

# Adults

13<sup>th</sup> Annual

## Glenview Mansion Bridal Expo

**SUNDAY, JAN. 29**  
**NOON - 4 P.M.**

**MORE THAN 30 VENDOR  
EXHIBITS AND SAMPLES ON  
DISPLAY SPECIALIZING IN:**

- CATERING
- WEDDING CAKES
- PHOTOGRAPHY
- MUSICAL ENTERTAINMENT
- FLORAL ARRANGEMENTS

**INFORMAL MODELING THROUGHOUT THE  
AFTERNOON FEATURING THE  
LATEST WEDDING GOWN STYLES AND  
ACCESSORIES.**

**\$5 ADMISSION AT THE DOOR**

*Glenview Mansion*

AT ROCKVILLE CIVIC CENTER PARK  
603 EDMONSTON DRIVE, ROCKVILLE, MD 20851

[www.rockvillemd.gov/glenview](http://www.rockvillemd.gov/glenview)

240-314-8660

## Arts, Dance and Enrichment

### Ballet - Later in Life *New*

Fulfill those dancing dreams with a beginner ballet class designed for ages 60+. Learn basic ballet technique while improving balance, flexibility and control in a fun, relaxed setting. No ballet experience necessary. 6 classes

Age: 60+  
37446 M 1/23-3/5 11 AM-12 PM \$59/\$68  
Rockcrest Ballet Ctr./Chongpinitchai

### Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participant registering for two or more ballet classes may apply for a \$5 discount for one class. To receive a discount, registration must be by mail, fax or walk-in. Registration is for the winter and spring sessions and includes a payment plan option. See Teen Ballet for more classes. 16 classes

Age: 13+  
**Beginner/Intermediate**  
37188 Th 1/19-5/31 7:45-9 PM \$154/\$177

**Advanced**  
37186 Tu 1/17-5/29 6:30-7:45 PM \$154/\$177  
37187 Th 1/19-5/31 6:30-7:45 PM \$154/\$177  
Rockcrest Ballet Ctr./Mangan



# Adults

## Ballroom Dance

Even if you think you have two left feet come join us and be surprised at what you can learn. We will teach the basic steps in standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Classes and fees are for couples only.

6 classes

Age: 16+

### Beginner

37205 W 2/15-3/21 7:30-8:25 PM \$70/\$80

### Beginner and Advanced (Hustle)

37270 W 2/15-3/21 8:30-9:25 PM \$70/\$80

Ritchie Park ES/Mola

## Bollywood Dance

Catch the latest dance craze with Bollywood style dancing. Named after the Bombay film industry that produces more than 500 musical movies every year, it combines choreographed Hip-Hop moves with traditional Indian classical and folk dances. It's set to catchy, upbeat, music and is a rhythmic dance that will help you get in shape. 6 classes

Age: 10+

37211 W 1/18-2/22 7:35-8:30 PM \$55/\$63

Thomas Farm CC/Mathur

## Contemporary/Lyrical Ballet *New*

Learn a form of ballet influenced by both modern and jazz dance. This style of dance draws its technique from classical ballet. During class, the body experiences a greater range of movement than the lines set forth by traditional schools of ballet technique. Intermediate ballet skills required. 8 classes

Age: 16+

37400 M 1/23-3/19 7:30-8:30 PM \$77/\$88

Twinbrook CRC/Chongpinitchai

## Fundamentals of Drawing *New*

This course will cover the fundamentals of two-dimensional art. Learn how to build the illusion of depth, while using graphite, charcoal, pastel and other traditional media. Discover how the great masters created works on paper and learn a few tricks of your own through demonstrations, skill-building exercises, projects, including still life, portrait and landscape. 8 classes

Age: 18+

37929 Tu 1/10-2/28 10 AM-12:30 PM \$199/\$209

VisArts/VisArts Staff

## Guitar - Basic

This basic guitar class will cover sight reading, chords, scales, songs, technique and theory. Bring a fully-strung guitar, pen and paper.

