



# 6-WEEK Kick Start



**TRY SOMETHING NEW THIS WINTER** at your Community Center—a fresh, fun way for **families, adults, and seniors** to boost energy, stay active, and connect with others!

Whether you're looking to build healthy habits, explore new activities, or simply add something exciting to your weekly routine, the 6-Week Kick Start offers inspiring programs for all ages and experience levels.

<https://www.spcommunitycenter.org/6weekkickstart/>

**Flotation Therapy:** Experience deep relaxation as you effortlessly float in warm, skin-temperature water in a quiet, low-sensory environment. Flotation therapy helps calm the mind, ease pain, improve sleep, reduce sensory overload, and restore overall balance and serenity.

**Multigenerational Movement Class:** Join us for a welcoming and creative modern dance class designed for *all ages, all bodies, and all levels of experience*. From young children to grandparents, everyone moves together in a supportive space that celebrates community, creativity, and connection. No dance background is needed — just curiosity and a willingness to explore movement!

**Herb Container Garden:** In this hands-on workshop, you'll plant a take-home herb container and discover how to use winter herbs for everyday wellness. No experience needed—just come ready to grow!

**Sound Bath with Togetherly Studios:** Immerse yourself in soothing vibrations and deep relaxation. Join us for a Togetherly Sound Bath, where a variety of therapeutic instruments—such as crystal singing bowls, chimes, gongs, and more—create rich soundscapes that guide your nervous system into profound calm.

Completely accessible to everyone. No experience needed, no flexibility required. Just arrive, get comfortable, and let the soundscape carry you into rest and restoration. Come ready to release and restore.

**Intergenerational Yoga:** Yoga for every body—where playfulness and connection come together on the mat. We welcome all ages and abilities to practice side by side, weaving gentle movement with imagination and joy.

All bodies are welcome. All ages invited. All abilities are celebrated. This is yoga that meets you exactly where you are, with imagination as our guide and connection as our practice. Chairs available upon request. Please bring your mat. Wear comfortable clothes you can move in. Come as you are.

**Chair Yoga for Seniors:** Gentle chair-based yoga designed to keep you moving, strong, and flexible. Using a chair for support, we'll flow through poses that improve balance, maintain joint mobility, and build strength—all at a comfortable pace that honors your body. Learn simple sequences you can take home and practice anytime—short flows for morning energy, gentle stretches for stiff days, or

calming breathwork for better sleep. Build your personal toolkit for daily wellness. Bring a yoga mat if you have one to place under your chair for extra cushioning. Wear comfortable clothes. Chairs provided. All levels welcome.

**Chair Yoga - All Ages & Levels:** Discover mini-sequences you can bring into your daily life—quick desk stretches for work breaks, energizing flows for sluggish afternoons, or wind-down practices for evening. Build practical wellness tools you'll actually use.

Upbeat, energizing, and accessible. Perfect for anyone who wants a full yoga practice with some support, whether due to balance considerations, injury recovery, or preference. Please let us know if you need to remain fully seated—we'll modify so you get a complete practice.

Bring a yoga mat if you have one to place under your chair for extra cushioning. Wear comfortable clothes. Chairs provided. All levels welcome.

**Hip Hop PJ Party — Family Dance Class!:** Wear your favorite dance PJs and join us for a fun-filled **Hip Hop PJ Party!** This **one-hour family class** will get everyone moving, laughing, and dancing together. We encourage you to **register with a parent, sibling, or the whole family** — no dance experience needed!

The class begins with a warm-up, followed by learning **stationary skills, traveling movements, and a short choreography**. We'll wrap up with a lively **freestyle dance party** that's sure to bring big smiles.

Perfect for beginners and families of all ages.

**What to wear:** Comfortable PJs and **sneakers or tennis shoes**.

**Family Pickleball with Sharon Morris:** Grab your paddles and bring the whole family! Family Pickleball Night is a fun, ages 7 & older evening of pickleball, laughter, and friendly competition.  
1 hour - Instruction  
30 min - Round Robin  
30 min - Stay & Play

**Family Art Class with Mini Makers:** Unleash your **creativity at our Family Art Class!** Perfect for artists of all ages, this hands-on class invites families to create, imagine, and explore together. Enjoy quality time making art as a family. Everyone leaves a unique masterpiece—and a fun, memorable experience!



## 6-Week Kick Start Calendar of Classes

*Jump in. Stay motivated.*

**AND KICK OFF THE SEASON WITH US!**



| JANUARY 23   | JANUARY 28   | JANUARY 30   |
|--|--|--|
| <b>Sound Bath with Togetherly Studios</b><br>6:00 pm | <b>Flotation Therapy</b><br>7:45 pm                                    | <b>Intergenerational Yoga (Slow Flow) with Togetherly Studios</b><br>6:00 pm |
| JANUARY 30   | FEBRUARY 3   | FEBRUARY 6   |
| <b>Flotation Therapy</b><br>7:00 pm                  | <b>Chair-Based Yoga for Seniors with Togetherly Studio</b><br>10:00 am | <b>Family Art Class with Mini Makers</b><br>6:00 pm                          |
| FEBRUARY 6   | FEBRUARY 8   | FEBRUARY 8   |
| <b>Sound Bath with Togetherly Studios</b><br>7:00 pm | <b>Flotation Therapy</b><br>5:00 pm                                    | <b>Multigenerational Movement Class</b><br>1:00 pm                           |
| FEBRUARY 12  | FEBRUARY 13  | FEBRUARY 15  |
| <b>Intergenerational Yoga (Slow Flow)</b><br>9:15 am | <b>Chair-Based Yoga with Togetherly Studios</b><br>5:00 pm             | <b>Intergenerational Yoga (Slow Flow) with Togetherly Studios</b><br>1:00 pm |
| FEBRUARY 19  | FEBRUARY 20  | FEBRUARY 22  |
| <b>Chair Based Yoga</b><br>9:15 am                   | <b>Hip Hop PJ Party</b><br>6:00 pm                                     | <b>Sound Bath</b><br>2:00 pm   |
| FEBRUARY 25  | FEBRUARY 27  | FEBRUARY 27  |
| <b>Herb Container Garden</b><br>12:00 pm             | <b>Herb Container Garden</b><br>6:00 pm                                | <b>Family Pickleball</b><br>6:30 pm  |

*To register for any of these classes and to find out more information, check out our website*

<https://www.spcommunitycenter.org/6weekkickstart/>