

City of Minneola Recreation Department Adult Programs
Focus on Fitness

The City of Minneola Recreation Department always looks for innovative, family focused programs to offer for all age groups. We are now offering various fitness programs to help the young and young at heart stay fit and healthy!

Baby Boot Camp, the nation's premier prenatal and postpartum fitness program designed for mom and baby. Starting at 9 am at Trailhead Park, this program consists of workouts that help moms regain or enhance pre-pregnancy fitness levels and meet the physical challenges of parenting by emphasizing strength training in a supportive environment. Kids are introduced to healthy behaviors early in life, as they are integrated right into the class structure. For registration and class schedule, go to www.babybootcamp.com, enter your zip code and select "Minneola Trailhead Park", or contact Jackie Vega, Personal Trainer at 407.353.6929.

Adult/Senior Walk Program

Seniors can enjoy getting fit rain or shine by joining in our "**Senior Walk**" at 7:45am every Tuesday, Thursday and Friday mo in the Minneola City Hall Gymnasium. This FREE program allows seniors to walk in a climate controlled environment with restrooms and water always available just a few steps away! Feel free to join in at any time! For more information, please call the Recreation Department at 352-394-3598 ext 227.

Beginner & Intermediate Line Dancing Classes!

Classes are on Wednesdays – **Beginner Class time is 10:00a.m. – 11:30a.m.**

Intermediate Class time is 1:00p.m. – 2:30p.m.

Fee for the six **week** session is **\$30.00**.

Classes taught by experienced instructor, Nancy McDavid. Classes will be held in the Minneola City Hall Recreation Center. For session start dates or to register for the classes call the City of Minneola Recreation Department at 394-3598 ext.227.

Don't miss out on this fun way to exercise the body and the mind!!

Ballroom Dancing Lessons!!

The City of Minneola Recreation Department is offering Ballroom Dancing Lessons! These popular lessons held Wednesday evenings in the City Hall Gymnasium and run for eight weeks. Different class levels are offered:

Class times are 7:00pm, 8:00pm and 9:00pm.

Classes will be taught by highly acclaimed professional dance instructor Nannette and her staff of instructors. Nannette is a member of the National Dance Council of America and USA Dance Inc.

You must pre-register for each class. You can do that by phoning 386-532-2624 or you can register online at: www.Nannettes.com

Cost for an eight week session is \$90.00 per person. For more information call: 394-3598 ext. 227

ADULT CO-ED PICKUP VOLLEYBALL / VOLLEYBALL LEAGUE

The City of Minneola Recreation Department offers an Adult Pickup Co-ed Volleyball Program. This drop-in and play program will be held at the City of Minneola City Hall Gymnasium located at 800 N. Highway 27. This program is held on Thursdays I the spring and fall. A co-ed league begins play several weeks into the pick up program. Team fee is \$200.00. Single players looking to join a team may leave their contact information with the Recreation Department. Information / rules regarding the league will be available during pick-up nights or for more information please call the City of Minneola Recreation Department at 394-3598 Ext.227

Afternoon Adult Open Basketball!!

The City of Minneola Recreation Department offers an **Open Over 21 Adult Pickup Basketball Program**. This drop-in and play program will be held at the City of Minneola City Hall Gymnasium located at 800 N. Highway 27. This program is designed to provide an opportunity for adults **21 years of age & older** to enjoy playing basketball in a fun atmosphere. Day and time is **Thursdays 1:00pm – 3:00pm. Fee: \$2.00 per player**. For more information please call the City of Minneola Recreation Department at 394-3598 Ext.227

ZUMBA CLASSES!!

What is Zumba??

Zumba is called “fitness in disguise!” This exercise class is for all ages and fitness levels. No dance experience needed. The fun and easy dance moves get you moving and grooving to music. This class is instructed in a fun atmosphere which promotes fitness and socialization. The classes are instructed by Jana McNally, Certified Zumba Fitness Instructor.

There are two one hour long classes offered for different levels. Classes are held on Monday & Wednesday evenings starting at 7:30p.m. and 8:15p.m. Classes are held at the Minneola Recreation Center located at 800 N. US Hwy. 27.

Class fees: Minneola Residents - \$5.00 per class / Non-Residents - \$6.00 per class. For more information contact the Minneola Recreation Department at 394-3598 ext. 227.

SENIOR CINEMA!!

The Minneola Recreation Department will be hosting its Senior Cinema program on the third Thursday of every month August through May. Come out and see the classics! The movie will begin at 10:00a.m. Enjoy the movie at the Minneola Recreation Center in room 102 on a large twelve foot screen with excellent sound! Coffee, tea or bottled water and donuts / pastries will be available for \$2.00.

For more information or to confirm the movie selection for that month call 394-3598 ext. 229.