



Planteen Recreation Center Activities

FEBRUARY 2017

3 Cord Personal Fitness—Cardio Blast/Full Body Conditioning—fun, group supported cardio, full body workouts that help improve muscle tone, cardiovascular system, and mental health. \$15/class or \$60/month All Ages Instructor: Darrin Williams 813-764-1379

Active Senior Fitness—This class, for active Seniors, is designed to get you moving your body using chairs and other furniture to increase flexibility, increase balance, and limit injuries from falls. Ages: Seniors Instructor: Theresa Brown 813-340-4675

Adult Coloring Club—Relax with us! A fun way to clear your mind and get back to something you enjoyed as a child. The Rec Center provides crayons and coloring pages, bring your own colored pencils, markers, or other medium. \$1/class Ages: 15+ Contact: Planteen Recreation Center

Baton Twirling— The Patriots Twirling has been a part of Plant City since 1955. Class includes instruction, confidence, self discipline, and preparation for parades, civic events, the Strawberry Festival and competition. \$7/class Ages: 5+ Instructor: Barbara Patrick 813-626-4554

Belly Dancing— Our American Tribal Belly Dance classes involve isolating different parts of the body (hips, shoulders, chest, stomach etc.). Much of Belly Dance focuses on the core muscles of the body producing the movement rather than the external muscles of the body. \$7/class or \$25/month Ages: 15+ Instructor: Mary Jane Aguilar 863-943-4403

Club 52- Join us at the Planteen Rec Center on Wednesdays for our afternoon playing card club. Play Texas Hold 'Em, Bridge, Hearts, or any other card game. We'll provide the coffee and cards, you provide the wits and competition! \$1/session Contact: Planteen Recreation Center

Country Line Dancing- Line dancing classes are a fun way to learn new steps or brush up on what you already know. Class activities include instruction in the latest dance steps and fun interaction with other dancers. \$5/class Ages: Teen and up. Instructor: Donna Edenfield 813-986-2820

Dad Daughter Date Night- Fathers, Grandfathers, Uncles and Guardians are invited to bring their best girls in her Poodle Skirt to our 50s style Sock Hop at the HCC Trinkle Center on February 11th from 4-7pm. This event featuring Dancing, Food, Entertainment, and a Keepsake Photo WILL SELL OUT so buy your tickets early Ages 3+ \$35/couple \$10 each additional daughter.

EDC Diabetes Awareness— Everyone with Diabetes Counts is a program that encourages small lifestyle changes while learning about your diabetes and the way it affects your health. Ages 18+ Instructors: Morning- Theresa Brown 813-340-4675, Evening-Beryl Pope 813-451-2326

Hoola-Fit Hoop Fitness & Dance- Get into the "swing" of things in our Hoop Fitness class. This American Council on Exercise approved health and fitness program pairs Hoops with mindful movements. For all levels, no experience necessary. \$40 for 4 classes or \$15/class Ages: 13+ Instructor: Cyrena Lang 813-453-0459

Kids' Craft Class— Make a different craft each week to keep, display, or give as a gift! \$5/month Ages: Grades 2-5 Contact: Planteen Recreation Center

Ladies Bible Study- If you long to be led deeper into your prayer life and awareness of the presence of God, plan to come join this group as they grow together in their walk of faith. \$1/class All Ages Instructor: Martha Sue Skinner 813-956-2251

Limitless Wheel Workshop- The Limitless Wheel is your gateway to strength, mobility and recovery; no matter your physical fitness level. From increasing one's overall flexibility to adding challenge to the most basic of exercises, it can be used by the young and the young at heart to perform yoga style stretches and increase mobility. \$65/person—includes class and 12" Limitless Wheel 2.0 with Grips to keep Contact: Cyrena Lang 813-4563-0459

Painting—This class teaches an understanding of drawing & painting in any medium. Beginning and advanced painters should bring their enthusiasm and plan to have fun. \$7/class Ages 18+ Instructor: Louise Anders

Pint-Sized Picasso— This children's arts class has a professional artist as an instructor and gives children the opportunity to learn to paint masterpieces

on canvas. \$26/class 1st child, \$13/class each additional child, \$36/Mommy & Me Instructor: Loretta Burns 864-838-9880

Plant City ROCKS (Rock Painting)- Come join the fun as we paint regular garden rocks and hide them around Plant City! \$1/session All Ages Contact: Planteen Recreation Center

Planteen Pokèmon League— Players of all Pokèmon Games meet to play the Trading Card Game, Video Games, and Pokèmon Go on their smartphones. \$2/week All Ages. Contact: Planteen Recreation Center

Planteen Light Force Academy— Are you ready to use the Force? Training at the Planteen Light Force Academy will help you to develop sabering techniques and choreograph performances using real light up swords. \$30/month Ages: 5+ Instructor Keith Coker 813-659-4256

Planteen Rock Garden Grand Opening— Join us as we christen the Plant City Fairy Rock Garden at the Planteen Recreation Center on February 19 from 12am-4pm! Decorate your own rocks at the event or bring some from home and add them to this new feature near our playground. Hot Dogs, Chips & Soda will be available for a nominal fee!

