



Winter Programs 2024 – Descriptions

Drop-in Badminton – Supervisor: Wesley Wizniuk

This is a drop-in session. You must provide your own racket. If you are new to the sport, we recommend brushing up on how to play, including the rules, prior to participating. There will be a supervisor who can help with basic instructions, but this is meant to be independent play.

Drop-in Pickleball – Supervisor: Kathrine Kermack

This is a drop-in session. Recreational pickleball focuses more on the social and fun elements of the sport that provide a supportive and light environment open to all levels. Note: for safe play, we play shorter courts. If you're curious – come check it out on registration night (January 10th)

Drop-in Volleyball – Facilitator: Katie Hardin

CANCELLED

STRONG by Zumba® – Instructor: Jo James

A revolutionary high-intensity workout where every move is synced to the beat, pushing you harder to give it everything you've got and then some! Tone your muscles, maximize your burn, challenge your core and make every minute count as you combine body weight, muscle conditioning, cardio and plyometric training moves to music specifically designed to match every single movement. Zumba fit has never been this Strong!

Tiny Tots Soccer – Instructors: Joyelle & Acem

Would you like an activity for your kids to be active, have fun, interact with children their own age-ish and learn some soccer skills along the way? Then the Tiny Tots Soccer program could be just what you are looking for. Your children will be encouraged to take part in a variety of age-appropriate games and drills, focused on ways to develop their soccer skills, all while having fun and learning to be a part of a team-ish. Weekly commitment appreciated.

Yoga, Instructor – TBD

These 60-minute yoga classes will be a great steppingstone for the beginner to intermediate yogi or someone looking to deepen their foundation in yoga. Practicing yoga increases inner peace and flexibility not only in the body but also in the mind. These classes can be done by anybody and any body, however alterations may be required. Making yoga accessible is a passion of the instructor and she is very excited to be offering these classes for the community association on behalf of Ground Yoga.

Zumba® – Instructor: Jo James

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

