

Programs that Provide Leisure Education

Target Audience

Purpose of Delivery

Cardio Kickboxing Class

Fitness Center Patrons/Married Women/Single Women/Single Soldiers

To provide fundamental self defense moves while raising participants heart rate to a safe aerobic level for a workout incorporating both.

Country & Western Dancing

Military Retirees/Married Couples

To provide Country & Western Dance as a means of partnership building between a couple/pair. Novice to Advanced courses offered to keep audience active in participation.

Ballroom Dance

Military Retirees/Married Couples

To learn popular modern & classic Ballroom dance technique in preparation for the occasional Formal Event. Focus on partnering and tuning into your partners personal dance style.

Water Aerobics

Military Retirees & Spouses (female)

To provide low impact aerobic activity to the elderly or fitness beginner with an emphasis on staying active and moving on to a more extensive workout.

Wellness Program

Military, Military Retirees & Civilian Population

To provide informational lectures and seminars on a topic of discussion. Lecturers are all doctors or specialists in the topic of the discussion.