Planteen Tae Kwon Do-Master Steve Reynolds has been teaching Tae Kwon Do for over 20 years. This Korean Martial Art stresses fitness, self discipline, self defense, coordination, and confidence. \$25/month Ages: 5+ Instructor: Master Reynolds 813-737-3872

Pottery— Come learn how to hand-build stoneware pottery from clay. Pieces are worked on, then taken to be fired, dipped and glazed, then returned to you 2-3 weeks later. Youth class \$15/class Ages: 5+, Adult class \$25/class Ages 18+ Instructor: Deborah Thatcher 863-398-0582

Senior Aerobics Class-This class, founded by Clarice Stewart, has been offered since 1991. Join us for Aerobic exercises, line dancing, and fun and fellowship. \$1 class Ages: Seniors Instructor: Peggy Sciara 813-659-4256

Walking with Friends— Think it's too hot outside to get the walking exercise you need? Join us as we walk with Leslie Sansone DVDs inside the Rec center instead. \$1/class All Ages Contact: Planteen Recreation Center

Yoga for Beginners-This class is perfect for those who have never done Yoga. Basic information about breathing, posing, and the history of Yoga for everyday use will be covered. \$10/class Ages:15+ Instructor: Jenna Anticola 813-451-4506



February 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p><i>1</i></p> <p>9a-10a Senior Aerobics 9:30a-11a Active Sr Fitness 11a-12n 3 Cord Personal Fitness 11:30a-1p Ladies' Bible Study 1:30p-3p Card Club 3p-6p Pokémon League 6:30p-7:30p Hoop Fitness</p>	<p><i>2</i></p> <p>9a-1p Plant City ROCKS (Rock Painting) 9:30a-10:30a Active Sr. Fitness 10:30a-12:30p EDC Diabetes Awareness 11a-12n Adult Coloring 3:30p-5:30p Baton 4:30p-6:30p—Pint-Sized Picasso 5:30p-8:30p Tae Kwon Do 6p-8p— EDC Diabetes Awareness</p>	<p><i>3</i></p> <p>9a-10a Senior Aerobics 11a-12n 3 Cord Personal Fitness 7:30p-8:30p 3 Cord Personal Fitness</p>	<p><i>4</i></p>
<p><i>5</i></p>	<p><i>6</i></p> <p>9a-10a Senior Aerobics 10a-11a Yoga 11a-12n 3 Cord Personal Fitness 4p-5p Kids' Craft Class 5:30p-7p Planteen Light Force Academy 6:30p-8:30p Belly Dancing 7:30p-9p Line Dancing 7:30-8:30p 3 Cord Personal Fitness</p>	<p><i>7</i></p> <p>9:30a-12n Painting 10a-11a Walking with Friends 11a-12n Adult Coloring 1p-2p Needles & Threads 3p-6p Pokémon League 5:30p-8:30p Planteen Light Force Academy 5:30p-8:30p Tae Kwon Do</p>	<p><i>8</i></p> <p>9a-10a Senior Aerobics 9:30a-11a Active Sr Fitness 11a-12n 3 Cord Personal Fitness 11:30-1p Ladies' Bible Study 1:30p-3p Card Club 3p-6p Pokémon League 6p-7p Adult Pottery 6:30p-7:30p Hoop Fitness 7:30p-8:30p 3 Cord Personal Fitness</p>	<p><i>10</i></p> <p>9:30a-10:30a Active Sr. Fitness 10:30a-12:30a EDC Diabetes Awareness 11a-12n Adult Coloring 3:30p-5:30p Baton 4p-5p Youth Pottery 4:30-6:30—Pint-Sized Picasso 5:30p-8:30p Tae Kwon Do 6p-8p— EDC Diabetes Awareness</p>	<p><i>10</i></p> <p>9a-10a Senior Aerobics 11a-12n 3 Cord Personal Fitness 7:30p-8:30p 3 Cord Personal Fitness</p>	<p><i>11</i></p> <p>Daddy Daughter Date Night 4-7p HCC Trinkle Center</p>
