

Gahanna Get Moving Team

The team has walked thousands of miles over the past few years, training and talking their way to fun and fitness. Liz Plott leads this group and will share her wisdom on walking and healthy lifestyles. The group meets at Creekside Park on every Saturday morning at 8 am, rain or shine. Registration is required.

Ages: 18+

Class	Time	Day	RDR/SR
760000	8am	Saturdays year round	Free

Location: Creekside Park, 117 Mill St.



GAHANNA GET MOVING TEAM

Basketball & Volleyball Open Gyms

Open gym participants must be 18 years of age and bring a valid driver's license. Passes may be purchased at the Parks & Recreation office. Open gyms will run through April 28, 2016. Schedule including skip dates will be posted at Gahanna.gov. All information listed below subject to change.

Single Visit Pass RDR \$5/SR \$8

Mid-Season Pass RDR \$45/SR \$50

If driver's license is not presented, participants will be charged standard rate. Please bring exact change.

Basketball (pass required, ages 18 and over):

Day	Time	Location
Tue	8:30-10:30pm	Middle School South, 349 Shady Spring Drive

Basketball (ages 30 and over):

Day	Time	Location
Thu	8:30-10:30pm	Middle School South, 349 Shady Spring Drive

Volleyball (ages 18 and over):

Day	Time	Location
Tue & Thu	8:45-10:30pm	Middle School East, 730 Clotts Road

Glow Golf

Fridays, May 20 • June 24 • July 15 • August 19 • September 16

Fright Night Glow Golf October 14

Enjoy 9 holes of Glow Golf under the stars! Each golfer will receive 2 glow in the dark golf balls, some glow swag, and 9 holes of golf with a cart. This event is a 4 player best ball scramble that is fun for golfers of ALL abilities. Prizes are available. Cost is \$30 per player, call 614.342.4270 to reserve your spot!

Don't Wait to Register!

Sometimes classes are canceled due to low enrollment. Please register early and encourage your friends to do so to avoid disappointment.

Mark The Spot Fitness

Certified personal trainer Mark Caraway certifications include NESTA Personal Training, NASM Corrective Specialist, ACSM Inclusive Fitness Trainer, Les Mill BodyPump, C.A.T.C.H. (coordinated approach to child health) and has been training for 10+ years through YMCA's, fitness clubs and Wright State University. **Location** (all classes): Gahanna Golf Course Clubhouse, 220 Olde Ridenour Rd.

MTS Super Moms Pre-Natal Fitness

Exercising throughout pregnancy has been proven to help moms maintain weight and health AND to improve the health and intelligence of their newborn baby. If you are an expectant mother, don't miss this opportunity to stay fit. Prepare for your big day by performing strength and cardio exercises while learning proper breathing to prepare for labor! **Consult with your physician prior to exercise. Prenatal 4 week class

Ages: 18+

Activity	Day	Date	Time	RDR/SR
112801B	Mon	Feb 15-Mar 7	10am	\$30/\$35
112801C	Mon	Mar 14-Apr 11*	10am	\$30/\$35
112801D	Mon	Apr 18 - May 9	10am	\$30/\$35
312801A	Mon	May 16 - Jun 13*	10am	\$30/\$35
312801A	Mon	Jun 13 - Jul 18*	10am	\$30/\$35

*skip Mar 28, May 30 or Jul 4

MTS Super Moms Post-Natal Fitness

If you are looking for a child-friendly fitness class and to meet other women, then this is the perfect class for you! Certified Personal Trainer Mark Caraway, will coach you through a full body workout, while your child (0-5) plays and socializes with other children or even joins in on the fun with you! The workout is formatted for all fitness levels and can be modified to your ability. These go at your own pace workouts are designed to challenge you at your level. You DO NOT need to bring a child to join our class; however, this is a child friendly class! **Consult with your physician prior to exercise. Post-Natal 4 week class

Ages: 18+

Activity	Day	Date	Time	RDR/SR
112802B	Fri	Feb 19 -Mar 11	10am	\$30/\$35
112802C	Fri	Mar 18-Apr 15*	10am	\$30/\$35
112802D	Fri	Apr 22 - May 13	10am	\$30/\$35
312802A	Fri	May 20 - Jun 10	10am	\$30/\$35
312802A	Fri	Jun 6 - Jul 15*	10am	\$30/\$35

*skip Apr 1 or Jul 1

*The Gahanna Convention & Visitors Bureau
proudly presents:*



June 17-19

Creekside Gahanna

Friday 5-11 pm/ Saturday 11 am-11 pm/ Sunday 12-6 pm
www.CreeksideBluesandJazz.com

Mark your calendars for one AMAZING weekend! 90+ hours of live music on 5 stages; Bourbon, Cocktail, Wine & Craft Beer tastings; Amusement Rides, VIP seating packages; unforgettable food & artisan vendors!

