

Pilates

Age: 13+

We will tone & strengthen your entire body, improving overall body conditioning, building strength and improving posture. We will focus on a total body workout utilizing balls, bands and mat work.

Melissa

Fee (In-City): \$30/month
or \$81/3 months

Fee (Out-of-City): \$35/month
or \$96/3 months

Walk-ins: \$4.50/class

Mondays & Wednesdays

6:30PM - 7:30PM

14040A 01/02 - 01/30

14040B 02/04 - 02/27

14040C 03/04 - 03/27

Adult Fitness Programs

Kung Fu for Teens & Adults

Age: 13+

Kung Fu can help teach self control, discipline, patience & respect. It will also improve your muscle coordination, strength & overall health. Call 834-5307 for a FREE class.

Sifu Paco

Fee: \$50/mo. or \$135/3 mo.

Tuesdays & Thursdays Ongoing

7:00PM - 7:55PM

13010A 01/01 - 01/31

13010B 02/05 - 02/28

13010C 03/05 - 03/28

Tai Chi

Age: 13+

Tai Chi is a wonderful art of exercise that teaches relaxation and stress relief. Tai Chi will improve circulation, help to lower blood pressure, alleviate lower back pain and knee problems, and aid in losing or gaining of weight. The class will be open to people of all abilities (beginners to advanced). Call Camas Parks and Recreation for a FREE introductory class.

Sifu Paco

Fee: \$45/mo. or \$120/3 mo.

Tuesdays & Thursdays Ongoing

6:00PM - 6:55PM

13006A 01/01 - 01/31

13006B 02/05 - 02/28

13006C 03/05 - 03/28