

## HalloTWEEN Party!

Come join in the fun at our first ever Halloween party just for teens! We will have a costume contest, DJ dance party, snacks and more! It's scary how much fun you will have! *Please, no costumes with weapons.*

<b>Location</b>	Village Hall Multipurpose Room	<b>Min</b>	30
		<b>Max</b>	75
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>
2249/10	12 - 15	F	10/21
		<b>Time</b>	7:00PM - 10:00PM
		<b>Res/NR</b>	\$17/\$20

## Sculpture - From Clay to Bronze

This fun group-oriented course will take students through the artistic process of making a clay sculpture object and taking that object step-by-step through the bronze casting process. We will sculpt heads, animals, and other subjects and make simple molds, a wax pattern, then investment, burnout in a kiln and pouring molten bronze into the investment. We will color the pieces using patination. Supplies needed for this program will be discussed at the first class. (8 classes)

<b>Instructor</b>	Erik Blome	<b>Min</b>	3
<b>Location</b>	Figurative Art Studio 471 Jennings Blvd, Unit G, LITH	<b>Max</b>	5
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date(s)</b>
2252/10	12+	Sa	9/24 - 11/12
		<b>Time</b>	10:00AM - 2:30PM
		<b>Res/NR</b>	\$300/\$310

## Airbrushing

This class is designed for both the beginner and those who are more advanced with the airbrush. The instructor will challenge each student at their own skill level. Be prepared to learn about the different parts of the airbrush, how the airbrush works, how to mix paints, and most importantly, how to keep the airbrush clean. Practicing different techniques such as hand-eye coordination, making stencils and patterns, and masking off will be covered. Students will learn different applications on a variety of materials and surfaces and will go home with a finished project. Class requires an additional \$10 materials fee paid to the instructor at the first class. Please bring your lunch for this all day class. If you have your own airbrush and compressor, you can bring it, otherwise it will be provided. (1 class)

<b>Instructor</b>	Josh Guge	<b>Min</b>	1
<b>Location</b>	Guge Institute of Wildlife Art 130 Galligan Road, Gilberts	<b>Max</b>	5
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>
2275/12	18+	Sa	9/24
		<b>Time</b>	9:00AM - 5:00PM
		<b>Res/NR</b>	\$105/\$115

## Intro to Woodcarving for Adults

This introduction to woodcarving class will have you walking away with a hand carved and painted fish or bird. Students will learn a 3-D form of art which incorporates sculpting and painting. Instruction includes woodcarving with power tools, wood burning, and finishing with paint. Power tools are used in this class. Class requires an additional \$10 materials fee paid to the instructor at the first class. (3 classes)  
No class 9/13.

<b>Instructor</b>	Josh Guge	<b>Min</b>	1
<b>Location</b>	Guge Institute of Wildlife Art 130 Galligan Road, Gilberts	<b>Max</b>	5
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>
2275/10	18+	T	9/6 - 9/27
		<b>Time</b>	6:00 - 8:00PM
		<b>Res/NR</b>	\$90/\$100

# Young Adult/Adult Variety

## Introduction to Flying

*Always wanted to learn how to fly? Well, here's your chance!*

This course is designed to provide participants with an introduction to flying as a career or just for fun. A one-hour preflight presentation and one-on-one discussion with a certified flight instructor will introduce the basic fundamentals of flying including: aerodynamics, functions of flight controls and instruments, airport and airspace awareness, and aircraft performance. In addition, you'll find out what it takes to become a pilot for personal or career aspirations. Participants will embark on a half-hour local flight with an instructor, experiencing the preflight instruction first hand. **Instruction is presented by appointment through Blue Skies Flying Service at Lake in the Hills Airport upon payment of all fees to the Village.** To schedule your appointment call 815. 356. 8121.

