

TOWN OF HOLDEN RECREATION DEPARTMENT

FALL 2014 ADULT CLASS LIST

CCYO

The Town of Holden Recreation Department is offering a fun new class this fall: CCYO. This combination class will provide you with a well-rounded fitness program. It will include a cardio portion, a core toning workout and the remainder of the class will be Yoga, the joining of mind, body and spirit. The instructor will teach you to work at a level that challenges your body to burn fat. All fitness levels are welcome. This 8-week class will be held in the Mayo Elementary School Gym, from 6:00 pm to 7:00 pm, on Thursday evenings beginning September 11, 2014. The cost is \$70.00. Please bring a mat.

TAI-CHI/CHI-GONG

This class, which is a combination of the simple moving meditation of Chi-Gong, and some of the more complex movements of Tai-Chi, will focus on improving your energy, balance and strength. Some of the benefits of Tai-Chi and Chi-Gong include: improved quality of sleep, a strengthened immune system, relief of joint pain, lower cholesterol and blood pressure, as well as lessened anxiety. These practices are also known to help reduce the signs of aging. This is a class that can be done by most everyone. This 8-week class will be held in the Mountview School Gym, from 6:00 pm to 7:00 pm, on Thursday evenings beginning September 25, 2014. The cost is \$70.00. Please wear comfortable clothing.

RE-SHAPE

This class will help to re-shape your body. "Re-Shape" is a low-impact class that is fun and easy to follow. The fitness program includes cardio, such as Zumba and kickboxing, Pilates moves and core strengthening and toning exercises. Participants will learn some simple routines to do at home. The 8-week class will meet on Tuesday evenings, in the Mayo Elementary School gym, from 6:00 to 7:00 p.m. beginning September 9, 2014. The cost is \$70.00. Please bring water and a mat.

YOGA FOR EVERY "BODY"

Yoga is about strength, balance, flexibility, and mindful peace. All of the postures in the class can be modified for your body. This is a good class to take if you want to learn what Yoga is all about. Breathing techniques, relaxation, and physical challenges are all a big part of this program. A certified instructor will teach the 8-week class and participants should bring a mat. Join us to find your inner peace with Yoga. Classes are being held in the Mayo Elementary School gym, on Thursday evenings from 7:00 to 7:50 p.m. beginning September 11, 2014. The cost is \$70.00. Please bring a mat.

WOMEN'S VOLLEYBALL

The Holden Recreation Department is offering the following program: Women's Volleyball. Women can play every Thursday evening from 7:15 to 9:00 p.m. at the Mountview Middle School. This program runs September 2014 through May 2015 with a start date of September 25, 2014. The cost is \$30.00 every 10 weeks, or \$4.00 per night (drop-in rate).

MEN'S BASKETBALL

The Holden Recreation Department is offering the following program: Men's Basketball. Men can play every Thursday evening from 8:00 to 10:00 p.m. at the Mayo School. This program runs September 2014 through May 2015 with a start date of September 25, 2014. The cost is \$30.00 every 10 weeks, or \$4.00 per night (drop-in rate).

Registration is available on-line. Please set up a household account by visiting www.holdenma.gov, click on Recreation Information and then link to Myrec.com. Members of the household need to be listed individually in order to register for any programs. Payment can be made on-line at the time of registration.

If you have any questions, or would like to register by phone, please call the Recreation office at 508-829-0263.

*****ALL CLASSES ARE CO-ED EXCEPT FOR VOLLEYBALL AND BASKETBALL***
PLEASE REGISTER AT LEAST ONE WEEK PRIOR TO THE FIRST CLASS.**

***Please refer to our website, www.holdenma.gov, for information on our refund policy.**