

Hokah...Check It Out!



Belly Dancing Workshop

Do you enjoy dancing? Are you looking for a new and exciting way to exercise, stay fit and use your creative energy? Come dance with us in Hokah!

Belly dancing is a great way to tone your stomach, arms, chest, back and legs while increasing stamina. Belly dancing also increases body awareness and self-confidence. This workshop will cover basic belly dancing

movements, technique, and combinations. Come to class dressed in comfortable exercise clothing.

Registration Deadline: Monday, February 18

Class #	Instructor	Location	Time/Date	Fee
0822	Elizabeth Burand & Amy Judy	Hokah Learning Center Gym	Saturday, February 23 8:00 am – 12 Noon	\$23

Goofy Guitar With Emma

Here's your chance to learn to play the guitar in a fun and relaxed atmosphere. Emma Blank will be working with beginners to learn basic chords and simple melodies on the guitar. This class is intended for adults who have no previous lessons and is a great opportunity to learn a new skill that you can use the rest of your life. You will need a guitar to take this class.

Class #	Instructor	Location	Time/Date	Fee
0603	Emma Blank	Hokah Learning Center Gymnasium	6:30-7:15 pm Tuesdays, Feb. 12- March 11	\$25



Calorie Blaster- Hokah

Are you looking to burn a few extra calories after the holidays? Join Jackie for this great 35min. cardio workout you can customize to fit any fitness level. This class is a complete aerobic workout that offers variety and excitement to your weekly routine. Combine this class with Jackie's Pilates class scheduled right after this one for a total body tone-up.

Session 1

Class #	Instructor	Location	Time/Date	Fee
0821	Jackie Lee	Hokah Learning Center Gym	6:00-6:35 PM Mondays & Wednesdays Jan. 21 – March 19 (No class 1 day TBD)	\$43

Session 2

Class #	Instructor	Location	Time/Date	Fee
082101	Jackie Lee	Hokah Learning Center Gym	6:00-6:35 PM Mondays & Wednesdays March 24 – May 21 (No class May 14 & 1 day TBD)	\$40

Pilates with Jackie- Hokah

We are so excited to bring Pilates to Hokah. Pilates (pronounced pih-lah-teez) is a mind-body connection/awareness practice. The purpose of Pilates is to help improve posture, balance, strength, flexibility, breathing, and core strength. Join Jackie and give it a try! This class is recommended for people of all fitness levels.

Session 1

Class #	Instructor	Location	Time/Date	Fee
0824	Jackie Lee	Hokah Learning Center Gym	6:45 – 7:35 pm Mondays & Wednesdays Jan. 21 – March 19 (No class 1 day TBD)	\$43

Session 2

Class #	Instructor	Location	Time/Date	Fee
082401	Jackie Lee	Hokah Learning Center Gym	6:45 – 7:35 pm Mondays & Wednesdays March 24 – May 21 (No class 1 day TBD)	\$43