<b>Instructor</b>	Blue Skies Flying School	<b>Min</b>	1
<b>Location</b>	Lake in the Hills Airport	<b>Max</b>	15
<b>Code/Sec</b>	<b>Age</b>	<b>Res/NR</b>	
2348/12	15+	\$99/\$109	

## Stop Smoking Through Hypnosis

Join the Great American Smokeout Eve 2011 by learning how to quit smoking through hypnosis. More than 400,000 deaths in the U.S. each year are from smoking-related illnesses. Smoking greatly increases your risks for lung cancer and many other cancers. Tobacco smoke contains nicotine, a drug that is addictive and can make it very difficult, but not impossible, to quit. This free class will be conducted by Art Liedecker, a board certified hypnotist. Provena Saint Joseph Hospital has hosted Art many times over the years, and he has helped many people to stop smoking. Everyone who attends will receive a free CD to help in facilitating them to stop smoking. **Pre-registration is required. Call 847. 931. 1800 (Mon - Fri, 8:00AM - 4:30PM) to register.** (1 class)



<b>Instructor</b>	Art Liedecker	<b>Min</b>	10
<b>Location</b>	Village Hall Community Room	<b>Max</b>	30
<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>
18+	W	11/16	7:30 - 9:00PM
		<b>Res/NR</b>	<b>FREE</b>

## Weight Loss Challenge

Reach your weight-loss goals by joining Lake in the Hills' very own "Biggest Loser Challenge". Participants will learn proper nutrition, how to develop better eating habits, the importance of exercise, and various meal replacement options to help them reach their ideal weight and body composition. Program has confidential weekly weigh-ins and consults with coaches. A portion of the registration fee goes towards the prizes. The more participants enrolled, the bigger the prizes. Prize money will be paid out by check after the program. (11 classes)

<b>Instructor</b>	Beth Sherman, Wellness Coach	<b>Min</b>	10
<b>Location</b>	Village Hall Community Room	<b>Max</b>	35
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>
2271/15	18+	T	9/6 - 11/15
		<b>Time</b>	6:30 - 7:30PM
		<b>Res/NR</b>	\$41/\$49

## Ballroom Dancing

Dance on the hardwood floor of the historic LaBahn-Hain House located on scenic Woods Creek Lake. These sessions feature easy-to-learn dances, and each class incorporates new and different moves. Intermediate and Advanced class participants must have instructor's approval to qualify. Fee is per couple, please register only one participant. (6 classes) No class 11/25.

**Instructor** Frank & Jackie Penze **Min 4 cpl**  
**Location** LaBahn-Hain House **Max 7 cpl**

### Beginning Class

Code/Sec	Age	Day	Date	Time	Res/NR
2111/30	16+	F	9/16 - 10/21	7:00 - 8:00PM	\$72/\$82

*Features the Waltz, Cha-Cha, Swing, and American Tango.*

2111/31	16+	F	10/28 - 12/9	7:00 - 8:00PM	\$72/\$82
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*Features the Swing, Fox Trot, Salsa, and Merengue.*

### Intermediate Class

Code/Sec	Age	Day	Date	Time	Res/NR
2111/32	16+	F	9/16 - 10/21	8:00 - 9:00PM	\$72/\$82

*Features the Waltz, Cha-Cha, Swing, and American Tango.*

2111/33	16+	F	10/28 - 12/9	8:00 - 9:00PM	\$72/\$82
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*Features the Salsa, Fox Trot, East Coast Swing, and Argentine Tango.*

### Advanced Class

Code/Sec	Age	Day	Date	Time	Res/NR
2111/34	16+	F	9/16 - 10/21	9:00 - 10:00PM	\$72/\$82

*Features the American Tango, Cha-Cha, Waltz, and Peabody (Quick-Step)*

2111/35	16+	F	10/28 - 12/9	9:00 - 10:00PM	\$72/\$82
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*Features the Samba, Argentine Tango, East Coast Swing, and Salsa.*

## Dog Obedience – Puppy Class

This class is for puppies 8 weeks to 4 months of age. You will learn how to establish desirable behavior and redirect undesirable habits from early on. Topics will include housebreaking, chewing, inhibiting play-biting, shyness, over aggression, manners around children & food, socialization, nutrition, grooming, and basic obedience commands. Same handler must be at each class. Please download and complete the health certificate form at [www.cardunaldogtraining.com](http://www.cardunaldogtraining.com) and bring it with you to the first class. (6 classes)

