

# NEW CLASSES:

## AMERICAN KENPO WITH DR. WALLING

American Kenpo or Kenpo Karate is a system of [martial arts](#) characterized by the use of quick moves in rapid-fire succession intended to overwhelm an opponent, and is derived from traditional Southern Chinese [kung fu](#) and other martial arts found in the cultural melting pot of [Hawaii](#).

MONDAY AND THURSDAY 7:45PM      BEGINS JUNE 23

## YOGA WITH STEPHEN

Yoga focuses on **asanas**, or poses. A person who practices yoga goes through a series of specific poses while controlling his or her breathing.

MONDAY 8:30AM

BEGINS JULY 7

Additional cardio and belly dancing classes, Petra's pals events, and other activities added. Check new schedule at [www.GreensFitForLife.com](http://www.GreensFitForLife.com)

More than **60** free activities per week!