



Core Stretch ♥ to ♥♥

The muscles of the core are our most used, most abused and most neglected! This class will be a combination of Pilates and traditional core exercises, designed to engage the muscles of the core to increase their flexibility and strength. Suitable for all fitness levels.

Special Interest

Kickboxing (ages 16+)

Kick up your fitness routine with Cardio Kickboxing! This popular class will burn a ton of calories while increasing your strength and muscle tone. Please bring a mat and water bottle to each class.

Instructor: Lynn Fisher. Classes held at Stonehouse Elementary School.

T/Th 10/4-27 6:30-7:30pm
 \$38/\$33 (non-wristband holders) 310730-A
 \$5 (wristband/combo pass holders) 310730-B

T/Th 11/1-22 6:30-7:30pm
 \$35/\$30 (non-wristband holders) 311730-A
 \$5 (wristband/combo pass holders) 311730-B

T/Th 11/29-12/20 6:30-7:30pm
 \$35/\$30 (non-wristband holders) 312730-A
 \$5 (wristband/combo pass holders) 312730-B

T/Th 1/3-31 6:30-7:30pm
 \$38/\$33 (non-wristband holders) 301730-A
 \$5 (wristband/combo pass holders) 301730-B

T/Th 2/2-28 6:30-7:30pm
 \$38/\$33 (non-wristband holders) 302730-A
 \$5 (wristband/combo pass holders) 302730-B

T/Th 3/1-29 6:30-7:30pm
 \$38/\$33 (non-wristband holders) 303730-A
 \$5 (wristband/combo pass holders) 303730-B

Register Early!

Nothing cancels a great class quicker than waiting until the last minute to register. If minimum registration isn't met by targeted dates, the course may be cancelled.

Stop the Bad with R.A.D.



R.A.D. Basic Physical Defense

(ages 16+)

FREE!

Could you effectively defend yourself if attacked? The R.A.D. system is a program of realistic, self-defense tactics and techniques. A comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance while progressing to the basics of hands-on defense training. This is not a martial arts program. Each 12-hour course includes a manual, hands-on training and instruction by R.A.D. certified James City County Police Officers. Courses are limited to 12 participants. Must be able to attend all five sessions.

JCWCC
 M/W 1/9-1/18 6:30-8:30pm 301210-A
 Sat 1/21 9am-1pm

Gait Analysis

FREE!

What could be more basic than walking and running? Performance Chiropractic's Dr. Daniel Shaye will perform gait analysis and digital foot scans. You may learn why your knees, back or hips hurt... you may even catch injuries BEFORE they happen! Appointment time required; to register contact Debbie Post at 259-5372 or dpost@james-city.va.us. JCWCC
 T 10/4 3-5:30pm
 T 1/24 3-5:30pm

Diabetes Series

FREE!

Health professionals will provide valuable information about diabetes to assist you and your loved ones with questions and health resources in the area. Topics include Know your Meds, Managing Diabetes, Links between Dental Hygiene and Diabetic Health, Understanding Diabetes, Heart Health, Diabetic Footwear, Whole Body Wellness and "I Have Diabetes, What Should I Eat?" The sessions are free and open to everyone, but please pre-register to ensure minimum enrollment requirements are met. JCWCC
 W 10/5-11/23 noon-1pm 310880-A

Heart Health Series

FREE!

Health professionals will provide valuable heart health related information to assist you and your loved ones with questions and health resources in the area. Topics include Cardiovascular Health, Know your Numbers, Heart Healthy Habits, Understanding Heart Risks, Positive Living, Whole Body Wellness, Know your Meds and Managing Stress. The sessions are free and open to everyone, but please pre-register to ensure minimum enrollment requirements are met. JCWCC

W 1/11-2/29 noon-1pm 301880-A

Colonial Road Runners

Offering workouts and Grand Prix races, Colonial Road Runners will get you on track to running your best race! Workouts are held at Walsingham Academy. Area races begin in March. Visit the Colonial Road Runner's website at www.colonialroadrunners.org or contact Rick Platt at 757-229-7375 for more information.

