

FREE!!

New Year, New You

Play More: Connecting our whole community to wellness, the outdoors and lifelong learning.



Monday, January 9 - Sunday, January 15

Land & Water Aerobics

Martial Arts

Open Gym & Swim

Dance Classes

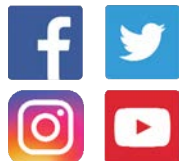
Racquet Sports

Fitness Explosion and More!

FREE!!



DPRPLAYMORE.ORG



Edison Johnson Recreation Center

500 West Murray Avenue 919-560-4270

Monday, January 9

9 a.m. - 10 a.m. Mature Adult Fitness (MA)
 3 p.m. - 8 p.m. Teen Room (T)
 6 p.m. - 7 p.m. Beginner Karate (Y)
 6:15 p.m.-7:15 p.m. Spinning (A/MA)
 7:15 p.m. - 8:15 p.m. Intermediate Karate (T/A/MA)

Tuesday, January 10

9 a.m. - 11 a.m. Square Dance (M)
 10:15 a.m. - 12:15 p.m. Total Tot Time (P)
 3 p.m. - 8 p.m. Teen Room (T)
 6:15 p.m. - 7:15 p.m. Zumba (A/MA)
 6:30 p.m.. - 8:30 p.m. Teen Open Gym Basketball (T)

Wednesday, January 11

9 a.m. - 10 a.m. Mature Adult Fitness (MA)
 3 p.m. - 8 p.m. Teen Room (T)
 6:15 p.m. - 7:15 p.m. Spinning (A/MA)
 7 p.m. - 8 p.m. Tai Chi (A/MA)

Thursday, January 12

10:15 a.m. - 12:15 p.m. Total Tot Time (P)
 12 p.m. - 3 p.m. Bridge (MA)
 3 p.m. - 8 p.m. Teen Room (T)
 6 p.m. - 7 p.m. Beginner Karate (Y)
 6:15 p.m. - 7:15 p.m. Zumba® (A/MA)
 7:15 p.m. - 8:15 p.m. Intermediate Karate (T/A/MA)

Friday, January 13

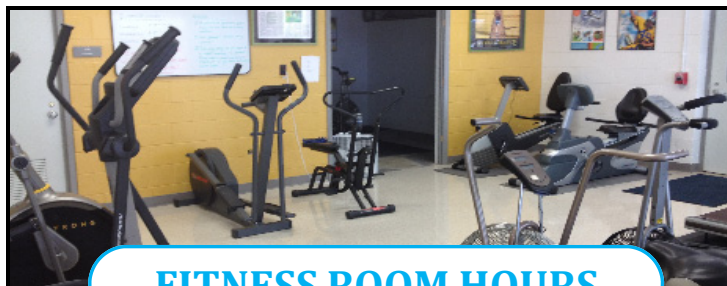
9 a.m. - 10 a.m. Mature Adult Fitness (MA)
 10 a.m. - 11 a.m. Kid Fit (P)
 3 p.m. - 8 p.m. Teen Room (T)
 6:30 p.m. - 8:30 p.m. Fitness Explosion (A/MA)

Saturday, January 14

1 p.m. - 6 p.m. Teen Room (T)

Sunday, January 15

1 p.m. - 6 p.m. Teen Room (T)
 1 p.m. - 6 p.m. Wallyball (A/MA)
 2 p.m. - 4 p.m. Teen Open Gym Basketball (T)



FITNESS ROOM HOURS

Monday - Thursday	8:30 a.m. - 5:30 p.m.
	7:30 p.m. - 9 p.m.
Friday	8:30 a.m. - 8 p.m.
Saturday	8:30 a.m. - 1 p.m.
	3 p.m. - 6 p.m.
Sunday	3 p.m. - 6 p.m.

RAQUETBALL

Monday - Thursday	9 a.m. - 9 p.m.
Friday	9 a.m. - 8 p.m.
Saturday	9 a.m. - 6 p.m.
Sunday	1 p.m. - 6 p.m.