**Instructor** Car-Dun-AI Obedience Dog Training Club **Min 1**  
**Location** 10783 Wolf Drive, Huntley **Max 6**

Code/Sec	Age	Day	Date	Time	Res/NR
2370/10	14+	Tu	9/20 - 10/25	7:15 - 8:00PM	\$75/\$85
2370/11	14+	Tu	11/8 - 12/13	7:15 - 8:00 PM	\$75/\$85

## Anxious Pups – Dog Anxiety and Common Bad Behaviors

Is Fido hiding under the blankets during a thunderstorm? Is Bingo pacing and barking as soon as you grab your keys to leave the house? Does seeing another dog give Lassie a panic attack? Hiding during thunderstorms, barking when leaving for work, or lunging on a leash can all be signs of anxiety. Treatment of certain animal behaviors and dog anxiety can be difficult to understand. Dr. Karen Burgess, owner of Healthy Paws Animal Hospital, will advise what to look for, explain reasons for certain behavior, and suggest remedies that can diminish the signs of pet anxiety - some are as simple as peppermint oil! (1 class)

**Instructor** Dr. Karen Burgess **Min 5**  
**Location** Healthy Paws Animal Hospital **Max 20**  
**Location** Village Hall Classroom

Code/Sec	Age	Day	Date	Time	Res/NR
2273/10	18+	W	9/21	7:00 - 8:00PM	FREE

## Dog Obedience – Pre-Beginners Class

This class is for young, good-natured, friendly dogs that are too old for the puppy class but too young to be held responsible for their actions. Handlers will learn to control unruly youngsters by making a more conscious effort to control rewards. This is a fun class where the dogs will socialize, play, eat and learn to walk nicely on a leash, come when called, and stay where placed or sent. Same handler must be at each class. Please download and complete the health certificate form at [www.cardunaldogtraining.com](http://www.cardunaldogtraining.com) and bring it with you to the first class. (6 classes)

**Instructor** Car-Dun-AI Obedience Dog Training Club **Min 1**  
**Location** 10783 Wolf Drive, Huntley **Max 6**

Code/Sec	Age	Day	Date	Time	Res/NR
2370/12	14+	Tu	9/20 - 10/25	6:30 - 7:15PM	\$75/\$85
2370/13	14+	Tu	11/8 - 12/13	6:30 - 7:15PM	\$75/\$85

## Dog Obedience – Beginners Class

This training course will teach your dog to heel, sit, lie down, stand, stay, and come on command. Reliability under distraction is emphasized. Thorough off lead control techniques are introduced. Manners and problem behaviors are dealt with using obedience training as the foundation for understanding authority. Students learn skills to reinforce basic obedience so they will have a companion dog who is always a pleasure to be with. The first class covers proper training collar and leash (may be purchased from the instructor at an additional cost). Same handler must be at each class. Dogs must be six months or older before the start of class. Please download and complete the health certificate form at [www.cardunaldogtraining.com](http://www.cardunaldogtraining.com) and bring it with you to the first class. First class is without dogs. (10 classes) No class 10/13 & 11/24.

**Instructor** Car-Dun-AI Obedience Dog Training Club **Min 1**  
**Location** 10783 Wolf Drive, Huntley **Max 6**

Code/Sec	Age	Day	Date	Time	Res/NR
2370/14	14+	Th	9/15 - 12/1	7:00 - 8:00PM	\$125/\$135
2370/15	14+	W	10/5 - 12/7	9:30 - 10:30AM	\$125/\$135

**Bark Park Information can be found on Page 7**

## Learn How to Use Your Digital Camera

Learn how to operate all the functions on your digital camera including: white balance, shooting modes, programmable shooting modes, ISO, file format, quality control, and lighter/darker settings. Learn about media cards, card readers, and printing options, plus tips to make your photographs more interesting. No previous photographic experience is required. Please bring your digital camera and manual. If you do not own a digital camera, you can still attend the seminar to learn about their advantages and how to select the best digital camera for you. (1 class)

<b>Instructor</b>	George LeClair				<b>Min</b>	8
	Daily Herald Staff Photographer				<b>Max</b>	20
<b>Location</b>	Village Hall Multipurpose Room				<b>Res/NR</b>	
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Res/NR</b>	
2323/10	16+	W	10/12	7:00 - 9:00PM	\$27/\$32	