To learn more, join the "Fan Band" and keep current with announcements of musicians, news of special offers and more.

Sign up for the "Fan Feed" e-newsletter at
www.CreeksideBluesandJazz.com or call 614/418-9114.

Active Adults

Crafting & Cropping

Grab a friend and bring all your scrapping, paper making, crafts, stitching, sewing and crochet/knitting projects - stay all day or just a couple of hours. Door prizes throughout the day and a scrapbook/stamping vendor if you need supplies. Lunch and dinner are on your own. There are many food opportunities within walking distance. Snacks and bottled water are provided. *Due to the location, no painting is allowed. Space is limited so register early. No walk in registration.

Activity	Ages	Day	Date	Time	RDR/SR
111201A	16+	Sat	Mar 26	9am-9pm	\$15/\$20

Location: Clark Hall 380 Granville St.

Yoga

Join our very experienced teachers who have studied with many great yoga teachers, including Rodney Yee, Colleen Seidman Yee, Doug Keller, Tim Miller, Cyndi Lee, Angela Farmer, Swami Ramananda and more to provide students with a "true" yoga experience.

Sue Johnson, E-RYT 500, RMT, Certified Yoga on High Instructor
Lori Bower, E-RYT 500, RMT, Certified Yoga on High Instructor

Location (all classes): Gahanna Golf Course Clubhouse, 220 Olde Ridenour Rd. Modifications will be given for different levels.

Hatha Yoga For Every Body

Feel better, stronger, and relieve stress as you experience the mind/body connection in this class. Explore the benefits of ASANA (yoga postures) to gently stretch and strengthen the body. Breathing techniques quietly relax the mind and emotions and take you into a deeper level of consciousness. You will become more aware of patterns that facilitate a healthy spine, and a more relaxed and easeful body, mind and spirit.

Ages: 15+

Beginners

Activity	Day	Date*	Time	RDR/SR
110102C	Tue	Mar 8 – Apr 6	5:45-6:55pm	\$80/\$90
310102A	Tue	May 3 – Jun 7	5:45-6:55pm	\$80/\$90

Experienced

Activity	Day	Date	Time	RDR/SR
110102D	Tue	Mar 8 – Apr 6	7-8:15pm	\$80/\$90
310102B	Tue	May 3 – Jun 7	7-8:15pm	\$80/\$90

Multi-Level

Activity	Day	Date	Time	RDR/SR
310102C	Tue*	Jun 28 - Aug 6	7-8:15p	\$80/\$90*

*Skip Jul 5

Slow Flow Hatha Yoga

Gentle, slow flowing warm-ups get the body and mind ready to move into a variety of more challenging flow series, including sun salutations and other creative flow movements. Meditation and breath work incorporated. This class will leave you feeling refreshed, relaxed and energized. To enjoy your yoga experience, please bring a yoga "sticky" mat and 2 firm blankets.

Activity	Day	Date	Time	RDR/SR
110101B	Wed	Mar 8 – Apr 7	10:30-11:45am	\$80/\$90
310101A	Wed	May 4 – Jun 8	10:30-11:45am	\$80/\$90
310101B	Wed	Jun 29 – Aug 6	10:30-11:45am	\$80/\$90

*Skip Jul 6

See page 20 for
Family Yoga.

Active Adult Canoe & Kayak Float

The day will start at Woodside Green Park with American Canoe Association instructors providing a Paddling QuickStart introduction. The float will begin at Woodside Green and conclude at Friendship Park. Transportation back to Woodside Green will be included along with the canoes, life vests, paddles and tour guides to help along the float.

Ages: 18 & older

Activity	Day	Date	Time	RDR/SR
331002A	Wed	Jun 22	1pm-4pm	\$5/\$10 (per person)
331002B	Wed	Aug 31	1pm-4pm	\$5/\$10 (per person)

Location: Woodside Green Park, 213 Camrose Ct.



GAHANNA PARKS & RECREATION
FOUNDATION

Creekside Live

Bring your friends and coworkers to enjoy this Creekside summer concert series along with a variety entertainment, food and beverage sales that are oriented for active adults in Central Ohio on select Friday's during the summer. Event is supported by the Gahanna Parks & Recreation Foundation along with other local organizations. Sponsorships are available. Contact zac.guthrie@gahanna.gov for more information.

Dates: 2nd & 4th Fridays, Jun- Aug

Time: 6-10pm

Location: Creekside Park, 117 Mill St.



3rd Annual Hops & Vines Fest

Enjoy Creekside Park, local craft beers, great wine, live music and gourmet tacos from Local Cantina—all while supporting the Gahanna Parks & Recreation Foundation. The Foundation supports youth camp scholarships, public art, park improvements and more. Purchase your tickets at GahannaPR.org or call 614.342.4250.

Date: Sat, Sep 24

Time: 6:30-10pm

Cost: \$40 each

Location: Creekside Park, 117 Mill St.