Age: 12+

37220 Sa 1/21-3/10 12-12:50 PM \$99/\$115

Thomas Farm CC/Flaherty

## Holiday Jazz Concert

Celebrate the holiday season with the smooth jazz sounds of the Kevin Mittleman's Quartet. Light refreshments will be served as you enjoy your favorite holiday tunes.

All Ages

36553 Sa 12/17 7:30-9:30 PM \$5/\$7

Thomas Farm CC

## Knitting - Circle

A great craft and stress reliever. Join us for this easy-to-learn activity and get creative. Beginners will learn to knit, purl, cast-on and bind-off. Continuing students will perfect their skills and learn new ones. Supply list for beginner participants will be mailed one week prior to class. 4 classes

Age: 16+

### Beginner

37223 M 1/23-2/13 6:30-8 PM \$31/\$36

37225 M 2/27-3/19 6:30-8 PM \$31/\$36

### Intermediate

37224 M 1/23-2/13 6:30-8 PM \$31/\$36

37226 M 2/27-3/19 6:30-8 PM \$31/\$36

Pump House Community Center/Bahr

## Line Dancing for All

Join in the fun and get some exercise too. All levels welcome. Start with the basics and add steps and combinations as you go. This is a non-partner, self-paced class. Soft-soled shoes required. No sneakers. 6 classes

Age: 16+

37227 M 1/23-3/5 7-8 PM \$46/\$54

Ritchie Park ES/Cunningham

# Adults

## Live Well for Less *New*

Are you a first-time couponer or an avid one? Learn new terms, store policies and swap with a network of other couponers. Save 50 percent or more on your grocery bill, get online links and track down deals. Bring coupons to swap, ask questions and embrace change in the way you shop.

Age: 18+

### Couponing 101

Learn to use and build a coupon stock pile.

37497 Sa 1/21 10-11 AM \$7/\$9

Rockville Sr. Ctr./Alexion

### Organizing Coupons

Learn to organize and save more, utilizing the binder method.

37908 Tu 2/7 7-8 PM \$7/\$9

Thomas Farm CC/Alexion

### Health Food Coupons

Learn to save while eating a healthy diet.

37912 Sa 2/25 10-11 AM \$7/\$9

Rockville Sr. Ctr./Alexion

### Planning & Eating Out with Coupons

Learn to plan menus while maximizing coupon purchases.

37913 Tu 3/6 7-8 PM \$7/\$9

Thomas Farm CC/Alexion

## Pottery - Introduction to Clay *New*

Explore the basics of ceramics/pottery. Learn to hand build with clay using techniques like slab and coil building. Create vessels using pinch pot techniques. Finished pieces will be fired, glazed and taken home. Note: \$25 supply fee is payable to City of Rockville at first class. 6 classes

Age: 18+

38014 Th 1/26-3/1 6:30-8:30 PM \$89/\$99

Pump House CC/Nicholson



## Wine Workshops

Increase your knowledge of wines and how they are made. Each workshop is independent and geared for beginning and intermediate amis du vin (friends of wine). Approximately 8-10 representative wines will be featured for tasting and comments. Breads and cheeses will also be provided. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award-winning winery in Frederick County. Participants must supply photo ID upon request. Cancellations must be received in writing at least 48 hours prior to each workshop to receive a credit, subject to the refund policy.



Age: 21+

### Maryland vs Virginia

We will compare and contrast some of the major wines made in Maryland and Virginia. The format will be a blind tasting, pairing the same type of wines from each state.

37797 Th 2/16 7:30-9:30 PM \$35/\$39

### California: Beyond Napa and Sonoma

We will cover the red wines of Santa Barbara: Merlot and Pinot Noir, as featured in the movie, "Sideways."