## How to Take Great Digital Photographs Like a Photo-Journalist

In this hands-on class, you will learn easy techniques to create exciting photographs of family members or friends while reflecting their personality and environment. Be inspired to take pictures in a whole new way including: without a flash, and using light to create natural looking photographs. Create dramatic portraits with personal flair, avoid red-eye, out of focus images, shutter button delay, and take faster pictures. No previous photographic experience is required, but if you are unfamiliar with your digital camera we recommend taking the "Learn How to Use Your Digital Camera" course above. Please bring your digital camera to class. (1 class)

<b>Instructor</b>	George LeClair				<b>Min</b>	8
	Daily Herald Staff Photographer				<b>Max</b>	20
<b>Location</b>	Village Hall Multipurpose Room				<b>Res/NR</b>	
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Res/NR</b>	
2325/10	16+	W	10/26	7:00 - 9:00PM	\$27/\$32	

## Twitter for Business, Photographers, New Moms, Everyone!

Everyone is talking about Twitter, the fast, fun, educational way to share information that's easier than Facebook. You'll learn how to use tools for personal or professional networking and building your brand, and for posting short updates, comments, thoughts, or sharing photos. Updates are limited to 140 characters, links, photos, or video. Twitter is an open forum, but you restrict it to the people with which you connect. Choose to follow or un-follow someone with one click. There are millions of micro communities on Twitter for local photographers, business/customers, artists, new moms, collectors, and hundreds of others in your town. You will receive a projected demonstration for beginners and simple detailed notes on how to start your Twitter account in minutes. (1 class)

<b>Instructor</b>	George LeClair				<b>Min</b>	8
	Daily Herald Staff Photographer				<b>Max</b>	20
<b>Location</b>	Village Hall Community Room				<b>Res/NR</b>	
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Res/NR</b>	
2326/10	16+	W	11/30	7:00 - 9:00PM	\$27/\$32	

## FIGHT LIKE A GIRL

### Self Defense Program

**Consider This:** **1 out of every 3 women** will be assaulted in her lifetime, and **1 out of every 6 High School girls** will be involved in an abusive relationship.

The Focus Martial Arts "Fight Like A Girl" Women's Self-Defense Program designed to empower women to fight back when assaulted. We will show you how to fight back in a simple way that will empower you now and for the rest of your life. Women who complete our self-defense program will have the tools and knowledge they need to gain the best chance of effectively defending themselves.

*Parents, you give your daughters the best you have to assure their success in life; don't stop short, give them the gift of self defense. Teach them to **Fight Like a Girl and Win!***

<b>Instructor</b>	Focus Martial Arts	<b>Min</b>	5
<b>Location</b>	Focus Martial Arts	<b>Max</b>	10
	9342 Virginia, LITH		

### Fight Like a Girl

The main focus in this class is "rape escape!" This class will cover the most common sexual assault scenarios women encounter. You will learn how to fight back from the ground against chokes, hits, and grabs.

<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Res/NR</b>
2366/15	15+	Su	10/16	1:30 - 4:30PM	\$40/\$48

## Basic Krav Maga Force Self Defense

You don't have to be a martial artist to be able to defend yourself; all you need is to learn the basic level of Krav Maga Force. Basic Krav Maga Force will teach you how to channel your fight, flight or freeze response into basic, no nonsense self defense that works. Students will learn Krav Maga's fighting stances and movements, various punches, strikes and kicks from standing position as well as from the ground. We will also teach you how to defend against punches, chokes, headlocks and wrist grabs in this high energy, empowering class. Krav Maga Force is an easy to learn reality based system of fighting back based on simple and intuitive moves that will one day save your life! Equipment: T-shirt, comfortable and loose fitting pants/sweats, mouth guard, groin cup (males), clean gym shoes & Mixed Martial Arts gloves (available at Focus Martial Arts). (8 classes)

<b>Instructor</b>	Focus Martial Arts				<b>Min</b>	8
<b>Location</b>	Focus Martial Arts				<b>Max</b>	20
	9342 Virginia Road, LITH				<b>Res/NR</b>	
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date(s)</b>	<b>Time</b>	<b>Res/NR</b>	
2212/10	14+	T	9/20 - 11/8	8:00 - 9:00PM	\$85/\$95	

