

# Burleson Parks & Recreation



Thursday nights **6:30-7:30 p.m.**  
\$20.00 (per month) or \$7.00 per class

Dance your way to a fitter you...Zumba is a fusion of Latin and International dance themes creating a dynamic, exciting, effective fitness system. It is based on the principle that a workout should be "FUN AND EASY TO DO". **You don't have to know how to dance to do Zumba!** The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body and **easy to follow dance steps.** Zumba is not only great for the body but is also great for the mind. It is a "feel-happy" workout. Start any Thursday beginning February 4.

## Tae Kwon Do

**Start Date: February 9**

Ages 6 – Adult

Tuesday and Thursday

12 week session

6 p.m. / Beginner      7 p.m. / Advanced

\$80.00 Individual / \$70.00 2<sup>nd</sup> Family Member

\$60.00 3<sup>rd</sup> Family Member

Students will learn the fundamentals of Tae Kwon Do through choreographed sequences of combative moves, the breaking of boards, and two-person controlled sparring. They also receive instruction in character such as courtesy, integrity, perseverance, and self control. Brett Potter, your instructor is a 3rd degree master black belt with over 15 years experience in the art of Tae Kwon Do.



## Dance Classes

**Tuesdays**

**February 2, March 2, and April 6    \$20.00 (4 Weeks)**

(No class March 16)

**(Students will perform at Cinco De Mayo)**

**Parent review is the last class of the month)**

**6:00 -6:30 p.m.**

**Tapping Tots**

**Ages: 2-3 yrs**

Students will learn the basic skills and movements of tap and ballet dancing with assistance from their mothers and instructor. (Tap and ballet shoes required)

**6:30-7:00 p.m.**

**Mommy & Me Tumbling**

**Ages: 18m to 3 yrs**

Students will learn the basic skills and movements of tumbling with assistance from their mothers and instructor. (Forward & back rolls, headstands, cartwheels and backbends.) Any type of exercise attire may be worn to class.

**7:00-7:30p.m.**

**Tap and Ballet**

**Ages 3-5 yrs**

Students will learn basic skills and movements of tap and ballet dancing. Tap and ballet shoes required.

**7:30-8:00 p.m.**

**Co-ed Tumbling**

**Ages 3-5 yrs**

Students will learn the basic skills of tumbling (forward & back rolls, headstands, cartwheels, and backbends.) Any type of exercise attire may be worn to class.

All classes and programs will be held at the Senior Activity Center,  
216 SW Johnson Ave., Burleson, TX unless otherwise specified.

For more information contact 817-295-8168.

*"This is not a BISD program and may not necessarily be endorsed by BISD."*