37798 Th 3/15 7:30-9:30 PM \$35/\$39

Glenview Mansion/Cecil



# Adults

## Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



### 20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core exercises all in one class. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights. 9 classes

Age: 16+				
37274	M	1/9-3/19	6:20-7:20 PM	\$59/\$69
Thomas Farm CC/Maguire				
37275	F	1/13-3/9	9:30-10:30 AM	\$59/\$69
Twinbrook CRC/Maguire				

### Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+				
37936	M	1/2-2/20	12:45-1:15 PM**	\$40/\$48
37977	M	1/2-2/20	7:35-8:05 PM*	\$40/\$48
37937	W	1/4-2/22	12:45-1:15 PM***	\$40/\$48
37978	F	1/6-2/24	7:35-8:05 PM*	\$40/\$48
37938	M	2/27-4/16	12:45-1:15 PM**	\$35/\$42
37979	M	2/27-4/16	7:35-8:05 PM*	\$35/\$42
37939	W	2/29-4/18	12:45-1:15 PM***	\$35/\$42
37980	F	3/2-4/20	7:35-8:05 PM*	\$35/\$42

Rockville Swim and Fitness Center/\*Ramsey, \*\*Cortes, \*\*\*Dorrer

### Body Rock

Build muscle, boost your metabolism and challenge your major muscle groups. Turn your body into a calorie-burning machine. These exercises will provide the ultimate strengthening and fat burning workout. Suitable for all levels of fitness and exercise experience. Bring a mat and weights. 10 classes

Age: 16+				
37282	W	1/11-3/14	6:25-7:20 PM	\$66/\$77
Thomas Farm CC/Morales				

### Body Sculpt

Pump up your fitness level. Work all major muscles through a variety of weight-resistance exercises. Target different areas to get the most out of your strength workouts. Instructor is an A.C.E. certified personal trainer. Bring a mat and 3-5 lb. weights. Monday - 9 classes; Wednesday - 10 classes

Age: 16+				
37284	M	1/9-3/19	6:30-7:30 PM	\$59/\$69
37285	W	1/18-3/21	6:30-7:30 PM	\$69/\$79
King Farm Com. Rm./Salas				

### Boot Camp *New*

For beginner to the advanced fitness enthusiasts, drills are designed to enhance agility, speed, power and strength. Workout in a team environment while challenging yourself with others to reach your personal fitness goals.

Age: 16+				
37974	Tu & Th	1/3-2/23	6:30-7:30 AM	\$128/\$148
37975	Tu & Th	2/28-4/19	6:30-7:30 AM	\$112/\$130
Rockville Swim and Fitness Center/Roddy				

### Boxing with a Kick

Punch, kick and burn calories all at the same time. Class combines boxing, martial arts and aerobics to help maximize workouts. Improve strength, confidence, flexibility and coordination. Class is taught by a former U.S. Marine Corps combat instructor.

Age: 16+				
37867	M	1/9-2/13	7:30-8:30 PM	\$45/\$53
Lincoln Park CC				



# Adults



## Cardio Kick

Tired of your normal routine or just interested in trying something new? Get into shape in a class that combines boxing, martial arts and aerobics. This total body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+  
 37948 W 1/4-2/22 5:45-6:45 PM \$64/\$74  
 37949 W 2/29-4/18 5:45-6:45 PM \$56/\$65  
 Rockville Swim and Fitness Center/Anglin

## Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low impact step moves and strength training for all muscle groups. All fitness levels welcome. 10 classes

Age: 15+  
 37290 Th 1/12-3/15 6:30-7:30 PM \$66/\$76  
 Thomas Farm CC/Ramsey

## Climbing for Adults - Beginner

Learn climbing basics and proper belay techniques. Work with experienced climbers. Once you catch on, you'll be ready for open climbing nights on Tuesdays. All equipment is provided.

Age: 18+  
 37909 M 1/23 7-9 PM \$22/\$27  
 37910 M 2/27 7-9 PM \$22/\$27  
 37911 M 3/26 7-9 PM \$22/\$27  
 Climbing Gym

## Combo Step Aerobics

Enjoy a great cross-training workout including low-impact aerobics, step aerobics and strength training. Prepare your muscles for a new diversion each week. 10 classes

Age: 15+  
 37295 Sa 1/14-3/17 9-10 AM \$66/\$76  
 Thomas Farm CC/Ramsey

## First Aid *New*

This is an official certified course offered by the National Safety Council and is designed for anyone with limited or no medical training. Upon successful completion of the course, a First Aid card, valid for three years, will be issued.

