

YOUTH

Program Schedule

All classes are subject to change. Minimum enrollment numbers are required for classes make.

Register for classes online or at the DeSoto Recreation www.desototexas.gov/register

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am-12:00pm		In Home Gym Class				
4:00pm-6:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
5:30pm-6:00pm				Beginner Ballet Class		
6:00pm-6:30pm				Tumble Skill		
6:00pm-7:00pm		AIKIA Karate		AIKIA Karate		
6:00pm - 7:00pm		Basketball Development Training (Girls)		Basketball Development Training (Girls)		
6:30pm-7:30pm			First Start Sports Program			
7:00pm-8:00pm	Karate of Dallas	AIKIA Karate	Karate of Dallas	AIKIA Karate		

Aikia Karate

This class will teach children ways to channel their energy in a positive way, self-discipline, respect for others, self-defense, improved memory skills and physical conditioning. Combines styles of American Kenpo and American Tae Kwon Do are emphasized in this class. Master Lloyd Ploeger is the class instructor. For more information, call 972-217-6363.

\$30 per month

Girls Basketball Development Training

We train all levels, from beginner to elite, with focus on the development of the complete basketball player. Our position less basketball player model is built on achieving mastery in game knowledge, advanced skills, fundamentals, athleticism, and mental training. Instructor Coach Jay Tee 469-882-8634.

\$25 Drop-In / \$100 per month

Karate of Dallas

This class will teach youth Anti – Bullying, Self Defense, and Health and Fitness; In addition to Discipline, Honor, Loyalty, Integrity and Respect. For more information, call Instructor Arthur Turner 940-395-0722.

\$30 per month

First Start Sports Program

During each session, preschoolers will learn the basic skills for a specific sport. This is a great way for participants to develop their motor skills and gain an understating of basic sport fundamentals. Parent involvement is strongly encouraged. Instructor Coach Jay Tee 469-882-8634.

\$40 per month

In Home Gym Class

Come play with us in a fun and encouraging environment. Activities vary each class and focus on all fitness, motor and agility development. Instructor Coach Jay Tee 469-882-8634.

\$20 Drop-In / \$80 per month

Tumble Skill - Ages 3-7

Class focuses on perfecting body shapes, jumps, rolls, handstands, bridges, back bends, kick overs, cartwheels, round offs, safety falls, body control and strength. Instructor Margaret Rizzo (469)612-5555.

\$12 Drop-In / \$59 per month

Beginner Ballet Class - Ages 2 1/2-5

Students are given the opportunity to move, stretch, and improve self-confidence while being introduced to basic ballet concepts, body alignment, posture, locomotor skills, as well as develop self-expression through creative movement. Instructor Margaret Rizzo (469)612-5555.

\$12 Drop-In / \$59 per month

ADULT MORNING/AFTERNOON

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****Register for classes online or at the DeSoto Recreation**** www.desototexas.gov/register

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am – 11:00am	Senior Walk	Senior Walk	Senior Walk	Senior Walk	Senior Walk	
7:00am-8:00am						Yoga
7:30am – 8:30am						Total Body Experience Boot Camp
8:30am -12:30pm						LTC Handgun Class 1 st Saturday
8:00am-2:00pm	Shape Your Body	Shape Your Body	Shape Your Body	Shape Your Body	Shape Your Body	Shape Your Body
9:00am – 10:00am	Dream Fitness	Dream Fitness	Dream Fitness	Dream Fitness	Dream Fitness	
9:00am – 12:00pm		Free Play Pickleball	Pickleball			
10:00am -11:00am						Zumba
1:00pm-2:00pm		Extreme Line Dancing				

Sunday Classes

1:30pm-2:30pm	Gospel Sunday Yoga Flow
2:00pm-4:00pm	Mindful Meditation 4th Sunday (Starting Feb 25 th)
4:00pm-6:00pm	Extreme Line Dancing

Fitness Center Orientation - Free

The instructor will begin a workout log for you, take you to each piece of equipment and set your seat adjustment, the weight you should begin lifting and create an individualized program just for you. The second component to a fitness orientation is an introduction to all of our Cardiovascular equipment. **Instructor Frances Monroe [972-230-9655]**

Dream Fitness - \$8/class | \$55/month

This program is a challenging and dynamic whole-body muscle conditioning exercise program. Exercises will be modified to accommodate all fitness levels. Be prepared to work your muscles and burn calories! **Instructor Margarita Portillo [469-735-1393]**

Pickleball Free Play

Open-play Pickleball is available from a beginner skill level to advanced. Bring a friend and give them a taste of all the fun of playing and socializing in Pickleball. **Contact [972-230-9655]**

Pickleball Classes - \$25 per month (\$8 drop-in)

Beginner pickleball class, rules regulations according to Pickleball Association. Equipment, Pickleball net and paddles.