GUIDE TO PROGRAM AGES

P Preschool ages 5 and under
Y Youth ages 5-12
T Teens ages 13-17
A Adults ages 18 and up
MA Mature Adult ages 55 and better

January 9-15, 2017

Holton Career and Resource Center

401 North Driver Street 919-354-2750

Monday, January 9

10 a.m. - 10:40 a.m.

6 p.m. - 7 p.m.

6 p.m. - 8 p.m.

Tuesday, January 10

9 a.m. - 10 a.m.

10 a.m. - 10:40 a.m.

Wednesday, January 11

10 a.m. - 12 p.m.

5 p.m. - 6:45 p.m.

7 p.m. - 8:45 p.m.

7 p.m. - 8 p.m.

Thursday, January 12

10 a.m. - 10:40 a.m.

10 a.m. - 12 p.m.

6 p.m. - 7 p.m.

7 p.m. - 8 p.m.

Friday, January 13

6 p.m. - 7 p.m.

7 p.m. - 10 p.m.

Saturday, January 14

10 a.m. - 10:45 a.m.

Sunday, January 15

1:30 p.m. - 5:30 p.m.

Gospel Movement (MA)

Youth Hip Hop Dance (Y)

Indoor Soccer (Y)

Striving for a Purpose (MA)

Chair Exercise (MA)

Total Tot Time (P)

MA Open Gym (MA)

Adult Open Gym (A)

Latin Dance (T/A)

Chair Exercise (MA)

Total Tot Time (P)

Korean Karate (Y/T/A)

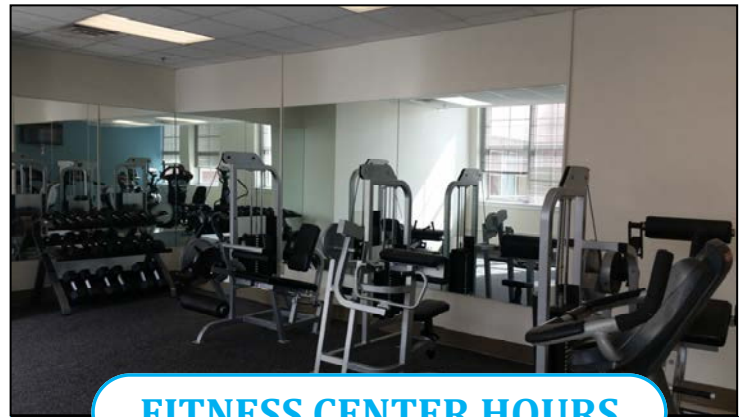
Line Dance (A)

Hip Hop Dance (T)

Teen Night (T)

Tiny Tots Ballet (P)

Teen Open Gym (T)



FITNESS CENTER HOURS

Monday - Friday

10 a.m. - 1 p.m.

5:30 p.m. - 8:30 p.m.

Saturday

10 a.m. - 3 p.m.

Sunday

1 p.m. - 5 p.m.

COMPUTER LAB HOURS

Monday

10 a.m. - 1 p.m.

6 p.m. - 8 p.m.

Wednesday

10 a.m. - 1 p.m.

6 p.m. - 8 p.m.

Friday

10 a.m. - 1 p.m.

6 p.m. - 8 p.m.

Saturday

10 a.m. - 3 p.m.



I.R. Holmes, Sr. Recreation Center

at Campus Hills 2000 South Alston Ave. 919-560-4444

Monday, January 9

10 a.m. - 11 a.m. Mature Women on Weights (MA)
 12 p.m. - 1 p.m. Yoga (A/MA)
 4 p.m. - 6 p.m. Teen Open Gym Basketball (T)

Tuesday, January 10

9 a.m. - 10 a.m. Get Fit with Style for Mature Adults (MA)
 10 a.m. - 11 a.m. Mature Men on Weights (MA)
 6:15 p.m. - 7:15 p.m. ABA: Abs, Buns, Arms (A/MA)

Wednesday, January 11

10 a.m. - 11 a.m. Line Dancing (MA)
 4 p.m. - 6 p.m. Teen Open Gym Basketball (T)