Age: 18+  
 37864 Th 2/9 6-10 PM \$45/\$55  
 Rockville Sr. Ctr./Adventist HC

## Fitness 4 You *New*

Tone muscles and improve your stamina by alternating cardio and strength training for maximum benefits. Each week is something new, from Zumba moves to a modified boot camp workout. The energy remains high as you burn calories and fat. Bring weights and a mat. 7 classes

Age: 16+  
 37931 M 1/23 6:15-7:15 PM Free Demo  
 37932 M 2/6-3/26 6:15-7:15 PM \$51/\$59  
 Twinbrook CRC/Palazzo

## Functional Interval Training *New*

With a focus on functional movement, strength drills will be alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+  
 37953 Tu 1/3-2/21 11:30 AM-12:30 PM \$56/\$65  
 37954 Th 1/5-2/23 11:30 AM-12:30 PM \$56/\$65  
 37955 Tu 2/28-4/17 11:30 AM-12:30 PM \$49/\$57  
 37956 Th 3/1-4/19 11:30 AM-12:30 PM \$49/\$57  
 Rockville Swim and Fitness Center/TBA

## Group Glee *New*

Built around the huge phenomenon of "Glee," join us for 45 minutes of fitness fun. Utilizing music from past "Glee" episodes, along with "Glee Breakouts," this workout offers easy to replicate choreography plus a sense of community and connection. Singing out loud is encouraged!

Age: 16+  
 37951 Th 1/5-2/23 12:30-1:15 PM \$56/\$67  
 37952 Th 3/1-4/19 12:30-1:15 PM \$49/\$57  
 Rockville Swim and Fitness Center/Salas

# Adults

## Group Triathlon Training *New*

Whether you're planning your first sprint or an ultra-distance tri, train with a certified USAT coach. Work on fundamentals of triathlon disciplines. Athletes will practice transitioning and discuss race day nutrition and hydration. For more information, refer to the Swim Center's webpage. This workout is enhanced when taken in combination with Master's Swim Class or Swim 4 Fitness classes at the Rockville Swim and Fitness Center.

Age: 16+  
 37989 W 1/4-2/22 11:05 AM-12:25 PM \$98/\$113  
 37990 W 2/29-4/18 11:05 AM-12:25 PM \$86/\$99  
 Rockville Swim and Fitness Center/Dorrer

## Heartsaver CPR/AED *New*

This is an official certified course offered by the American Heart Association and is designed for anyone with limited or no medical training. A CPR card, valid for two years, will be issued upon successful completion of the course. Fee includes \$19 for the book which will be sent prior to class. Book fee is non-refundable.

Age: 18+  
 37861 Th 1/19 6-10 PM \$74/\$85  
 37862 Th 3/8 6-10 PM \$74/\$85  
 Rockville Sr. Ctr./Adventist HC

**Lincoln Park Community Center has teamed up with Burlington Coat Factory for their**

**Burlington**  
coat factory

**5<sup>th</sup> Annual**



**Jan. 2-13**

**Donate any size, slightly used or new coat.**

**Drop-off locations:**  
 Lincoln Park Com. Center • Twinbrook Com. Rec. Center  
 Croydon Creek Nature Center • Thomas Farm Com. Center  
 Rockville Swim & Fitness Center • Rockville City Hall

**All coats will be distributed to children and adults in need within our community.**

**240-314-8780**

## Jazzercise - Low Impact

Fitness that's invigorating, not intimidating! Same great music and choreography but without the hop! This low-impact workout combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more. For all ages and fitness levels. Bring weights and a mat. Monday - 9 classes; Wednesday - 11 classes.

Age: 16+  
 37317 M 1/9-3/19 6:20-7:20 PM \$63/\$73  
 37318 W 1/11-3/21 6:30-7:30 PM \$77/\$87  
 Julius West MS/Ham

## Kung Fu

This martial art is a great tool for channeling energy, encouraging positive growth and developing focus. Increase your physical fitness, flexibility, stamina, coordination and discipline. Yoga-like stretches are used to bring you to a calm, meditative, physical and mental state. No previous experience necessary. 8 classes

Age: 16+  
 37324 M 1/23-3/19 7:15-8:15 PM \$61/\$70  
 Elwood Smith RC/Thompson  
 37775 F 1/20-3/9 6-7 PM \$61/\$70  
 Thomas Farm CC/Thompson

## Light and Easy Aerobics

This class targets many elements of fitness. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning, abdominal work targets core strengthening and a stretching segment works on muscle relief and recovery. Newcomers are welcome.

