Peek at PLAY

June - August 2016

Basic English

Speak in public with ease. Learn general English vocabulary and phrases with a native English speaking teacher! Lessons include common words used at the supermarket, restaurants, during emergencies, and more. Reduce anxiety and gain confidence when communicating in everyday situations.

Age: 16Y and Up

Instructor: Monroe

5597	M	5:30 PM-7:30 PM	6/6 - 6/27	$35
5598	M	5:30 PM-7:30 PM	7/11 - 7/25	$35
5599	M	5:30 PM-7:30 PM	8/1 - 8/29	$35

Boxing for Kids

Box your way to a leaner body! Learn proper stance, movements, and offensive techniques while conditioning your mind and body. Full body movements help tone muscles and build strength while optimizing your cardiovascular system. Enhance your athletic skills like footwork, agility, quickness, coordination, endurance, stamina, and timing.

Instructor: Moore

Age: 5Y – 17Y

5150	Sa	9:30 AM-10:30 AM	6/4 - 6/25	$22
5151	Sa	9:30 AM-10:30 AM	7/2 - 7/30	$22
5152	Sa	9:30 AM-10:30 AM	8/6 - 8/27	$22

Boxing Fitness

Box your way to a leaner body! Learn proper stance, movements, and offensive techniques while conditioning your mind and body. Full body movements help tone muscles and build strength while optimizing your cardiovascular system. Enhance your athletic skills like footwork, agility, quickness, coordination, endurance, stamina, and timing.

Instructor: Moore

Age: 18Y and Up

5147	Sa	9:30 AM-10:30 AM	6/4 - 6/25	$22
5148	Sa	9:30 AM-10:30 AM	7/2 - 7/30	$22
5149	Sa	9:30 AM-10:30 AM	8/6 - 8/27	$22

Circuit Training

Maximum results! Minimum time! This multiple stage circuit teaches you interval training techniques that minimize rest between sets to maximize your results. Learn appropriate workout techniques and benefit from both aerobic and anaerobic exercise. Define your shape, gain strength, and improve your health.

Age: 12Y and Up

5715	M	6:00 PM-6:45 PM	6/6 - 6/27	$20
5716	M	6:00 PM-6:45 PM	7/11 - 7/25	$20
5717	M	6:00 PM-6:45 PM	8/1 - 8/29	$20

Dance Combo

Put your dancing shoes on! Learn body movements associated with various styles of dance including modern, lyrical, freestyle, jazz, tap, ballet, and hip hop. Develop poise and grace while increasing self-confidence through the use of bouncy balls, educational mats, ribbons, and hula hoops.

Instructor: Jones

Preschool

Age: 2Y-5Y

5128	T	4:45 PM-5:30 PM	6/7 - 6/28	$37
5129	T	4:45 PM-5:30 PM	7/5 - 7/26	$37
5130	T	4:45 PM-5:30 PM	8/2 - 8/23	$37

Elementary

Age: 6Y-12Y

5132	T	5:15 PM-6:00 PM	6/7 - 6/28	$39
5133	T	5:15 PM-6:00 PM	7/5 - 7/26	$39
5134	T	5:15 PM-6:00 PM	8/2 - 8/23	$39

Fitness 101

Build muscles the right way! Learn correct techniques for working out while gaining knowledge on how the body functions. This one hour fitness orientation targets teenagers looking to get in shape. Upon completion of training, participants are eligible to purchase The Body Shops Fitness Pass. An adult must purchase a Fitness Pass and accompany the youth during each visit.

Instructor: Branch

Age: 12Y-15Y

$25

By Appointment

Judo & Jujitsu - Adults

Develop dedication and discipline! Olympic competitor, Bert Becerra, teaches you how to safely control your balance, leverage, and movement while implementing skill, technique, and timing through self-defense. Improve concentration, body control, and quick reflexive action. Build self-esteem and gain a lifetime of health and fitness knowledge.

