**Yoga**  **AGES 16+**

Yoga is an ancient Indian methodology that combines physical postures and breathing exercises to create an awareness of the present moment. Build strength, flexibility, and concentration while cultivating calmness. Join this fun and upbeat class suitable for all levels of experience. Please bring water, a mat, and wear non-restrictive exercise clothing (but not too baggy). For more information, please visit www.satyayogagreensburg.com

- **DATES:** Tuesday & Thursday Evenings
- **SESSION 1:** 2/25 - 4/2
- **DEADLINE:** 2/21  **MAKE-UP DATE:** 4/7
- **SESSION 2:** 4/14 - 5/21
- **DEADLINE:** 4/10  **MAKE-UP DATE:** 5/26
- **TIME:** 5:45-6:45 PM
- **LOCATION:** Scalise Gymnasium located on the Adelphoi Campus
- **FEE:** $55/60/65
- **INSTRUCTORS:** Michelle Keenan, E-RYT 200, RPYT, YACEP – Owner Satya Yoga; Rebecca Day, RYT 200, MS Exercise Science - Instructor Satya Yoga.

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**DO YOU HAVE WHAT IT TAKES TO BE A LATROBE NINJA WARRIOR?**

Come test your skills! Obstacles will include a climbing wall, ropes, rings and monkey bars.

The competition will consist of 2 rounds: Qualifying and Finals. Winners will be determined by who pushes the “button” the fastest. Ninjas are guaranteed TWO runs! Age groups fill quickly.

*CHECK-IN 20 MINUTES PRIOR TO START*

- **DATE:** Fri. 5/15  **RAINDATE:** 5/16
- **LOCATION:** Playland II
- **AGES:** 7–9 (5:30PM) 10–12 (7PM)
- **DEADLINE:** 5/11  **FEE:** $10

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**MARTIAL ARTS**

**Quik Kix Womens Only Fitness**

**Kickboxing**  **ALL LEVELS, 12+**

Fun fitness kickboxing with a touch of technique. A 45 Minute fast paced cardio kickboxing workout. Our women instructors train under our head kickboxing coach and professional fighter Alexander Beck. What separates our cardio kickboxing from the rest is not only will you get a great workout but you will learn the basic techniques of a functional Martial Art.

- **DATE:** Saturdays
- **TIME:** 9-9:45AM
- **SESSION 1:** 4/4 - 4/25  **DEADLINE:** 3/30
- **SESSION 2:** 5/2 - 5/23  **DEADLINE:** 4/27
- **SESSION 3:** 6/6 - 6/27  **DEADLINE:** 5/29
- **LOCATION:** Ground Zero Gym
  348 Main Street, Latrobe
- **INSTRUCTORS:** Megan & Cass
- **FEES:** $35/40/45

**Beginner Brazilian Jiu Jitsu**  **ALL LEVELS, 12+**

An introduction into the most functional martial art. Do not feel intimidated if you have no experience.

- **DATE:** Wednesdays
- **TIME:** 6-7PM
- **SESSION 1:** 4/8 - 4/29  **DEADLINE:** 4/1
- **SESSION 2:** 5/6 - 5/27  **DEADLINE:** 4/29
- **SESSION 3:** 6/3 - 6/24  **DEADLINE:** 5/27
- **LOCATION:** Ground Zero Gym
  348 Main Street, Latrobe
- **INSTRUCTORS:** Head Coaches from Ground Zero
- **FEES:** $35/40/45

**Lil Brutes**  **AGES 5-11**

A light and fun introduction to Mixed Martial Arts. Our goal is to help prevent bullying and promote self-defense and fitness. A 45 minute class which includes fun workouts, fundamental techniques and fun games.

- **DATE:** Saturdays
- **TIME:** 10-10:45AM
- **SESSION 1:** 4/4 - 4/25  **DEADLINE:** 3/30
- **SESSION 2:** 5/2 - 5/23  **DEADLINE:** 4/27
- **SESSION 3:** 6/6 - 6/27  **DEADLINE:** 5/29
- **LOCATION:** Ground Zero Gym
  348 Main Street, Latrobe
- **INSTRUCTORS:** Head Coaches from Ground Zero
- **FEES:** $30/35/40