Age: 16+  
 37957 Tu 1/3-2/21 12:35-1:30 PM \$56/\$65  
 37958 Tu 2/28-4/17 12:35-1:30 PM \$49/\$57  
 Rockville Swim and Fitness Center/TBA

## P90 remiX

Join this revolutionary system of 12 sweat-inducing, muscle-pumping exercises designed to transform your body from regular to ripped. Experience a compilation of the best routines for cardio, plyometric drills and intervals that focus on strength, power, resistance and total-core transformation.

Age: 18+  
 37865 Sa 1/14-3/3 2-2:50 PM \$50/\$55  
 Lincoln Park CC/TBA

# Adults

## Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat. 9 classes

Age: 16+

37333	Tu	1/10-3/6	6:30-7:30 PM	\$97/\$109
37334	Tu	1/10-3/6	7:30-8:30 PM	\$97/\$109

Rockville Swim and Fitness Center/Poole

## Power Sculpt

This workout includes routines designed to improve strength and definition of muscle groups; for all fitness levels. Monday and Thursday - 9 classes; Tuesday - 10 classes

Age: 15+

37335	M	1/9-3/19	9:30-10:30 AM	\$59/\$69
37336	Tu	1/10-3/13	6:20-7:20 PM	\$66/\$76

Thomas Farm CC/Ramsey

37337	Th	1/12-3/8	6:30-7:15 PM	\$59/\$69
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Rockville Sr. Ctr./Salas

## Reflexology *New*

Learn to give and receive a foot massage in this paired class. Discover anatomical body mapping correspondences which are located on the feet while learning to share the relaxation and comfort of touch in reflexology. This is a paired class, participants must register with a friend or partner. Bring a mat, towel, oil in a squeeze bottle and pillows.

Age: 18+

38009	Th	1/26-2/2	7-8:30 PM	\$65/\$75
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Rockville Sr. Ctr./Zatiti

## Slimnastics

Increase your flexibility and muscle tone with isotonic exercises designed to maintain fitness, improve muscle strength and reduce sports injuries. No running or jumping. Bring a mat. Participants registering for two Slimnastic classes may apply a \$5 discount to one class. To receive a discount you must register by mail, fax or walk-in. Monday - 9 classes; Wednesday and Friday - 11 classes

Age: 15+

37347	M	1/9-3/19	10-11 AM	\$54/\$63
37348	W	1/11-3/21	10-11 AM	\$66/\$76
37349	F	1/13-3/23	10-11 AM	\$66/\$76

F. Scott Fitzgerald/Creamer

## Step Aerobics

Enjoy a low-impact, high intensity class that will strengthen, tone and improve your cardio fitness. Routines are choreographed to upbeat music. Beginners are welcome. Bring a mat/towel and hand weights (optional). Steps provided.

Age: 16+

37959	M	1/2-2/20	6:30-7:30 PM	\$56/\$65
37960	M	2/27-4/16	6:30-7:30 PM	\$49/\$57

Rockville Swim and Fitness Center/Ramsey

## T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements. 8 classes

Age: 18+

37355	Tu	1/24-3/13	7-8 PM	\$61/\$70
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Rockville Swim and Fitness Center/Lamb

37356	Tu	1/17-3/13	10-11 AM	\$61/\$70
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Thomas Farm CC/Gegan

## Total Body Blast

Enjoy cardio, strength and core exercises all in one class. Challenge your stamina, improve strength and increase flexibility to get your entire body into tip-top shape. Bring a mat and weights. 9 classes

Age: 16+

37380	W	1/18-3/14	6:45-7:45 PM	\$59/\$69
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Twinbrook CRC/McGuire

## 30 Minute CSI *New*

Get a total body workout in just 30 minutes! 30 Minute CSI (Cardio Strength Intensity) features strength exercises that are alternated with cardio bursts in quick 30-60 second intervals, getting more work done and more calories burned in a shorter amount of time.

