYBALL

Ages: 18 & up  
Dates: Wednesdays, 9/14 – 12/14 and 1/11 - 5/23  
Time: 7:00 – 9:00 pm  
Fee: \$4.00 per night; payable to instructor  
Location: Evergreen Elementary School Gym



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## YOGA FOR KIDS

Evolve Kids Yoga will provide a time and space for children to access their innate joy and beautiful spirit. Physically, Kids Yoga enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Practicing yoga promotes children exercise, play and the opportunity to connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface. Your child will learn to relax in the midst of their high energy lifestyle through the non-competitive practice of Yoga. Evolve Kids Yoga will incorporate fun yoga poses, games, stories, music, theme-based classes, self-calming and meditation techniques. Budding Yogis Kids Yoga Certified. Instructor: Joyce Shaklee, RYT

**CODE:** 240119A  
Age: 4 - 9  
Date: Saturdays, 1/7 - 3/10 (10 weeks)  
Time: 9:15 - 10:15 am  
Location: Evolve Yoga - Wildewood Shopping Center  
Fee: \$95.00

## KIDS YOGA WITH CRAFTS

Come join us for a fun filled class that brings yoga and crafts together in one place. The first part of the class will incorporate yoga poses, games, stories, breathing exercises and self calming techniques in a supportive and non competitive atmosphere. Yoga postures promote coordination, flexibility, focus and balance. After all the movement focus, your child will turn to imaginative thinking, tapping into their creative side making an arts and crafts projects. Class ends with Savasana, or final resting pose, which includes visual imagery and relaxation exercises to quiet both the mind and body. Parents are welcome to join the yoga class if they wish to. No prior yoga experience is necessary. Bring your yoga mat. One can be provided if you don't have one. This class coincides with an adult yoga class in an adjacent space. Parents are also welcome to participate. Instructor: Kathy Therrien

**CODE:** 240119B  
Age: 4 - 9  
Date: Fridays, 1/6 - 3/9 (10 weeks)  
Time: 5:00 - 6:00 pm  
Location: Evolve Yoga - Wildewood Shopping Center  
Fee: \$95.00



## JUMPBUNCH

Jumpbunch is an age appropriate sports and fitness program. The program introduces sports and fitness to children in a safe and noncompetitive environment. Teaching will consist of constant praise and encouragement enabling the children to build self confidence and develop healthy habits as well as a positive attitude. The students are guided through all phases of preschool physical development: eye/hand coordination, fine and gross motor skills and balance. There will be a different activity each week covering sports, sports readiness skills, fitness activities and working together. Each 8 week session will consist of different seasonal sports and activities with over 70 activities throughout the year. Awards are given at the end of each 8 week session. Special awards are given after completing every four sessions. All equipment will be provided. JumpBunch is a lot of fun!!! Please direct questions regarding program to 301-737-4700 or email: [southernmd@jumpbunch.com](mailto:southernmd@jumpbunch.com) Instructor: Regina McKenna, AFPA Certified Children's Fitness Specialist and/or Daphne Bennear. **\$56 all sections.**

**CODE:** 240110A  
Age: 2 – 5 years  
Date: Wednesdays, 1/11 - 2/29  
Time: 5:30 - 6:15 pm  
Location: Leonardtown Middle School - Annex

**CODE:** 240110B  
Age: 2 – 5 years  
Date: Wednesdays, 1/11 - 2/29  
Time: 6:30 - 7:15 pm  
Location: Leonardtown Middle School - Annex



**CODE:** 240110C  
Age: 2 – 5 years  
Date: Thursdays, 1/12 - 3/1  
Time: 10:15 - 11:00 am  
Location: Leonard Hall Recreation Center,  
Wellness Room [Map/Directions](#)

**CODE:** 240110D  
Age: 2 – 5 years  
Date: Fridays, 1/13-3/2  
Time: 10:45 - 11:30 am  
Location: Leonard Hall Recreation Center,  
Wellness Room [Map/Directions](#)

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## JUMPBUNCH

**CODE: 240110E**

Age: 2 – 5 years

Date: Mondays, 1/9 - 3/12

Time: 10:15 – 11:00 am

Location: Leonard Hall Recreation Center, Wellness Room [Map/Directions](#)

## JUMPBUNCH TOTS

JumpBunch is pleased to announce our enhanced curriculum for toddlers ages 16 months to 2 years. It's JumpBunch, only it is specially designed for the wee little ones! Age appropriate activities that help motor skills, balance, coordination, muscles and working together. Most of all, we have lots of fun! **\$56 both sections.**

**CODE: 240111A**

Age: 16 mo - 2 years

Date: Thursdays, 1/12 - 3/1

Time: 9:30 - 10:00 am

Location: Leonard Hall Recreation Center,  
Wellness Rm [Map/Directions](#)

**CODE: 240111B**

Age: 16 mo - 2 years

Date: Fridays, 1/13 - 3/2

Time: 10:00 -10:30 am

Location: Leonard Hall Recreation Center,  
Wellness Rm [Map/Directions](#)



## **JR. JAZZERCISE - NEW pre-registration through Recreation and Parks is now required. NO REGISTRATION WILL BE ACCEPTED ON SITE.**

This fun and upbeat after school program is a great activity to get your child moving! Certified Jazzercise instructor Shameka Collier has been teaching children in St. Mary's County for 4 years. Kids will love her "Fun Style" as she invites them to dance with her on the stage. This one hour class is for ages 5 to 12 and is a non-competitive program. No dance experience is necessary. Music used is popular songs from The Jonas Brothers, Justin Bieber, Selena Gomez, Miley Cyrus, Line Dancing and more. Attire is t-shirts, shorts and athletic shoes. Water bottles are also suggested.

Children report directly to the café/gym when the bell rings and have 15 minutes to change clothes and have a snack provided by the parents. Parents must be able to pick up their children at the designated time. Fee: \$30.00

**CODE: 240112A**

Location: Evergreen

Dates: Tuesdays, 1/17 - 2/14

Times: 3:45 - 5:00 pm

**CODE: 240112B**

Location: Mechanicsville

Dates: Thursdays, 1/19 - 2/23

Times: 3:45- 5:00 pm



**CODE: 340112C**

Location: Leonardtown Elementary

Dates: Thursdays, 1/25 - 2/22

Times: 3:30- 4:45 pm

**CODE: 340112 A**

Location: Greenview Knolls

Dates: Tuesdays, 4/24 - 5/22

Times: 3:00- 4:30 pm

**CODE: 340112B**

Location: Banneker & Loveville Elementary

Dates: Thursdays, 4/26 - 5/24

Times: 3:45- 5:00 pm