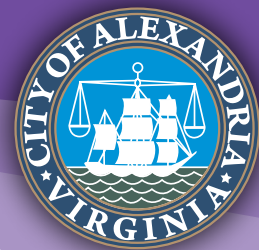


theNEWS *in your neighborhood*



CLASS DEMOS

Patrick Henry Recreation Center

4653 Taney Ave., Alexandria, VA 22304, 703.746.5557

For a limited time, sample classes for free that will be offered starting in the Spring season. Pre-registration is not required, just drop-in.

FUN FOR KIDS

LITTLE STARS

Explore creativity through, music, movement, stories, acting, and art.

COLORS, SHAPES & NUMBERS

Review counting, numbers and shapes through hands-on play.

TINY CHEFS

Learn what makes cuisines from different countries unique.

JUMP SHOTS FOR TOTS

Make friends playing fun basketball skill building games.

MOM & ME TUMBLING

Learn the fundamentals with Mom or Dad in a fun, playful setting.

LIL YOGIS

Yoga poses with animal names are paired with children's music.

BASIC TUMBLING

Start learning basic techniques, such as forward rolls, backward rolls, handstands and bridges.

MOVE YOUR BODY

Develop motor & social skills with music, song, movement and games.

LIL KICKERS

Learn sharing and sportsmanship skills through fun soccer play.

ADULT FITNESS

WALK & FIT TRAINING

Enjoy a circuit training workout to firm and sculpt your body and enhance cardiovascular strength.

HIP HOP FITNESS

Burn fat while having fun! Firm and sculpt your body with a timed interval system to hip hop music.

BOXERCISE

Have fun learning basic self-defense tactics with low impact boxing exercises for muscle toning, weight loss, and conditioning.

ADULT WEIGHT TRAINING

Burn calories, strengthen and tone muscles, and improve flexibility with cardio and weight circuit training.

YOGA

Practice posture and breathing techniques to reduce tension, improve circulation and learn to relax.

ZUMBA

Salsa, meringue, bachata, samba, reggaeton and hip hop moves help you lose weight while having fun.

55+ FITNESS

SENIOR AEROBICS

Tone and sculpt your body with a low-impact physical workout using slow everyday movements. Use chairs and steps to increase balance and coordination.

AGE REVERSING STRETCH

This full body workout is based on tai chi's flowing movements for balanced health; ballet's theories for long, lean muscles; and healing powers of physiotherapy.

SENIOR WEIGHT TRAINING

Strengthen and tone muscles using a timed interval to improve flexibility, increase endurance and burn calories.

LINE DANCING

Mix and mingle on the dance floor while learning basic line dancing steps and routines.

TAI CHI

This low-impact, graceful form of exercise is set to soothing music to reduce stress. Repeated movements strengthen legs and ankles to aid in fall prevention.