

Friday, May 4, 6 PM, **Relay for Life**, Florida Auto Exchange Stadium
Saturday, May 5, 8 AM-12:30 PM, **Green Market**, Pioneer Park
Saturday, May 5, 3-11 PM, **Cinco de Mayo**, Casa Tina Mexican Grill and Ocean Optics parking lot
Sunday, May 6, 1:30 PM, **City of Dunedin Pipe Band Concert in the Park**, Pioneer Park
Friday, May 11, 5:15 PM, **Sunset Stroll on Victoria Drive**, begins at 821 Victoria Drive
Friday, May 11, 5:30-8:30 PM, **2nd Friday Wine/Art Walk**, Pioneer Park
Friday, May 11, 7-9 PM, **Dunedin Teen Idol 2012**, Dunedin Community Center
Saturday, May 12, 8 AM-12:30 PM, **Green Market**, Pioneer Park
Saturday, May 12, 8 AM, **Hog Hustle 5K Run**, Florida Auto Exchange Stadium
Saturday, May 12, 11 AM-3 PM, **Highlander Pool Splash Bash & Picnic**, Highlander Pool
Wednesday, May 16, 10 AM-1 PM, **Older Americans Month Luncheon and Awards Ceremony**, Dr. William E. Hale Senior Activity Center (**Senior Hall of Fame Recipients will be honored**)
Friday, May 18, 8 PM, **Dunedin Concert Band Patriotic Concert**, Dunedin Community Center
Saturday, May 19, 8 AM-12:30 PM, **Green Market**, Pioneer Park
Saturday, May 19, 9:30 AM-1:30 PM (duck race at 11 AM), **Dunedin Historical Society & Museum's "Dunedin Duck Derby,"** Weaver Park
Saturday, May 19, 10 AM, **Armed Forces Day Tree Ceremony**, Trailside Oasis/Arboretum, corner of Alt. 19 and Curlew Road (**former City employee Jeff Thomas will be remembered at this tree ceremony**)
Sunday, May 20, 3 PM, **Dunedin Concert Band Patriotic Concert**, Dunedin Community Center
Saturday, May 26, 8 AM-12:30 PM, **Green Market**, Pioneer Park


Ongoing -- 2012 Summer Camp Registration, during regular registration hours at the Community Center (**City employees receive discounts on some of the camps**)

Highlander Pool is now open through September 30! (Training Pool opened May 1st Saturdays & Sundays only)
May Hours: Monday-Thursday – 3-7 PM/Saturday and Sunday, 10 AM-5 PM

Group Exercise Schedule

Class Descriptions

Dunedin Community Center — May 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:50am Yoga-lates	8:00-8:50am Tone Up / Tone Down- Lite	6:45-7:45am <i>Spin & Strength</i> \$12 Drop-In w/ Card \$15 No Card	8:00-8:50am Tone Up / Tone Down- Lite	6:45-7:45am <i>Spin & Strength</i> \$12 Drop-In w/ Card \$15 No Card
9:00-10:00am Nia	9:00-10:00am Yoga	8:00-8:50am Yoga-lates	9:00-10:00am Yoga	8:00-9:00am Pilates
9:30-10:30am <i>StrollFIT</i>		9:00-10:00am Nia		9:00-10:00am Zumba Gold Toning
				9:30-10:30am <i>StrollFIT</i>
10:00-11:00am <i>Jazzercise</i> (Dance Studio)	10:00-11:00am Zumba Gold 11:00am-12:00pm <i>Tai Chi</i>	10:00-11:00am <i>Jazzercise</i> (Dance Studio)	10:00-11:00am Zumba Gold 11:00am-12:00pm <i>Tai Chi</i>	SATURDAY
** PLEASE NOTE ** The Community Center will be Closed Memorial Day, Monday 5/28				
			1:00-1:50pm Fitness Trilogy	8:30-9:30am <i>Tai Chi</i>
5:30-6:30pm Zumba Toning	5:30-6:20pm Tone Up / Tone Down	5:30-6:30pm Yoga Basics	5:30-6:20pm Tone Up / Tone Down	9:00-10:00am <i>Zumba Drop-In</i> \$5 Drop-In w/ Card \$7 No Card
6:00-7:00pm <i>Jazzercise</i> (Dance Studio)	6:00-7:00pm <i>Jazzercise</i> (Dance Studio)	6:30-7:15pm Laughter Yoga	6:00-7:00pm <i>Jazzercise</i> (Dance Studio)	10:00-11:00am <i>Jazzercise</i>
6:00-7:00pm <i>Jazzercise</i> (Dance Studio)	6:25-6:45pm 6-Pack Abs		6:25-6:45pm 6-Pack Abs	10:15-11:15am <i>Zumba Toning Drop-In</i> \$5 Drop-In w/ Card \$7 No Card
6:30-7:30pm Cardio Combo	6:00-6:50pm Indoor Cycling (Community Room)		6:00-6:50pm Indoor Cycling (Community Room)	6:00-6:50pm Indoor Cycling (Community Room)
7:45-8:45pm <i>Tai Chi</i>	7:00-8:00pm Pilates 7:00-7:50pm Indoor Cycling (Community Room)	6:30-7:30pm Cardio Combo 7:45-8:45pm <i>Tai Chi</i>	7:00-8:00pm Pilates 7:00-7:50pm Indoor Cycling (Community Room)	Classes are Part of "GEX" and "Fitness+" Monthly Combo Options

