

**FAMILY AND ADULT
ACTIVITIES AND
PROGRAMS**

September 23- December 16

ADULT CO-ED VOLLEYBALL

Tuesday Evenings

6:30-9:00PM

Kennedy Longfellow Gym

\$4 per night/

\$48 per session/12 weeks

No class –

November 11 – Veteran’s Day



ZUMBA

Adults

DANCE, TONE AND LAUGH TOGETHER

Enjoy this popular fitness program! Move fast and have fun. Easy to follow dance steps using unique moves and combinations.

Fun for all, co-ed

Wednesday

6:30-7:30PM

Starts September 17th

Fee: \$8 a class

Bring a water bottle and a towel

Classes will run (Wed) Sept 17 – Dec 13

No classes –Wednesday

October 22 – Early Release Day

**November 26 – Thanksgiving
Vacation**



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Boot Camp – Co-ed
Challenge yourself with this fast-paced, calorie-blasting workout, using the traditional Boot Camp style approach. Boot camp is geared toward all fitness levels. Modifications are always offered for the beginner to the advanced

Tues – Gym

Bring a water bottle and a towel

5:45-6:45pm

\$8 per class

September 23 – December 16, 2014

Instructor: Pierre Sully



**COMMUNITY
HALLOWEEN
PARTY**

Thursday, October 30

6:00-8:00pm

Big Gym and Cafe

KENNEDY SENIOR CITIZEN PROGRAM

BINGO

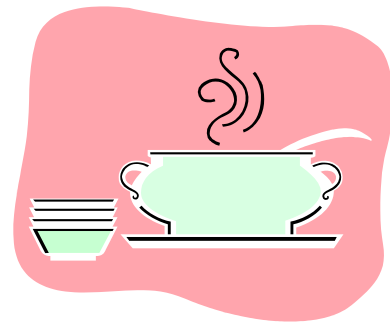
Friday 1:00-3:00pm
Miller River Apartments
Common Room



FAMILY AND ADULT ACTIVITIES AND PROGRAMS

Thursday, November 13

Children, parents and families
join together to mingle, enjoy
good food and appreciate each
other.



DIVERSITY POT LUCK DINNER

5:30-8:00pm

Save the date