Age: 16+

37942	W	1/4-2/22	10:30-11 AM	\$40/\$46
37943	W	2/29-4/18	10:30-11 AM	\$35/\$41

Rockville Swim and Fitness Center/Dorrer

# Adults

## Yoga - Basic Flow for Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat building style of yoga that increases strength, flexibility and fitness. Recommended for beginner-advanced students. Beginner students learn the potential of the postures. Bring a mat or rent one. 10 classes

Age: 16+

37255 Tu 1/10-3/13 4:30-5:45 PM \$89/\$99  
Thrive Yoga/Alter

## Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger mid-section and improve overall body alignment.

Age: 16+

37961 F 1/6-2/24 9:15-10 AM \$98/\$113  
37962 F 3/2-4/20 9:15-10 AM \$86/\$99  
Rockville Swim and Fitness Center/Cortes

## Yoga - Flow for Fitness

Learn the basics of Vinyasa flow also known as power yoga. Incorporate yoga into your fitness routine. A continuous combination of standing, balancing and sitting poses is the basis for this class. Use positive energy, strength and patience gained from class in your everyday life. 8 classes

Age: 18+

37256 Tu 1/17-3/13 9:30-10:30 AM \$79/\$88  
Thomas Farm CC/Keene

## Yoga - Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enable every "body" to enjoy a gentle yoga practice, promoting increased activity for better health. Recommended props: yoga mat, block and strap.

Age: 18+

37963 W 1/4-2/22 9:30-10:15 AM\* \$98/\$113  
37964 W 2/29-4/18 9:30-10:15 AM\* \$86/\$99  
37965 Sa 1/7-2/18 9:15-10 AM\*\* \$86/\$99  
37966 Sa 3/3-4/21 9:15-10 AM\*\* \$86/\$99  
Rockville Swim and Fitness Center/\*Dorrer; \*\*Mohan

## Yoga - Gentle Hatha

Release stress and become aware of your breath and mind-body connection through stretching, strengthening and balancing asanas (postures). Sivananda, Iyengar and Vinyasa disciplines are incorporated into this Hatha yoga class. Open to all levels. Bring a mat. 8 classes

Age: 16+

37257 Tu 1/17-3/6 7:30-8:30 PM \$79/\$88  
Rockville Sr. Ctr./TBA

## Yoga - Gentle Hatha for Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat, strap and a blanket. 11 classes

Age: 16+

37258 Th 1/12-3/22 7:30-8:45 PM \$133/\$149  
Rockville Sr. Ctr./Dodson/Neves

## Yoga - Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block. 9 classes

Age: 16+

37259 M 1/9-3/19 7:35-8:50 PM \$110/\$121  
Thomas Farm CC/Dodson/Neves



# Adults

## Yoga - Hot

Learn what all the buzz is about! Hot Yoga is designed to detoxify the body, increase fitness, stamina and flexibility. The yoga room is heated to approximately 85 degrees to warm the muscles. No experience is necessary. Postures and sequences will be instructed at a beginner's pace. Students must be free from injury. 8 classes

Age: 18+

37262 Su 1/8-2/26 8-8:55 AM \$69/\$99  
Thrive Yoga/Bowen

## Yoga - Introduction

Always wanted to try yoga but weren't sure where to start? Learn the basic poses (asana) and how they can be sequenced together for a balanced practice. Precautions and modifications will be covered as well as the benefits of each pose. Bring a yoga mat, block and strap. 8 classes

Age: 16+

38024 W 1/18-3/7 5:30-6:15 PM \$72/\$84  
Thomas Farm CC/Maguire

## Yoga for Athletes

This class is designed to improve health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, increasing flexibility in the hamstrings, glutes and quadriceps and build a stronger core.

