

City of Minneola Recreation Department

Adult Programs

Adult/Senior Walk Program

Seniors / adults can enjoy getting fit rain or shine by joining in our “**Senior Walk**” at 8:00am – 9:00am every weekday in the Minneola City Hall Gymnasium. This FREE program allows participants 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!

Class sessions typically run **six** weeks and are held on Wednesdays.

Class time is 9:00 am – 12 noon.

All levels are instructed.

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 Gym. Register for the classes by calling 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!!

ZUMBA CLASSES!!

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 and Yoga Instructor.

Class Times:

Zumba Classes are held on Monday mornings at 9:30am. Evening classes are Mondays at 6:30pm and Wednesdays at 6:15 pm (How To Class) & 7:15pm

All 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.

YOGA CLASSES!!

Gentle YOGA will be offered from 11:00 A.M. – 12 Noon on Mondays and will be taught by certified Yoga instructor, Jana McNally. This class is great for beginners or those who want a gentle class. The benefits of YOGA include; stress relief, pain reduction, improved lung function, greater flexibility, increased strength, improved circulation, weight management, cardiovascular conditioning, improved body alignment and increased concentration and focus.

Each session involves stretching, Asanas (poses), breathing techniques and a relaxing meditation.

Class Schedule: Mondays 11:00am - Noon

Class Fee: \$6.00

Classes run continually and can be joined at any time

Bring: Yoga Mat and a large towel wear comfortable clothing

For more information contact the City of Minneola Recreation Department at 394-3598 ext. 227

Belly Dance Fitness with Maria!!

New!!! Minneola Recreation Department presents Belly Dance Fitness with Maria!! Learn beginner belly dance fitness moves for a full body, low impact workout that will enhance muscle tone and flexibility!! Maria currently teaches Belly Dance Fitness in Leesburg and is excited about sharing this popular class with women of all ages, fitness levels and abilities. Maria is also a CPR Certified Zumba Fitness Instructor, who teaches at many locations and Zumba Parties.

Come shimmy with Maria on Mondays 5:45pm and Wednesdays 6:15pm, class meets in the Minneola Recreation Center gym activity room, Only \$5 per person. Belly dance accessories such as coin hip scarves will be provided during class for added fun, and are also available for purchase. Need more info? You can contact Maria at www.zumbaconmaria.com.

ADULT CO-ED PICKUP VOLLEYBALL / VOLLEYBALL LEAGUE

The City of Minneola Recreation Department offers an Adult Pickup Co-ed Volleyball Program. The drop-in and play program is \$2.00 per player and will be held at the City of Minneola City Hall Gymnasium located at 800 N. Highway 27. This program will be held on Thursday evening's beginning in the fall. A co-ed league is scheduled to begin play in fall of 2010. Team fee is \$250.00. 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 18 Adult Pickup Basketball Program**. This program will be held at the City of Minneola City Hall Gymnasium located at 800 N. Highway 27. This program consists of 2 pre-paid sessions: **Session #1**: September 7 – December 14 Fee: \$40.00 and **Session #2**: January 4, 2011 – May 26, 2011 Fee: \$50.00. This program is designed to provide an opportunity for adults **18 years of age & older** to enjoy playing basketball in a fun atmosphere. **Tuesdays & Thursdays 1:00pm – 3:00pm. Registration form MUST** be completed and submitted with fee to the Recreation Department prior to play. For more information please call the City of Minneola Recreation Department at 394-3598 Ext.227

*Program is limited to the first 24 registered players.