Senior Walk Free

This is a social walking group for senior citizens. Join us on the walking track located upstairs in the recreation center. Bring a friend for FREE on Tuesdays and Thursdays. **Contact [972-230-9655]**

Total Body Experience Boot Camp - Total Body Experience - \$49 monthly (\$8 drop in)

A 60-minute, high energy group fitness class that challenges the mind. Weights, music and high cardio are a part of the High intensity Interval Training. **Instructor Nori Wyatt [214-288-1426]**

Shape Your Body Personal Training - Monday- Saturday 8am-2pm -\$45 for the month 2 classes per week \$65 for the month 3 classes per week

One-on-one fitness program motivating and guides you to achieve your goals. Clients may wish to lose weight or gain muscle, and learn to exercise properly using workouts and specific plan. **Instructor Charlene Branch (214)-287-4471**

Zumba - \$7/class or \$40/month (Saturday is included)

Easy-to-follow moves in a fitness program! Long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning. **Instructor Sheila Adams [214-697-9789]**

Extreme Line Dancing - Tuesday Classes \$20 for the month 4 class per month (\$9 drop in)

Sunday Classes- \$32 for the month 4 classes per month (\$12 drop-in)

Level 101 for 1st timers, Level 1 Dance- burn calories, lower BP and get work out. Level 2- difficult to challenging dances
Yolanda Scott (214)718-3144

Yoga - \$50 per month (\$10 drop -in)

Class will vary between Hot Yoga, Yoga Flow, Yin or Restorative and Gospel Sunday Flow. All classes are beginner friendly. **Instructor Noemi Lusk (469)693-2839**

LTC Handgun Classes - \$100 per class 1st Saturday of the month starting November 4th. Instructor Donald McMillion (972)333-9328

Mindful Meditation - 4th Sunday of every month \$20

Using meditation to release the impact of illness and trauma. Understanding the meaning & health benefits of meditation, learn to practice mindfulness, quieting and training the mind. **Instructor Sophia Russell**

ADULT EVENING

Program Schedule

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****Register for classes online or at the DeSoto Recreation**** www.desototexas.gov/register

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30pm-5:30pm	Fitness Center Orientation	Fitness Center Orientation	Fitness Center Orientation	Fitness Center Orientation		
5:45pm – 6:45pm	Dance Aerobics	Dance Aerobics		Dance Aerobics		
6:00pm-6:45pm	Yoga		Yoga			
6:00pm – 7:00pm		Aikia Karate		Aikia Karate		
6:00pm-8:00pm		Line Dance with Shelia				
7:00pm – 8:00pm		Aikia Karate		Aikia Karate		
7:00pm – 8:00pm						
7:00pm – 8:00pm	Evening Total Body Experience Boot Camp		Evening Total Body Experience Boot Camp			
7:00pm – 8:00pm	Zumba			Zumba		
7:00pm – 8:00pm	Karate of Dallas		Karate of Dallas			

Sunday Classes	
1:30pm-2:30pm	Gospel Sunday Yoga Flow
2:00pm-4:00pm	Mindful Meditation 4th Sunday
4:00pm-6:00pm	Extreme Line Dancing

Aikia Karate - \$30/month

This class will teach children and adults how to channel their energy in a positive way, self-discipline, respect for others, self-defense, improved memory skills and physical conditioning. Combined styles of American Kenpo and American Tae Kwon Do are emphasized in this class. For more information, call **Master Instructor Lloyd Ploeger [972-217-6363]**

Cheryl's Dance Aerobics - \$45/month or \$10/class

This is a 60-minute group fitness class combining cardio, strength, and stretch moves for a total body workout. **Instructor Cheryl DeLoney [214-507-0784]**

Karate of Dallas - \$30/month

This class will teach youth Anti – Bullying, Self Defense, and Health and Fitness; In addition to Discipline, Honor, Loyalty, Integrity and Respect. **Instructor Arthur Turner [940-395-0722]**

Total Body Experience Boot Camp - \$49 monthly (\$8 drop in)

A 60-minute, high energy group fitness class that challenges the mind. Weights, music and high cardio are a part of the High intensity Interval Training. **Instructor Nori Wyatt [214-288-1426]**

Zumba - \$7/class or \$40/month (Saturday is included)

Easy-to-follow moves in a fitness program! Long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning. **Instructor Sheila Adams [214-697-9789]**

Line Dance with Sheila - \$7 per class/ \$25 monthly

Participants will learn the basic steps to Line Dancing. This class will have you ready for your next event in no time. Participants will also increase heart rate and build endurance. Introducing intermediate and advanced line dances for people who want to learn and move at the same time. **Instructor Sheila Adams [214-697-9789]**

Fitness Center Orientation - Free

The instructor will begin a workout log for you, take you to each piece of equipment and set your seat adjustment, the weight you should begin lifting and create an individualized program just for you. The second component to a fitness orientation is an introduction to all of our Cardiovascular equipment. **Instructor Frances Monroe [972-230-9655]**

Yoga - \$10 /class or \$50.00 monthly

Class will vary between Hot Yoga, Yoga Flow, Yin or Restorative and Gospel Sunday Flow. All classes are beginner friendly. **Instructor Noemi Lusk (469)693-2839**

Extreme Line Dancing - Sunday Classes- \$32 for the month 4 classes per month (\$12 drop-in)

Level 101 for 1st timers, Level 1 Dance- burn calories, lower BP and get work out. Level 2- difficult to challenging dances Yolanda Scott (214)718-3144

Mindful Meditation - 4th Sunday of every month \$20

Using meditation to release the impact of illness and trauma. Understanding the meaning & health benefits of meditation, learn to practice mindfulness, quieting and training the mind. **Instructor Sophia Russell**