

# Classes at Virginia Burton Gray

## **Registration Dates:**

March 11<sup>th</sup> ~ March 30<sup>th</sup>

## **Classes Dates:**

March 25<sup>th</sup> ~ April 27<sup>th</sup>

## **Late Registration:**

March 25<sup>th</sup> ~ March 30<sup>th</sup>

**\*There will be a \$10 fee for late registration.**

**\*Additional \$10 fee for Non-Clayton County Residents\***

**Monday ~ Friday Registration is from**

**8:00AM ~ 8:00PM**

**Saturday Registration is from 9:00AM~5:00PM**

## **Aqua Fusion**

Aqua Aerobics, also known as water resistance training, is a form of exercise that provides cardiovascular conditioning (increasing your pulse and your breathing rate). Water exercise equipment such as pool noodles & water dumbbells will often be utilized in these classes.

## **Fundamental of Basketball**

Designed to educate students on the rules & regulations of basketball. Plus, the importance of keeping a positive attitude.

## **Chair One Fitness (Therapeutic Recreation)**

Chair One Fitness is a comprehensive chair exercise program for individuals with joint problems.

## **ZUMBA GOLD Therapeutic Recreation)**

Zumba is a dance-based fitness program that combines exercise with music and dance styles from around the world. It provides an enjoyable way to improve cardiovascular fitness, burn calories, and tone muscles while fostering a sense of community and fun.

## **Mixed Fit**

High-energy dance fitness class that combines dynamic dance movements with bodyweight exercises. It's designed to be fun, engaging, and accessible for all fitness levels, incorporating elements of dance styles like hip-hop, salsa, and martial arts. The focus is on enjoying the music and movement while getting a full-body workout.

## **BM Fit Camp**

This program will get your mind right & body tight. Boot camp is a challenging program designed to get you in top physical condition,

## **Line Dance**

This class will teach basic line dance moves & introduce students to line dance terminology.

## **TFBO**

Private basketball training refers to personalized coaching sessions tailored to individual players' needs and goals in the sport of basketball. These one-on-one training sessions are typically conducted by experienced basketball coaches or trainers and offer several advantages for players looking to improve their skills.

## **Youth Training**

Youth training emphasizes developing young athletes' agility, speed, and strength, while also guiding them in discovering effective strategies and exercises to enhance their overall athletic development.

## **Yoga**

This is a practice of physical postures, breath control, meditation, and ethical disciplines to achieve spiritual and physical well-being.

## **Fabulously Aging Backwards**

This course will assist in reducing the effects of aging, preserving youthful energy, and uncovering your inner strength.

**Youth Swim Lessons (Ages: 3-17)**

Registration: March 25<sup>th</sup>-April 13<sup>th</sup>

Classes Start: April 9<sup>th</sup> – May 2<sup>nd</sup>

Monday's & Wednesday

*10 Children Per Class*

Class Day & Times

5:30PM ~ 6:10PM

6:20PM ~ 7:00PM

7:10PM ~ 7:50PM