## FOCUS ON FITNESS

**At Focus Martial Arts & Fitness,  
our focus is on your health and well being.**

<b>LOCATION</b>	<b>Focus Martial Arts</b> 9342 Virginia, LITH
<b>FEE</b>	<b>Res \$60; NR \$70</b> <i>(10 classes per punch card) Punch card can be used at all Focus Fitness Classes. Punch expires eight weeks after the date of registration.</i>
<b>DATES</b>	<b>Classes are continuous and registrants can start any time. No experience needed in any class.</b>

### Dynamik Kombat

This class will challenge your inner warrior like it's never been challenged before using the latest training techniques in mixed martial arts and self-defense. Learn how to fight anywhere, anytime, and be in top shape to take on the battle no matter what the challenge! *(Fighting gloves required, see details at focusma.com.)*

Code/Sec	Age	Day	Time
2452/21	14+	Th	7:00 - 8:00PM

### Dynamik Fitness

This class will make you feel every inch of your body; stretching and working those newly-found muscles like never before with a spin on martial arts, self-defense, speed, agility, and quickness training. This class will keep you on the cutting edge of fitness.

Code/Sec	Age	Day	Time
2452/22	14+	M	6:45 - 7:45PM
2452/23	14+	F	9:15 - 10:15AM

### Pump & Plyo

This group weight-training meets Plyometrics class will firm and tone your entire body with a mixture of plyometric training and weights. You'll find muscles you never knew you had and firm up and strengthen the ones you're all too familiar with and, perhaps, haven't appreciated in a while!

Code/Sec	Age	Day	Time
2452/24	14+	T	9:15 - 10:15AM

### The Body Blast

This group weight training class combined with a cardio-vascular fitness warm-up will firm and tone your entire body. You'll find muscles you never knew you had and firm up and strengthen the ones you're all too familiar with. This class will burn calories and firm muscles like crazy!

Code/Sec	Age	Day	Time
2352/16	14+	W	7:00 - 8:00PM

### Bellydancing: Fit to Shimmy

Ladies, come and shake those hips in a fun, flirty workout! Bellydancing: Fit to Shimmy is a fitness/dance program which uses isolation and traveling drills to tone and strengthen muscles, increase flexibility, and shake away calories. Comfortable, but not baggy clothing is recommended, and bring water to each class. Participants may purchase a pretty hip scarf or foot protection from the instructor. Enjoy the beauty that is middle eastern dance! *(7 classes)*  
*No class 12/27.*

<b>Instructor</b>	<b>Galiah's Belly Hai</b>	<b>Min 4</b>			
<b>Location</b>	<b>Algonquin Historic Village Hall</b> 2 S. Main Street, Algonquin	<b>Max 12</b>			
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date(s)</b>	<b>Time</b>	<b>Res/NR</b>
2327/10	16+	Tu	10/4 - 11/15	7:00 - 8:00PM	\$60/\$70
2327/11	16+	Tu	11/29 - 1/17	7:00 - 8:00PM	\$60/\$70

### Adult Co-Rec Volleyball League

Bump, Set, and Spike your team into the Co-Rec Volleyball League! The number of games will be based on the number of teams registered. We will have a single elimination tournament at the end of the season. A mandatory captains' meeting will be 9/8/11 at 6:30PM at Village Hall. Interested? Contact Trevor at 847. 960. 7469. Returning teams are given first priority.

<b>Location</b>	<b>Chesak Elementary Gym</b>	<b>Max 7 Teams</b>			
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>1st Game</b>	<b>Time</b>	<b>Res/NR</b>
2365/13	18+	W	9/14	6:30 - 9:30PM	\$375/team

### Zumba® Fitness

*Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away.*

Our goal is simple: we want you to love working out! Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! *(8 classes)*

<b>Instructor</b>	<b>Focus Martial Arts</b>	<b>Min 4</b>			
<b>Location</b>	<b>Focus Martial Arts</b> 9342 Virginia, LITH	<b>Max 10</b>			
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Res/NR</b>
2453/13	14+	T	10/4 - 11/22	7:00 - 8:00PM	\$45/\$54
2453/14	14+	T	11/29 - 1/17	7:00 - 8:00PM	\$45/\$54

**See Page 14 for a complete list of Focus Martial Arts Karate Classes**

**FOCUS**  
MARTIAL ARTS  
AND FITNESS

## Kyuki-Do, Adult (Martial Arts)

Learn the basics of martial arts including kicking, punching, blocking, and self defense.