Cardio Combo: A little spin, a little step, and some floor exercises combined with boot camp, plyometrics, and kick-boxing only begin to describe this class. Build stamina and muscular endurance. Cardiovascular training with Hi/Lo, Step, Spin, and other resistance type training. This will be a complete workout in one package!

Fitness Trilogy: A combination of brief cardio intervals, strength training with light hand weights, and Pilates-inspired core training. Designed to be a perfect complement to our popular Yoga-Lates class. All levels welcome!

Indoor Cycling: Train for a triathlon or channel your inner Lance. Our instructors will push you toward fitness unlike your average spin/cycling class.

Laughter Yoga: Laughter Yoga promotes a strong union between those who laugh together resulting in a family-like bond. Laughing also helps boost the immune system and helps increase circulation. Laughter makes us feel good, creates positive energy, and helps build self-confidence.

Nia: Nia blends classic movement forms including; martial arts, dance and healing arts. Free dance is added so each individual can move in their own way for maximum benefit.

Pilates: Build strength without "bulking up". Pilates elongates and strengthens muscles, improving flexibility and joint mobility. Increase strength throughout the "core" muscles to help improve posture and balance.

Spin & Strength: Join Certified Trainer/Spinning Instructor, Michele Clark in another great AM workout.

StrollFit: Baby Boot Camp offers StrollFIT, a workout designed specifically to help new moms get back into shape after having a baby. The format combines strength-training exercises with cardiovascular drills. Classes include abdominal exercises, mat Pilates and yoga to strengthen and tone your body.

Tai Chi: Tai Chi Chuan is a Chinese art practiced slowly. Moving Meditation teaches us to relax, and to connect with our body allowing spirit and body to become one. Tai Chi enables us to leave our routine and slow down, deliberately exhaling stress, tension, and fear.

Tone Up/Tone Down: Incorporates cardio training with toning exercises for the upper and lower body. This calorie burning class will help you get into your fat burning zone and will be followed by a relaxing full body stretch.

Tone Up/Tone Down—Lite: Join us in this low-impact, intense total body toning workout suitable for all levels of fitness. You will strengthen your body, improve balance, increase flexibility, and enhance your stamina. This class will help get you in the fat burning zone and will be followed by a relaxing full body stretch.

Yoga: Yoga combines stretching and posturing to help improve the mind-body connection. Have fun and relax as you improve your flexibility, inner strength and joints. This class is for everyone!

Yoga-lates: Can't decide between Yoga and Pilates? Then try Yoga-lates, a blend of the two methods that involve attaining specific postures and emphasizing correct breathing.

Yoga Basics: Explore the basic principles, postures, alignments, breathing practices, and theory of yoga. Yoga beginners and people with limited flexibility are welcome to give Yoga Basics a try!

Zumba: A Latin-inspired dance fitness class designed for everyone. It is a cardio program that utilizes the principles of interval training through fun, easy-to-do dance moves that work the core muscles to help improve balance, stability, and movement.

Zumba Gold: This program is designed for participants with very little experience, individuals that have physical limitations or inactive older adults. The system was created to be easier than the basic Zumba class but just as much fun.

Zumba Gold Toning: The Zumba® Gold-Toning program offers the best of both worlds — the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners.

Zumba Toning: Zumba Toning takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of light weight toning sticks. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive light weight training to improve overall performance.

6-Pack Abs: Approximately 20 minutes of abdominal and low back exercises designed to increase core strength and flexibility.