

**SPECIALTY PROGRAM DESCRIPTIONS**

Specialty Program	Description	Program Location	Program Day	Program Time	Program Session	FF Member +gst	Non Member +gst	Drop In +gst
<b>BALL ROOM DANCING</b>	Get ready to Tango, Waltz, Salsa, Marangue, Swing, Cha Cha and Rhumba! Register as an individual or with a partner and get ready to DANCE! This is an exciting 'can't miss' class!	STL	Monday	7:30-8:30pm	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
		STL	Saturday	3:30-4:30pm	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
<b>BELLY DANCING</b>	Tone your abdominals and tighten your torso as you swivel your way to a sexy NEW You!	STL	Thursday	7:30-8:30pm	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
		WHC	Saturday	11:00-12:00pm	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
<b>HIP HOP KIDS 6-11 yrs.</b>	Wear your hip hop gear and come experience the cutting edge choreography that rivals the newest club moves!	WHC	Sunday	1:00-2:00pm	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
<b>HIP HOP YOUTH 12-17 yrs.</b>	Wear your hip hop gear and come experience the cutting edge choreography that rivals the newest club moves!	STL	Friday	5:00-6:00pm	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
		WHC	Sunday	2:00-3:00pm	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
<b>HOT MAMAS</b>	Are you a new mom?! Come experience a complete workout of low impact cardio, body sculpting and flexibility. Your baby is in the group exercise studio with you learning progressive ways to an improved lifestyle for all! Child care is also available during this class.	WHC	Friday	9:45-10:45am	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
<b>LIQUID GOLD</b>	This class is designed to meet the needs of our older adults (50+). Strong emphasis on Core stability, and maintaining a low impact workout. Light to moderate cardio, resistance & strength training and flexibility will be trained every class.	STL	Monday	10:00-11:00am	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
<b>LIQUID KICK BOX</b>	A high intensity class incorporating the NEW WAVE moves of aqua kick boxing, martial arts & self defense. This class will help develop your body, mind & soul as proper technique and form are used as a strong discipline of the class.	STL	Saturday	11:30-12:30pm	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
<b>LIQUID PILATES</b>	This low impact program is designed to strengthen up your stretching movements through yoga, modern dance and gymnastics. Increase your body's full range of motion while stabilizing and isolating each muscle group.	STL	Saturday	12:15-12:30pm	April 7-June 29 /08	* Included with registration for Liquid Kick Box		\$15.00
<b>LIQUID VOLLEYBALL</b>	Are you super competitive, or enjoy getting some action? Come join our Liquid V-ball league and burn off 210 calories per half hour session played. Highly equipped with our professional mesh net and extra soft water volleyballs. <i>Register alone or grab a team of 4!</i>	STL	Saturday	1:30-3:30pm	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
<b>POLE DANCING LEVEL I</b>	This dynamic class is an introductory to Pole dancing which incorporates basic routines of floor and wall work for strength, flexibility and sensual movement. Master basic pole tricks such as the fireman and the sun wheel.	STL	Thursday	7:30-8:30pm	April 7-June 29 /08	\$50.00	\$80.00	\$15.00
		WHC	Saturday	1:00-2:00pm	April 7-June 29 /08	\$50.00	\$80.00	\$15.00
<b>POLE DANCING LEVEL II</b>	This class will intensify to further increase your strength and flexibility. Learn more challenging tricks such as the diamond, the spinning eagle the ballerina and the crouching tiger, while developing a routine which includes moves from Level 1 & 2. <i>Level One is a prerequisite.</i>	STL	Thursday	6:30-7:30pm	April 7-June 29 /08	\$50.00	\$80.00	N / A
<b>TFK TOTAL KIDS FITNESS</b>	A new cutting edge and exciting way to achieve a full mind body conditioning experience for kids ages 5yrs to 12 yrs. Improve self confidence, muscular strength & cardiovascular training	STL	Tue / Thu	5:30-6:30pm	April 7-June 29 /08	\$30.00 Bi-weekly		\$15.00
		WHC	Wed / Fri	5:00-6:00pm	April 7-June 29 /08	\$75.00 Prepaid Mo.		
<b>TAI CHI</b>	Experience the way of supreme harmony, relax your muscles so that your body's 6 chakras are balanced. A great way to de-stress your body and your mind!	WHC	Monday	9:45-10:45am	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
		STL	Wednesday	10:00-11:00am	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
<b>ZUMBA!</b>	The hottest new wave fitness class that combines international dance rhythms with a very dynamic form of movement developing a full body workout.	STL	Tuesday	7:30-8:30pm	April 7-June 29 /08	\$30.00	\$60.00	\$15.00
		WHC	Thursday	7:30-8:30pm	April 7-June 29 /08	\$30.00	\$60.00	\$15.00