This class works with beginners and advanced students in the art of Kyuki-do. Advancement and ranking are available. Kyuki-do uses five different martial arts styles to help you understand how to effectively protect yourself. Uniforms are required and may be purchased from the instructor at the first class (\$35). No registration will be taken after the second class. (7 classes) No class 11/15.

<b>Instructor</b>	Frank & Joey Dunbar				<b>Min</b>	8
<b>Location</b>	Village Hall Multipurpose Room				<b>Max</b>	20
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Res/NR</b>	
2338/14	15+	T	9/6 - 10/18	7:45 - 8:35PM	\$50/\$60	
2338/15	15+	T	11/1 - 12/20	7:45 - 8:35PM	\$50/\$60	

**See Page 22 for Youth Kyuki-Do Class Information**

## Yoga

This multi-level fitness experience helps bring harmony of mind and body through stretching and relaxation exercises.

The fun format enhances flexibility, balance, muscle strength, and posture. Please bring your own yoga mat. (Session 1: 8 classes, Session 2: 6 classes)



<b>Instructor</b>	Laura Schmidt, NETA Certified				<b>Min</b>	6
<b>Location</b>	Village Hall Multipurpose Room				<b>Max</b>	30
<b>Code/Sec</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Res/NR</b>	
2346/14	18+	M	9/12 - 10/31	6:45 - 7:45PM	\$40/\$48	
2346/15	18+	M	11/7 - 12/12	6:45 - 7:45PM	\$30/\$36	

## K-Star Fitness Classes

Improving Life Through Exercise and Nutrition

Location: 9521 Ackman Road, LITH

NOTE: Classes are continuous and utilize punch cards. Participants should bring their LITH receipt to K-Star Fitness where a team member will help them sign up for classes. Class may be canceled on a week-to-week basis due to low attendance. For more information on classes, visit [www.kstarfitness.com](http://www.kstarfitness.com).

**Fee: Res \$50; NR \$60**

Ten class punch card which can be used for any of the classes listed.

### F.I.T. Spin Fat Burn Cardio

(Fat Incinerating Training) This class rocks! We use our proven H.I.T. (high intensity training) method on our Star Trac Spin Bikes as the best way to burn excess body fat while doing cardio training. This class takes the guess work out of how long or intense a cardio session should be. Put yourself in a fat-burning mode for 13 hours post exercise! Come join the fun and feel the burn! For best results, Polar compatible heart-rate monitors are highly recommended.

Code/Sec	Age	Day	Time
2455/13	14+	M W F	5:15 - 5:45AM
	14+	M Th	6:15 - 6:45PM

### K-Fitness Ballet

Enjoy the benefit of classical ballet moves in a fun, fitness format. Plenty of cardio in this class, so guys don't be shy - this one is also for you! You'll be pleasantly surprised to experience ballet techniques integrated within an energetic cardio class. We also tone and tighten your legs and abs in this 60 minute class. We may use props, but we just keep it interesting. Open to all shapes, sizes, and fitness levels. No prior ballet experience required. Truly among our students' top picks!

Code/Sec	Age	Day	Time	Classes Start
2455/14	14+	W	6:15 - 7:15PM	9/7
	14+	Sa	9:15 - 10:15AM	9/10

### Piloxing

Who knew the fusion of boxing and Pilates could burn nearly 600 calories in 60-minutes and be so much fun! Thanks to L.A. celebrity trainer and program founder, Viveca Jensen, this class will take your endurance to new heights. It's just the right mix of cardio boxing moves combined with traditional Pilates techniques to develop core strength. The entire upper and lower body is challenged during the fat-burning class. Plenty of modifications are made to accommodate all shapes, sizes and fitness levels. For both men and women. No prior kickboxing, boxing or Pilates experience required.

Code/Sec	Age	Day	Time	Classes Start
2455/15	14+	W	7:15 - 8:15PM	9/7
	14+	Sa	10:15 - 11:15AM	9/10