Instructor: Becerra

Age: 16Y and Up

5141	M, W-F	7:00 PM-8:45 PM	6/1 - 6/30	$47
	Sa	10:30 AM-12:30 PM		
5142	M, W-F	7:00 PM-8:45 PM	7/1 - 7/30	$47
	Sa	10:30 AM-12:30 PM		
5143	M, W-F	7:00 PM-8:45 PM	7/1 - 7/30	$47
	Sa	10:30 AM-12:30 PM		

Judo & Jujitsu - Kids

Develop dedication and discipline! Olympic competitor, Bert Becerra, teaches you how to safely control your balance, leverage, and movement while implementing skill, technique, and timing through self-defense. Improve concentration, body control, and quick reflexive action. Build self-esteem and gain a lifetime of health and fitness knowledge.

Instructor: Becerra

Age: 16Y and Up

5138	M, W-F	5:00 PM-7:00 PM	6/1 - 6/30	$47
	Sa	9:00 AM-10:30 AM		
5139	M, W-F	5:00 PM-7:00 PM	7/1 - 7/30	$47
	Sa	9:00 AM-10:30 AM		
5140	M, W-F	5:00 PM-7:00 PM	8/1 - 8/31	$47
	Sa	9:00 AM-10:30 AM		

Junior Players

Ready, set, act! Play theater games while learning about improvisation techniques, voice projection, and creative movement. Learn acting methods and how to create a public presentation. Improve concentration, communication, listening skills, and the ability to follow directions while enhancing teamwork and confidence.

Age: 7Y-14Y

5746	M-F	1:00 PM-3:00 PM	6/13- 6/24	$0

Lil' Dribblers

Start off with a slam dunk! Learn the basic skills of the game including dribbling, shooting, and ball movement. Improve motor skills, hand and eye coordination, and listening skills through a variety of activities. Encourage teamwork and make new friends in a noncompetitive environment.

Age: 3Y-6Y

5108	T	4:00 PM-4:40 PM	6/7 - 6/28	$27
5110	T	4:00 PM-4:40 PM	7/5 - 7/26	$27
5114	T	4:00 PM-4:40 PM	8/2 - 8/23	$27

Lil' Tots Soccer

Have a ball! Learn the beginner skills of the sport including stopping the ball with the foot, dribbling, passing, and kicking in a noncompetitive environment. Soccer teaches team play and develops improved foot and eye coordination, while turning young students into great players.

Age: 3Y-6Y

5117	W	4:00 PM-4:40 PM	6/1 - 6/29	$27
5118	W	4:00 PM-4:40 PM	7/6 - 7/27	$27
5119	W	4:00 PM-4:40 PM	8/3 - 8/31	$27

Lil' Tykes Gym

Have your next playdate with us! Let the kids loose as they get the chance to play with balls, tunnels, hula hoops, and more. This unstructured play time in the gym provides plenty of space for running, laughing, and having fun!

Age: 2Y-6Y

5144	W	10:30 AM-11:15 AM	6/1 - 6/29	$20
5145	W	10:30 AM-11:15 AM	7/6 - 7/27	$20
5146	W	10:30 AM-11:15 AM	8/3 - 8/31	$20

T-Ball

A great start lasts a lifetime. Various techniques and drills teach the fundamentals of hitting, catching, and throwing. Students benefit from enhanced hand and eye coordination, improved physical fitness, and learning to follow directions and progressive steps. Gain a healthy social experience and make new friends.

Age: 3Y-6Y

5144	Th	4:00 PM-5:00 PM	6/2 - 6/30	$27
5145	Th	4:00 PM-5:00 PM	7/7 - 7/28	$27
5146	Th	4:00 PM-5:00 PM	8/4 - 8/25	$27

Zumba Fitness

Forget the workout, remember the fun! Combine fast and slow rhythms to learn aerobic routines to the sounds of Latin and International music. Utilizing the principles of fitness interval and resistance training, maximize caloric output, fat burning, and total body toning.

Register monthly for $32 or daily for $5.

Age: 14Y and Up

Instructor: Newton

M, W	7:45 PM – 8:45 PM	6/6 – 6/29
Sa	12:00 PM – 1:00 PM	
M, W	7:45 PM – 8:45 PM	7/2 – 7/30
Sa	12:00 PM – 1:00 PM	
M, W	7:45 PM – 8:45 PM	8/1 – 8/31
Sa	12:00 PM – 1:00 PM	

GARLAND

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