

# Fit for Life

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A few weeks ago I was invited to attend a tennis workshop. Well, let me tell you, I was not so thrilled about attending because that is one sport I never played. I always wanted to hit the tennis ball over the fence like a softball, so no one wanted to play with me!

But, when the instructor informed me that the workshop would be demonstrating a new method designed to be taught to very young children and older adults, I decided to go...and, I had an absolute blast! The four-hour workshop flew by and it didn't take long to convince me that we should offer this program at our Center.

For older adults the advantages of this program include being able to play on a smaller court, lighter rackets and foam or decompressed tennis balls. The class will start out with a

36' court. When students are ready they can move to 60' court and then eventually a full tennis court if they would like.

The program will develop your balance, agility, hand/eye coordination and stamina. You will be amazed at how much fun you can have while getting fit.

On Thursday, June 3rd we will be demonstrating this class on the patio outside the café at 10 a.m. and 1 p.m. Please come out and try it for yourself!

For our first classes to be held the month of June we are offering a special introductory price of \$25 - that's

\$10 off the regular class fee of \$35! All equipment will be provided but please wear athletic shoes.

More information about this class and a complete list of fitness programs begin on page 8 of this newsletter. For questions on any of our fitness programs, contact me at ddavis@fayss.org or 770-461-0813 ext. 124.

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**Body Recall** is a fitness program that combines exercise and wellness education. Stressing strength, flexibility and balance, this unique fitness program is designed for people of all ages and physical abilities. The gentle movements aid in circulation to all parts of the body, provide an increased awareness of how the body functions and give a sense of achievement as participants begin to regain control over the body they thought could never be called back. Movements are specifically developed to minimize risk, discomfort and injury. This approach has proven extremely effective for people including those with chronic illness, special needs and limited strength or mobility.

*Classes meet at Fayetteville First United Methodist Church (FFUMC), Mondays, Wednesdays and Fridays at 10:30 a.m. and last from 45 minutes to an hour. Each 10-week session costs \$50. Body Recall is taught by certified instructors Laura Cox and Joyce Mucha, who are both on staff at FFUMC.*

**To register call: Laura or Joyce at 770-461-4313**

## Swim & Tennis Memberships Available

Kingswood Pool located in the Kingswood Subdivision off Hwy. 92 South. This large, beautiful pool has 6 lanes for lap swimming. Pool opens 1/2 hour early (9:30 a.m.) and stays open 1/2 hour late (8:45 - 9:15 p.m.) for adults only for lap swimming or water aerobics. Memberships include year-round tennis. Fees vary based on family size. For more information, please call 770-856-0222.