Thursday, January 12

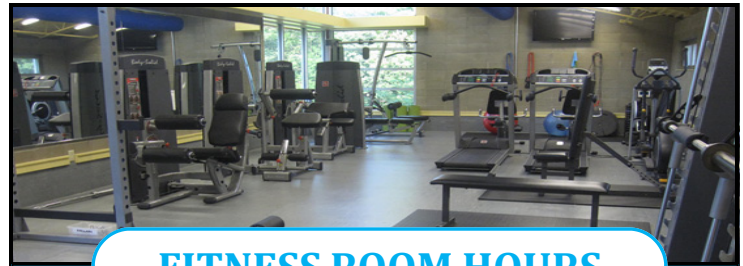
9 a.m. - 10 a.m. Get Fit with Style for Mature Adults (MA)
 10 a.m. - 10:30 a.m. Cardio with Seniors (MA)
 12 p.m. - 1 p.m. Yoga (A/MA)
 6:15 p.m. - 7:15 p.m. Zumba Toning (A/MA)

Friday, January 13

10 a.m. - 11 a.m. Spin 1.0 (A/MA)
 4 p.m. - 6 p.m. Teen Open Gym Basketball (T)

Sunday, January 15

1:45 p.m. - 4:45 p.m. Teen Open Gym Basketball (T)
 4:45 p.m. - 5:45 p.m. Adult Open Gym Basketball (A)



FITNESS ROOM HOURS

Monday - Thursday	8:30 a.m. - 5:30 p.m. 7:30 p.m. - 9 p.m.
Friday	8:30 a.m. - 8 p.m.
Saturday	8:30 a.m. - 1 p.m. 3 p.m. - 6 p.m.
Sunday	3 p.m. - 6 p.m.

CFLRC at Lyon Park

1309 Halley St. 919-560-4288

Monday, January 9

10 a.m. - 8 pm. Miles for Wellness (MA)

Tuesday, January 10

10 a.m. - 8 pm. Miles for Wellness (MA)
 10:30 a.m. - 12:30 p.m. Senior Games Basketball Shooting Skills Clinic (MA)

Wednesday, January 11

9 a.m. - 11 a.m. Senior Games Cornhole Skills Clinic (MA)
 10 a.m. - 8 pm. Miles for Wellness (MA)
 4 p.m. - 5 p.m. Fresh New Step (A/MA)

Thursday, January 12

10 a.m. - 8 pm. Miles for Wellness (MA)
 11 a.m. - 11:40 a.m. Gospel Movement (MA)
 6:30 p.m. - 8:30 p.m. Teen Open Rec (T)

Friday, January 13

10 a.m. - 8 pm. Miles for Wellness (MA)

Saturday, January 14

3 p.m. - 6 p.m. Teen Open Gym (T)

January 9-15, 2017

W.D. Hill Recreation Center

1308 Fayetteville Street

919-560-4292

Monday, January 9

6:15 p.m. - 7:15 p.m.
6:15 p.m. - 7:15 p.m.
6:15 p.m. - 7:15 p.m.
7:15 p.m. - 8:15 p.m.

DREAM (Hip-Hop Dance) (T)
Youth Cheerleading (Y)
Soulful Line Dance (A/MA)
Tai Chi (A/MA)

Tuesday, January 10

10 a.m. - 11 a.m.
6 p.m. - 8 p.m.
6:15 p.m. - 7:15 p.m.
6:15 p.m. - 7:15 p.m.

Chair Exercise (MA)
Teen Open Recreation (T)
Modern Dance for Youth (Y)
Zumba (A/MA)

Wednesday, January 11

6:15 p.m. - 7:15 p.m.

Hip Hop Dance (Y)

Thursday, January 12

6:15 p.m. - 7:15 p.m.
6:15 p.m. - 7:15 p.m.
7 p.m. - 8:30 p.m.

Coupon Fun (A/MA)
20/20/20 Fit Circuit (A/MA)
Jazz Listening Sessions (T/A/MA)

Friday, January 13

6 p.m. - 10 p.m.
6:15 p.m. - 7:15 p.m.

Teen Night (T)
Tae Kwon Do (Y)

Saturday, January 14

10 a.m. - 11 a.m.
11:15 a.m. - 12:15 p.m.
11 a.m. - 12 p.m.
11 a.m. - 1 p.m.
2 p.m. - 4 p.m.
4 p.m. - 6 p.m.