Age: 16+

37967 M 1/2-2/20 9:15-10 AM \$98/\$113  
37968 M 2/27-4/16 9:15-10 AM \$86/\$99  
Rockville Swim and Fitness Center/Cortes

**Are you a  
Senior Center member?**

If so, you are eligible for a discount  
on adult classes. See page 42



## Zumba Dance Fitness

This is Latin dance at its finest. It's a high energy workout for both men and women with fun, upbeat music. The steps are easy to follow and results are long lasting. Taught by a certified Zumba instructor. 8 classes

Age: 16+

37268 Tu 1/24-3/13 7:30-8:25 PM\* \$72/\$81  
37266 F 1/20-3/9 7:30-8:25 PM\*\* \$72/\$81  
Thomas Farm CC/\*Graves; \*\*Sheffield-Wright

37267 W 1/18-3/7 5:45-6:40 PM \$72/\$81  
Twinbrook CRC/Fowler

37269 Th 1/19-3/8 7:15-8:10 PM \$72/\$81  
Rockville Swim and Fitness Center/Sheffield-Wright

## Zumba Fit

Join this fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and International inspired program, this high energy/low impact class has something to offer all fitness levels.

Age: 16+

37972 M 1/2-2/20 12-12:45 PM\* \$64/\$74  
37970 W 1/4-2/22 7-7:45 PM\*\* \$64/\$74  
37981 F 1/6-2/24 12-12:45 PM\*\* \$64/\$74  
37973 M 2/27-4/16 12-12:45 PM\* \$56/\$65  
37971 W 2/29-4/18 7-7:45 PM\*\* \$56/\$65  
37982 F 3/2-4/20 12-12:45 PM\*\* \$56/\$65  
Rockville Swim and Fitness Center/\*Hatch, \*\*TBA

# Adults

## Sports

We recommend bringing a water bottle to all sports programs.



### Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing. Course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used. 9 classes

Age: 14+

37298	Tu	1/10-3/6	7-8:20 PM	\$128/\$151
37297	Sa	1/14-3/10	2-3:20 PM	\$128/\$151

Rockville Fencing Academy/Staff

## Proud to be Your Home Course



Something for Everyone  
at RedGate.



**RedGate**  
Golf Course

14500 Avery Road  
Rockville, MD 20853

Find out what's **NEW!**  
Call 240-314-8730 or visit  
[www.redgategolf.com](http://www.redgategolf.com) today.

## BAKED ZITI WITH SPINACH, TOMATOES AND SAUSAGE

Offer this recipe with a green  
salad and crusty garlic bread

### Ingredients:

- ¾ lb. Italian sausage (hot or sweet), casings removed (turkey for lower fat)
- 1 medium onion, chopped
- 3-6 cloves garlic, chopped
- 28 oz. can diced peeled tomatoes
- ¼ cup prepared pesto sauce
- 10 oz. ziti or penne, cooked al dente
- 10 oz. bag fresh spinach
- 8 oz. mozzarella, cubed
- 1 cup parmesan cheese, grated

Preheat oven to 375 degrees.

In heavy saucepan over medium heat, add crumbled sausage, onion and brown lightly, about 10 minutes. Add garlic for last two minutes of cooking. Pour in tomatoes and liquid, cook about 10 minutes, stir occasionally until thickens slightly. Season with salt and pepper.

Pour tomato mixture into large bowl. Add pesto. Stir to combine. Can be made day ahead to this point and refrigerated. Combine cooked pasta, mozzarella, 1/3 cup of the parmesan cheese, spinach and tomato mixture in large bowl.

Lightly oil 9"x13" (glass preferably) baking dish. Transfer mixture to baking dish and sprinkle with remaining 2/3 cup of parmesan cheese. Bake until sauce bubbles and cheese melts, about 30 minutes. Enjoy!

## “Stay Fit” Join a Rockville Adult Team League

- Mens Softball
- Co-Rec Softball
- Mens Basketball



### League Play begins:

April 11 – Mens Basketball

April 12 – Co-Rec Softball

April 16 – Mens Softball

### Mail team entry form to:

City of Rockville  
Dept. of Rec. and Parks  
111 Maryland Avenue  
Rockville, MD 20850

**Attn:** Sports Division

[www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports)

240-314-8620

## NEW ADULT CO-REC TABLE TENNIS



**Play like  
the Pros!**

Develop your skills and have fun in our  
Adult Co-Rec Table Tennis League.

