



Join a Fitness Class at the Langston Hughes Center

Summer 2009 Schedule
July 6th—August 13th

Phone: 216-231-0003; Fax: 216-231-8106
E-mail: gothealth@soscleveland.org

Take charge of your health! Class Offerings

Fitness Classes at the Langston Hughes Center are designed to help adults take charge of their health. We offer a variety of dance and fitness classes from Tai Chi to Salsa—There is something for everyone!

Classes sessions are six weeks long—Just long enough to help you make a lifestyle change that is lasting; and short enough so that you can try a variety of different classes year-round.

The Langston Hughes Center, located in the historic Fairfax neighborhood, is a newly renovated and expanded facility. It has ample parking and is centrally located at the corner of E. 79th Street & Quincy Ave.

JOIN US!



Classes are offered Monday through Thursday and start at either 5:30PM or 6:45PM. Class fees are for a six-week session. Sign up for two or more classes per session and receive a discount!

Remember, most adults are encouraged to engage in vigorous physical activity at least 3 days per week OR at least 5 days of moderate activity per week. Taking charge of your health both through physical activity and nutrition can prevent chronic diseases such as Diabetes and Hypertension.

Consult your physician before starting any new exercise regimen.



African Dance

Modified African Dance movements designed for beginners and advanced alike to enjoy. Learn West African dance movements, rich history and culture while staying fit! Instructor: Azizi Lynch

Class fee: \$60 (6-week session);
Mondays 5:30PM–6:30PM

Belly Dancing

Ladies, learn this popular form of Middle Eastern dance and culture while focusing on your abdominal core! Instructor: Beverly White-Yates

Class fee: \$72 (6-week session);
Thursdays 5:30PM–6:30PM

Chicago Steppin / Ballroom Dancing

Steppin' is a smooth, elegant, African-American

form of ballroom dancing with graceful spins, turns and walks. Couples are encouraged but not necessary. Come on out and step in the name of health! Instructors: Jerome Moore & Lady J

Class fee: \$48 (6-week session);
Thursdays 6:45PM–7:45PM

Latin Dance

Learn Meringue, Salsa and other fun and enjoyable moves & music from Latin America. Instructor: Ana Dumet

Class fee: \$72 (6-week session); 2 people-
\$120; Tuesdays 5:30PM–6:30PM

Line Dancing

Learn all the latest line dances, be ready for your next night on the town in Cleveland, and get your body moving one more day per week! Instructor: Leslie King

Class fee: \$40 (6-week session);
Thursdays 6:45PM–7:45PM

Tai Chi

This Chinese martial art is often done to promote health and longevity. An excellent class to take for range of motion and to lower blood pressure and blood sugar levels. Instructor: Master Donald Wallace

Class fee: \$72 (6-week session);
Mondays 6:45PM–7:45PM

Yoga

Stretch your mind and balance your body with SATYANANDA YOGA®; a style uniquely adapted to the needs of modern society. It is suitable for all ages, body types, and levels of fitness and health. Instructor: Sarah Hakim, AYT

Class fee: \$72 (6-week session);
Tuesdays 6:45PM–7:45PM

Zumba Gold®

Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program. Instructor: Connie Jellen
Class fee: \$48 (6-week session);
Tuesdays 5:30PM–6:30PM

Sign up for:	Day/Time	Fee
<input type="checkbox"/> African Dance	Mon @ 5:30	\$60
<input type="checkbox"/> Belly Dance	Thu @ 5:30	\$72
<input type="checkbox"/> ChicagoSteppin'	Thu @ 6:45	\$48
<input type="checkbox"/> Latin Dance	Tue @ 5:30	\$72
<input type="checkbox"/> Line Dance	Thu @ 6:45	\$40
<input type="checkbox"/> Tai Chi	Mon @ 6:45	\$72
<input type="checkbox"/> Yoga	Tue @ 6:45	\$72
<input type="checkbox"/> Zumba Gold	Tue @ 5:30	\$48

Subtotal _____

2 or more _____
classes? \$10 off

TOTAL _____

Name

Address

Phone

E-mail
Please make checks payable to Senior Outreach Services
The SOS Health & Wellness Center @
The Langston Hughes Center
2390 East 79th Street (Corner of E. 79th & Quincy Ave)
Cleveland, OH 44104 (Guest parking Entrance on Quincy)
Phone: 216-231-0003; Fax: 216-231-8106