Youth African Dance (Y)
African Cardio Blast (A/MA)
Let's Play Cards (MA)
Senior Open Rec (MA)
Pickleball (A/MA)
Adult Open Gym Basketball (A/MA)



GUIDE TO PROGRAM AGES

- P** Preschool ages 5 and under
- Y** Youth ages 5-12
- T** Teens ages 13-17
- A** Adults ages 18 and up
- MA** Mature Adult ages 55 and better

Walitown Park Recreation Center

1308 West Club Blvd 919-560-4296

Monday, January 9

10 a.m. - 11 a.m.
 10 a.m. - 12 p.m.
 12 p.m. - 1 p.m.
 5:15 p.m. - 6:15 p.m.
 6:15 p.m. - 7:15 p.m.
 7:30 p.m. - 8:30 p.m.

Arthritis Exercise (MA)
 Total Tot Time (P)
 Yoga (A/MA)
 Combine (T)
 Dance Fusion (A/MA)
 Cardio Kickboxing (A/MA)

Tuesday, January 10

9:30 a.m. - 10:15 a.m.
 12 p.m. - 1 p.m.
 3 p.m. - 5:30 p.m.
 6 p.m. - 7 p.m.
 6:15 p.m. - 7:15 p.m.

Bells & Bands (MA)
 H.A.B.I.T. Training (A/MA)
 Pickleball (A/MA)
 Healthy Cooking Demo (Y/T/A/MA)
 Zumba (A/MA)

Wednesday, January 11

10 a.m. - 11 a.m.
 12 p.m. - 1 p.m.
 12:30 p.m. - 3 p.m.
 6 p.m. - 9 p.m.
 6 p.m. - 7 p.m.
 6 p.m. - 7 p.m.

Arthritis Exercise (MA)
 Yoga (A/MA)
 Pickleball (A/MA)
 Adult Open Gym Basketball (A/MA)
 Smoothie Happy Hour (Y/T/A/MA)
 No Resolutions, but Lifestyle Changes! (A/MA)
 C-Fit Toning & Fat Burning (A/MA)

6:15 p.m. - 7:15 p.m.

Thursday, January 12

10:30 a.m. - 11:30 a.m.
 12 p.m. - 1 p.m.
 3 p.m. - 5:30 p.m.
 6 p.m. - 7 p.m.
 6:15 p.m. - 7:15 p.m.

Artistic Expressions by Mature Adults (MA)
 H.A.B.I.T. Training (A/MA)
 Pickleball (A/MA)
 Healthy Cooking Demo (Y/T/A/MA)
 OULA (A/MA)

Friday, January 13

10 a.m. - 12 p.m.
 6 p.m. - 10 p.m.

Total Tot Time (P)
 Teen Night (T)

Saturday, January 14

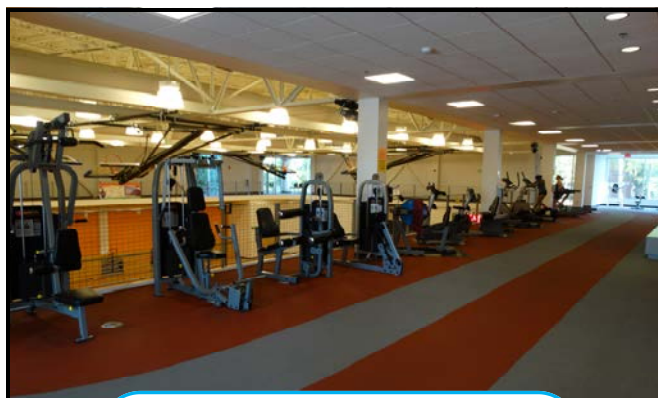
2 p.m. - 6 p.m.

Pickleball (A/MA)

Sunday, January 15

1 p.m. - 6 p.m.
 1 p.m. - 6 p.m.

Teen Open Gym (T)
 Adult Open Gym Volleyball (A)



FITNESS AREA HOURS

Monday - Thursday 8:30 a.m. - 9 p.m.
 Friday 8:30 a.m. - 10 p.m.
 Saturday 8:30 a.m. - 6 p.m.
 Sunday 1 p.m.- 6 p.m.