**Six weeks of games,  
plus tournament games.**

Open to participants, ages 16+  
and all skill levels.

**Registration deadline: Dec. 30.**

**Where:** Twinbrook Community  
Recreation Center

**When:** Thursdays, beginning Jan. 12

**Time:** 6-9 p.m.

**Cost:** \$58 residents  
\$68 non-residents

**Course:** #37271

**For additional information, call**

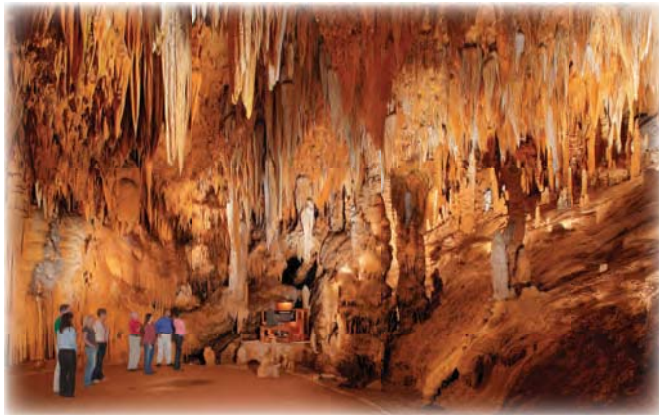
**240-314-8620**

**[www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports)**

# Adults

## Trips

Resident and non-resident registration for trips begins upon receipt of the Recreation Guide. A letter with specific information will be mailed to participants one week prior to each trip. Most outdoor activities require some degree of physical fitness. Participants younger than age 18 must be accompanied by an adult. Note: Cancellations must be received ten days prior to a trip in order to receive a refund (less \$10 administrative fee). If you are unsure of your abilities, need tips on how to dress or have any other questions, call 240-314-8625.



### Luray Caverns Tour

Explore the Caverns along well-lighted paved walkways that wind through huge chambers with breathtaking views of stalactites. After our guided tour, take some time to explore the Luray Valley Museum and Historic Car and Carriage Museum. We'll stop on the way back for lunch and sightseeing in Luray. Cost includes admission, transportation and leadership.

37919 Sa 1/28 8 AM-6 PM \$47/\$50  
 Departs: Rockville City Hall

### Eastern Shore Winter Birding *New*

Spending the day exploring the Blackwater National Wildlife Refuge on this winter birding adventure. It's the home to wintering bald eagles, peregrine falcons and a host of other birds and animals. Bring a bag lunch, camera and binoculars. Cost includes transportation and leadership.

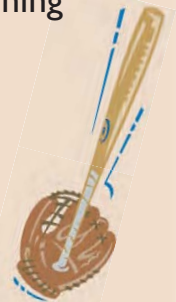
37922 Sa 2/25 8 AM-7 PM \$30/\$35  
 Departs: Rockville City Hall

## Officials Needed

### Youth and Adult Leagues

- **Youth Baseball** – Weekday evenings and weekends. Training in late March.
- **Youth and Adult Softball** – Weekday evenings and weekends. Training March and early April.

For more information call 240-314-8620 or email us at [sports@rockvillemd.gov](mailto:sports@rockvillemd.gov).



### Brewery Tours

If you enjoy fine craft beer, then come along as we tour a few of the Mid-Atlantic's most interesting breweries. We'll go to Delaware and tour the small microbrewery, "16-Mile Brewery," and then head over to "Dogfish Head." You'll be ready for your first homebrew batch when this trip is over.

37920 Sa 3/10 8 AM-6 PM \$30/\$35  
 Departs: Rockville City Hall

### Hike Maryland Heights

Like history? Like hiking? Then join us for 6.5 miles of meandering trails around historic Civil War forts and artillery batteries over-looking Harpers Ferry, WV. With a hidden waterfall, this is a scenic circuit trail but the first two miles are steep uphill. Cost includes transportation and leadership.

37923 Sa 3/24 8 AM-6 PM \$30/\$35  
 Departs: Rockville City Hall