

Potential Indoor Programs

Program	Active/ Passive	Competative/ Non- Competative	Sex	Ages	Ability	Experience	Individual/Group
Aikido	Active	Non- Competative	Both	Six - Adult	None	Physical	Individual
Yoga	Active	Non- Competative	Both	Six - Adult	None	Physical	Individual
Pilates	Active	Non- Competative	Both	Teen - Adult	Minimal	Physical	Individual
Belly Dancing	Active	Non- Competative	Female	Teen - Adult	Minimal	Physical	Individual
Boot Camp	Active	Non- Competative	Both	Teen - Adult	Basic	Physical	Individual
Tia Chi	Active	Non- Competative	Both	Teen - Adult	Minimal	Physical	Individual
Zumba	Active	Non- Competative	Both	Teen - Adult	Minimal	Physical	Individual
Line Dancing	Active	Non- Competative	Both	Teen - Adult	Minimal	Physical	Individual
Body Sculpting	Active	Non- Competative	Both	Teen - Adult	Basic	Physical	Individual
Core Strength	Active	Non- Competative	Both	Teen - Adult	Basic	Physical	Individual
Self Defense	Active	Non- Competative	Both	Teen - Adult	Minimal	Physical	Individual
Formal Dance	Active	Non- Competative	Both	Adult	Basic	Physical	Pair

Karate	Active	Non-Competative	Both	Teen - Adult	Minimal	Physical	Individual
Babysitter Class	Passive	Non-Competative	Both	Teen	None	Educational	Individual
Dog Obedience	Active	Non-Competative	Both	Teen - Adult	None	Educational	Individual
Computer Classes	Passive	Non-Competative	Both	All Ages	None	Educational	Individual
Cooking Classes	Passive	Non-Competative	Both	All Ages	None	Educational	Individual
Gardening Classes	Passive	Non-Competative	Both	All Ages	None	Educational	Individual
Wine Tasting Class	Passive	Non-Competative	Both	Adult	Minimal	Social	Group
Art Classes	Passive	Non-Competative	Both	Youth - Adult	Minimal	Educational	Individual
SS Basketball	Active	Non-Competative	Both	Preschool	None	Physical	Parent/Child
CPR/AED Classes	Passive	Non-Competative	Both	Teen - Adult	None	Educational	Individual
First Aid Classes	Active	Non-Competative	Both	Teen - Adult	None	Educational	Individual
Photography Classes	Passive	Non-Competative	Both	Teen - Adult	None	Educational	Individual

Hip Hop Dance	Active	Non-Competative	Both	Teen - Adult	Minimal	Physical	Individual
Preschool Dance	Active	Non-Competative	Both	Preschool	None	Physical	Individual
Cheerleading	Active	Non-Competative	Both	Youth	None	Physical	Group
Scrapbooking	Passive	Non-Competative	Both	Adult	None	Educational	Individual
Breakfast w/Easter Bunny	Passive	Non-Competative	Family	All Ages	None	Social	Group
Breakfastw/Santa	Passive	Non-Competative	Family	All Ages	None	Social	Group