


August Fitness Events

August – “Fun in Your 50’s and 60’s”

Workshop/Class	Description	Date and Time	Cost	Instructor
<p>Belly Dance BOOT CAMP!</p> 	<p>You asked for it---</p> <p>Let's help you get in shape AND LOOSE WEIGHT!</p> <p>90 minutes of fitness and bellydance drills</p>	<p>Saturdays</p> <p>August 1 - August 29</p> <p>Time: 11am - 12:30pm</p>	<p>Cost:</p> <p>\$25 for the month</p> <p>\$15 drop in</p>	Iona
<p>What does Communication have to Do with Better Sex? (<i>Adults only</i>)</p> 	<p>Learn about the connection between speaking, listening, and being understood to intimacy in your relationship</p>	<p>Saturday 22nd 9:00 to 10:00 a.m.</p>	Free	Dr. Darshana
<p>Relationship Success I</p>  <p><i>Presented by Relationship Success Expert</i></p> <p><i>Dr. Darshana</i></p>	<p>Attract and keep the right partner</p> <p>Make the right choices in dating</p> <p>Avoid emotionally and financially expensive mistakes-</p> <p>In this program you will:</p> <p>Identify your relationship ‘deal-breakers’ and ‘deal- makers’</p> <p>Become the Chooser in your relationship(s) by knowing your requirements, needs, and wants</p> <p>Learn how and when to walk away .</p> <p>Avoid the 14 dating traps</p> <p>Learn critical dating skills... AND SO MUCH MORE !</p>	<p>5 week program</p> <p>2 hours per session</p> <p>DATES: Aug 29 Sept 12 October 03 October 10 October 17</p> <p>TIME: 10 to noon</p>	<p>\$350 per person</p> <p>Call Spa for registration 704-248-4141</p>	Dr. Darshana