Lunch & Learn Programs

Shoulder Pain: Conservative (non-operative) & Post-surgical Options

Shoulder pain holding you back? Want to play sports, pick up the kids and live pain free, without injections, drugs or surgery? Performance Chiropractic's Dr. Daniel Shaye will explain how to manage and possibly overcome shoulder pain. Please bring your lunch. JCWCC
 T 10/25 12:30-1:15pm \$5 310671-A

Knee Pain: Conservative (non-operative) & Post-surgical Options

Is knee pain taking the joy out of your day? Want to play sports, take a stroll or just stand without pain, injections, drugs or surgery? Performance Chiropractic's Dr. Daniel Shaye will explain modern, conservative methods to care for your knees. Please bring your lunch. JCWCC
 T 11/8 12:30-1:15pm \$5 311241-A

Basketball Technique (all ages)
Basketball! You love the game, but you'd like to improve. Using video and biomechanical principles, we can show you what to work on. Join Performance Chiropractic's Dr. Daniel Shaye (chiropractor and Certified Chiropractic Sports Physician, Fellow of the International Academy of Medical Acupuncture and recreational basketball player) to get the competitive edge. Come ready to shoot. Video will be used to analyze your form. Open to youth and adults; maximum six. JCWCC
W 11/30 1:30-2:30pm \$5 311651-A

Runner's Clinic
Are you looking to start running or to run your first event? Want to push your limits? Local chiropractor, acupuncture Fellow (FIAMA), and Certified Chiropractic Sports Physician (C.C.S.P.) Dr. Daniel Shaye with Performance Chiropractic has personally run over 30,000 miles. In this class, you'll learn how to get the most out of your running experience, maximizing your enjoyment, health and (if you're interested) time goals. Please bring your lunch. JCWCC
T 2/7 12:30-1:15pm \$5 302270-A

Fall Prevention Tips for You and Your Caregiver

Let's face it, falling is scary. As we age, we become more susceptible to imbalance and risks such as breaking a hip or wrist. Those who are injured from a fall are likely to fall again. Performance Chiropractic's Dr. Daniel Shaye will teach prevention guidelines to reduce your risk of a falling incident and maintain your independence. Please bring your lunch. JCWCC
T 12/6 12:30-1:15pm \$5 312690-A

Arthritis Demystified: An Introduction to Your Aging Body (and what to do about it)
Stop hurting and start living! Performance Chiropractic's Dr. Daniel Shaye will discuss the mysterious and frightening "arthritis" diagnosis and turn it into something understandable and manageable. This session will inform participants on how to minimize over-reliance on doctors, drugs and joint replacements and provide ways to decrease pain, improve one's ability to play tennis or golf, take walks and keep up with the kids and grandchildren. Please bring your lunch. JCWCC
T 1/10 12:30-1:15pm \$5 301661-A

Register online for all classes at jccEgov.com/recreation.

For the Health of It

Partnering Together for Community Wellness...



Sentara Williamsburg Regional Medical Center and JCC Parks and Recreation offer these educational and fitness events:

WalkAbout

A Sentara Community program

Are you looking for a way to increase your activity? If so, try WalkAbout – we provide walking journals, incentives and a great group of fellow walkers! No fees or pre-registration necessary. Youth under age 18 must be accompanied by an adult. Indoor walking in inclement weather. For information, call 1-800-SENTARA. JCWCC
T 9am
Th 9am
Sat 9:15am

FREE!

Diabetes Risk Assessment Screening

November is American Diabetes Awareness Month. Are you on the path to diabetes? Drop by to take the Risk Assessment (paper test) and speak with the Sentara nurse. No blood test. This assessment is based on risk factors, controllable and uncontrollable. JCWCC
Sat 11/5 9:30am-12:30pm

FREE!

Stroke Awareness

A stroke is an emergency and every minute counts! Act F.A.S.T! Learn the risk factors and what to do if you suspect someone is having a stroke! Have your blood pressure checked too! JCWCC
Sat 2/11 9:30am-12:30pm

FREE!

Track Your Health/ Know Your Numbers

Come in for a free health screening that will include Blood Pressure, Body Mass Index and non-fasting Cholesterol check. Then work towards improving your numbers with your doctor's advice, exercise and better eating. JCWCC
Sat 10/1 9:30am-1pm
Sat 1/7 9:30am-1pm
Sat 3/10 9:30am-1pm

FREE!

For the Health of It!

Access to JCC Parks and Recreation facilities and programs leads to healthy lifestyles for citizens of all ages. Recreation activities can build self-esteem, reduce stress and improve overall wellness.