<p><i>12</i></p> <p>Yoga Wheel Workshop 10a-12n</p>	<p><i>13</i></p> <p>9a-10a Senior Aerobics 10a-11a Yoga 11a-12n 3 Cord Personal Fitness 4p-5p Kids' Craft Class 5:30p-7p Planteen Light Force Academy 6:30p-8:30p Belly Dancing 7:30p-9p Line Dancing 7:30p-8:30p 3 Cord Personal Fitness</p>	<p><i>14</i></p> <p>9:30a-12n Painting 10a-11a Walking with Friends 11a-12n Adult Coloring 11a-3p Plant City ROCKS (Rock Painting) 1p-2p Needles & Threads 3p-6p Pokémon League 5:30p-8:30p Planteen Light Force Academy 5:30p-8:30p Tae Kwon Do</p> 	<p><i>15</i></p> <p>9a-10a Senior Aerobics 9:30a-11a Active Sr Fitness 11a-12n 3 Cord Personal Fitness 11:30p-1p Ladies' Bible Study 1:30p-3p Card Club 3p-6p Pokémon League 6:30p-7:30p Hoop Fitness 7:30p-8:30 3 Cord Personal Fitness</p>	<p><i>16</i></p> <p>9a-1p Plant City ROCKS (Rock Painting) 9:30a-10:30a Active Sr. Fitness 10:30a-12:30p EDC Diabetes Awareness 11a-12n Adult Coloring 3:30p-5:30p Baton 4:30p-6:30p—Pint-Sized Picasso 5:30p-8:30p Tae Kwon Do 6p-8p— EDC Diabetes Awareness</p>	<p><i>17</i></p> <p>9a-10a Senior Aerobics 11a-12n 3 Cord Personal Fitness 7:30p-8:30p 3 Cord Personal Fitness</p>	<p><i>18</i></p>
<p><i>19</i></p> <p>Planteen Rock Garden Grand Opening 12a-4p</p>	<p><i>20</i></p> <p>9a-10a Senior Aerobics 10-11a Yoga 11a-12n 3 Cord Personal Fitness 4p-5p Kids' Craft Class 5p-7p Planteen Light Force Academy 6:30p-8:30p Belly Dancing 7:30p-9p Line Dancing 7:30-8:30p 3 Cord Personal Fitness</p>	<p><i>21</i></p> <p>9:30a-12n Painting 10a-11a Walking with Friends 11a-12n Adult Coloring 1p-2p Needles & Threads 3p-6p Pokémon League 5:30p-8:30p Planteen Light Force Academy 5:30p-8:30p Tae Kwon Do</p>	<p><i>22</i></p> <p>9a-10a Senior Aerobics 9:30a-11a Active Sr Fitness 11a-12n 3 Cord Personal Fitness 11:30-1p Ladies' Bible Study 1:30p-3p Card Club 3p-6p Pokémon League 6p-7p Adult Pottery 6:30p-7:30p Hoop Fitness 7:30p-8:30p 3 Cord Personal Fitness</p>	<p><i>23</i></p> <p>9:30a-10:30a Active Sr. Fitness 10:30a-12:30p EDC Diabetes Awareness 11a-12n Adult Coloring 3:30p-5:30p Baton 4p-5p Youth Pottery 4:30p-6:30—Pint-Sized Picasso 5:30p-8:30p Tae Kwon Do 6p-8p— EDC Diabetes Awareness</p>	<p><i>24</i></p> <p>9a-10a Senior Aerobics 11a-12n 3 Cord Personal Fitness 7:30p-8:30p 3 Cord Personal Fitness</p>	<p><i>25</i></p>
<p><i>26</i></p>	<p><i>27</i></p> <p>9a-10a Senior Aerobics 10-11a Yoga 11a-12n 3 Cord Personal Fitness 4p-5p Kids' Craft Class 5p-7p Planteen Light Force Academy 6:30p-8:30p Belly Dancing 7:30p-9p Line Dancing 7:30p-8:30p 3 Cord Personal Fitness</p>	<p><i>28</i></p> <p>9:30a-12n Painting 10a-11a Walking with Friends 11a-12n Adult Coloring 11a-3p Plant City ROCKS (Rock Painting) 1p-2p Needles & Threads 3p-6p Pokémon League 5:30p-8:30p Planteen Light Force Academy 5:30p-8:30p Tae Kwon Do</p>				

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