GUIDE TO PROGRAM AGES

P Preschool ages 5 and under
 Y Youth ages 5-12
 T Teens ages 13-17
 A Adults ages 18 and up
 MA Mature Adult ages 55 and better

January 9-15, 2017

DPR Aquatics

Campus Hills Pool

2000 South Alston Ave.

919-560-4444

Please note: All New Year, New You Aquatics programs and activities will be held at Campus Hills Pool. The Edison Johnson Aquatic Center is closed through mid-February for repairs.

Monday, January 9

6 a.m. - 8 p.m.

10 a.m. - 12 p.m.

10:45 a.m. - 11:45 a.m.

1 p.m. - 3:30 p.m.

7 p.m. - 7:45 p.m.

Lap Swim (P/Y/T/A/MA)

Recreational Swim (P/Y/T/A/MA)

Total Tot Swim Time (P)

Recreational Swim (P/Y/T/A/MA)

Water Exercise (T/A/MA)

Tuesday, January 10

6 a.m. - 8 p.m.

10 a.m. - 12 p.m.

12:15 p.m. - 1 p.m.

1 p.m. - 3:30 p.m.

Lap Swim (P/Y/T/A/MA)

Recreational Swim (P/Y/T/A/MA)

Water Exercise (T/A/MA)

Recreational Swim (P/Y/T/A/MA)

Wednesday, January 11

6 a.m. - 8 p.m.

10 a.m. - 12 p.m.

1 p.m. - 3:30 p.m.

Lap Swim (CHP) (P/Y/T/A/MA)

Recreational Swim (P/Y/T/A/MA)

Recreational Swim (P/Y/T/A/MA)

Thursday, January 12

6 a.m. - 8 p.m.

10 a.m. - 12 p.m.

12:15 p.m. - 1 p.m.

1 p.m. - 3:30 p.m.

7 p.m. - 7:45 p.m.

Lap Swim (P/Y/T/A/MA)

Recreational Swim (P/Y/T/A/MA)

Water Exercise (T/A/MA)

Recreational Swim (P/Y/T/A/MA)

Water Exercise (T/A/MA)

Friday, January 13

6 a.m. - 7:30 p.m.

10 a.m. - 12 p.m.

12:15 p.m. - 1 p.m.

1 p.m. - 3:30 p.m.

Lap Swim (P/Y/T/A/MA)

Recreational Swim (P/Y/T/A/MA)

Water Exercise (T/A/MA)

Recreational Swim (P/Y/T/A/MA)

Saturday, January 14

8 a.m. - 5 p.m.

1 p.m. - 5 p.m.

Lap Swim (P/Y/T/A/MA)

Recreational Swim (P/Y/T/A/MA)

Sunday, January 15

1 p.m. - 5 p.m.

1 p.m. - 5 p.m.

Lap (P/Y/T/A/MA)

Recreational Swim (P/Y/T/A/MA)



AQUATICS INFORMATION

DPR Aquatics also offers American Red Cross swim lessons for all ages, as well as certification training courses.

Please call for details on aquatic programs and activities!



New Year, New You (NY2)

Play More: Connecting our whole community to wellness, the outdoors and lifelong learning.



Fitness Explosion

To kick off the New Year, DPR is excited to present our 3rd annual Fitness Explosion! Join us as our talented instructors lead you through exercise and work out routines. Whether you are a veteran or a first-timer, you are sure to enjoy this special fitness event!

Friday, January 13

6:30 p.m. - 8:30 p.m.

Edison Johnson Recreation Center

500 West Murray Ave

919-560-4270

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|-----------|----------------------------------|-----------|---------------------------|
| 6:30 p.m. | Zumba with Heidi | 7:30 p.m. | Zumba Toning with Candice |
| 6:45 p.m. | Get Fit with Style! with Tiffany | 7:45 p.m. | Tai Chi with Linda |
| 7:00 p.m. | African Zumba with Natikwa | 8:00 p.m. | Dance Fusion with Femi |
| 7:15 p.m. | Yoga with Valinda | 8:15 p.m. | Spin with Zawadi |



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