



**CORPUS  
CHRISTI  
PARKS &  
RECREATION**

# LINDALE RECREATION CENTER'S Class Schedule for Spring 2010

[www.ccparkandrec.com](http://www.ccparkandrec.com)

## **Circuit Body Sculpting Aerobics Class**

For adults. Tuesdays & Thursdays. 5:30pm–6:30pm.

It offers strength training with weights and resistance to increase your muscle and metabolism using step bench, Exercise Ball, Body Sculpting, Abs Work, flexibility and relaxation. Professional instruction provided by Cheryl Vandever. Cost is \$25 per month. Registration is ongoing.

## **Belly Dance Classes**

Tuesdays, 6pm–7pm for Intermediate/Advance class

Tuesdays, 7pm–8pm for Choreography/Perform class

Tone up and lose weight while you shimmy and shake! Enjoy a new, fun way to get fit during this New Year. This is a fluid and feminine dance for women of all ages.

Professional instruction provided by Lorrie Pierce. Cost is \$35 per month for 1 class per week and \$55 per month for both classes per week. Registration is ongoing.

## **Salsa Dance Class**

For adults. Fridays. 7pm–8pm.

Learn basic dance moves geared towards club-style salsa dancing. The class is suitable for people who have never *salsa* danced, never danced at all, as well as people wanting to strengthen their fundamentals. Students will also learn to dance the *merengue*, *bachata*, *cha cha* and Spanish *bolero*. Professional instruction is provided by Stephanie Robles-Figueroa. Cost is \$35 per session. Registration is ongoing.

## **Ballet Folklorico Class**

For ages 5-16. Thursdays. 6:30pm–7:30pm.

Professional instruction is provided by Stephanie Robles-Figueroa. Class consists of technique of body placement, footwork, skirt movement, choreographed dances of different regions of Mexico. Cost \$35 per month. Registration is ongoing.

## **American Freestyle Karate Class**

For youth and adults (ages 6 and older). Mondays & Thursdays. 7:30pm–9pm. American Free-Style Karate is the study and practice of self-defense that is both challenging and invigorating. It is a contact form of martial arts which can be fun, rewarding and exciting! The Chief Instructor for this class is Albert Lucio and Head Instructor is Rudy Lucio. Cost is \$30 per month for twice a week and \$20 per month for once per week. Registration is ongoing.

## **Cheerleading Classes**

For ages 4-8. Wednesdays, 6pm–7pm. / For ages 9-16. Wednesdays, 7pm–8pm.

These classes are designed for youth with professional instruction provided by Primetime. Students are taught chants, cheers, dances, jumps, and other fundamentals. Parades, exhibitions, evaluations and competitions showcase the students' skills. Cost is \$28 per month, plus a \$10 seasonal registration fee. Registration is ongoing.

**Lindale  
Recreation  
Center**

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Call today!  
316.855.0392

**LIVE.  
LEARN.  
PLAY!**