



Program Guide

December 2022-February 2023



**REGISTRATION FOR HENRICO RESIDENTS
BEGINS NOVEMBER 21 AT 8AM.**

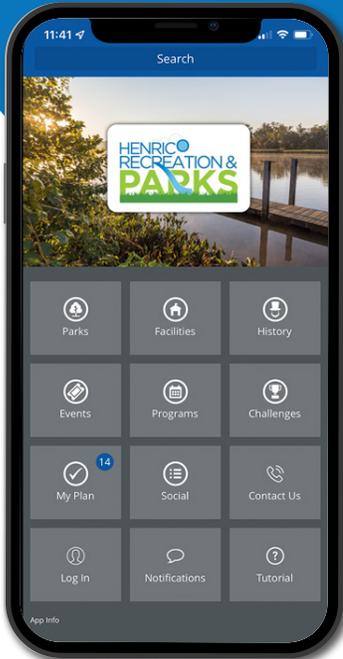
**REGISTRATION FOR NON-RESIDENTS
BEGINS NOVEMBER 30.**

804.501.PARK

| HENRICO.US/REC



DOWNLOAD OUR APP



Explore. Experience. Enjoy.

Parks ♦ Amenities ♦ Events
Programs ♦ History ♦ Challenges

**Join the
Challenge!**

Look for challenges in the APP.
These challenges give you a chance
to explore our parks. Some challenges
have a prize at the end.

Registration for Henrico Residents
begins Nov 21 at 8am.

Registration opens to non-residents on Nov 30.
connect.henricorecandparks.com



Inclusion Services Available!

Henrico Recreation strives to produce accessible recreation opportunities for all members of the community. If you or a family member needs assistance or program modifications (due to a medical condition or disability) to be able to participate in any of our programs, please contact our Inclusion Services team at 804-652-1413 or email rec-inclusion@henrico.us.

For those interested in information about our Therapeutic Recreation or adaptive programs see page 16.



Henrico County Recreation & Parks joined the ranks of elite park and recreation agencies across the country by earning accreditation through the Commission for Accreditation of Park and Recreation Agencies (CAPRA) and the National Recreation and Park Association (NRPA).

CAPRA accreditation is the only national accreditation for park and recreation agencies and is a measure of an agency's overall quality of operation, management and service to the community. This mark of distinction indicates that an agency has met rigorous standards related to the management and administration of lands, facilities, resources, programs, safety and services.



EVENT HIGHLIGHTS

All events are free and for the whole family.

Clarke-Palmore Christmas Open House

Sun, Dec 4, 2-5pm
Clarke-Palmore House Museum.

Tour the Clarke-Palmore House and see what Christmas was like for a family during the 1930s. Discover what Christmas traditions began during this decade. Create a craft to take home. Hot apple cider and light refreshments will be available.

Information:
leh@henrico.us



HENRICO HOLIDAY EXPRESS TOUR



TUE, DEC 6: BROOKLAND & FAIRFIELD
WED, DEC 7: VARINA
THUR, DEC 8: THREE CHOPT & TUCKAHOE

Tours run from 5-8pm each night. Details available at henrico.us/rec.

Santa Paws

Sat, Dec 10
10am-1pm
Short Pump Park



- 🐾 Take a photo with Santa
- 🐾 Shop local vendors
- 🐾 Let your pup play in the dog park
- 🐾 Concessions for purchase

Information: rec-events@henrico.us



**SIGN UP
FOR
PARK NOTES**
our e-newsletter
henrico.us/rec



(804) 501-PARK | henrico.us/rec

COMMUNITY PROGRAMS

All programs are free. No registration required.

Belmont Rec Center

Fresh Holiday Sprays

Sat, Dec 3, 9-11am. Belmont Rec Center. #13058

Ages 18+. Make a gorgeous holiday adornment from freshly-cut greenery of cedar, pine, magnolia, and nandina while supplies last. Participants will need to bring garden shears and garden gloves. Join in the festivity of the season! Information: ola@henrico.us

Tot Time

Mon, Dec 5-Feb 27, 9-11am. Belmont Rec Center. #13323

Ages 1-5. Come enjoy time with your tot! Have some fun with soft climbing equipment, oversized building blocks, push and ride toys, and more. You can expect a special activity on the fourth Monday of each month. Information: belmont@henrico.us

Christmas Confections

Sat, Dec 17, 10am-noon. Belmont Rec Center. #13059

All ages. We're getting ready for some candy-making, gingerbread house-creating fun at Belmont! Bring your friends and family out for a morning of sweet holiday yumminess. The hot cocoa bar is open, and you can enter the gingerbread house contest where The Grinch will determine the winner at the end of the event! Information: ola@henrico.us

SINGO!

Fri, Jan 27, 6-8pm. Belmont Rec Center. #13330

Ages 3+. This musical twist on BINGO will be fun for the whole family. We'll play well-known parts of songs, and you'll try to match them to the titles on your SINGO card. Information: jon105@henrico.us

Repurposed Wood Signs

Sat, Feb 4, 10am-noon. Belmont Rec Center. #12749

Ages 16+. Using recycled boards and pallet wood, create a piece of message art. With paint pens, permanent markers and various stencils to apply your favorite quote or words of affirmation and hang it at home. (While supplies last) Information: ola@henrico.us



BELMONT RECREATION CENTER
COMMUNITY GAME ROOM

All ages. Ages 12 and under must be accompanied by an adult.

Mondays: 4-8pm
Fridays: 4-8pm
Saturdays: 9am-noon

Call for information and additional availability: 804-652-1410

Drop-in Programs

Below is a list of drop-in activities that take place on a recurring basis at Belmont Recreation Center. An access pass is required. To receive a pass, please visit the recreation center to fill out the proper paperwork. Information: (804) 652-1410 or Belmont@henrico.us.

Belmont Games Club

Ages 18+. 1st and 3rd Tuesday, 10:30am-1pm

Bridge

Ages 18+. Kriss Kross: Monday, 12-4pm

Bridge Club: Wednesday, 10am-1pm

Golden Angels (Social Group)

Ages 18+. 2nd Friday, 10am-2pm

Pinochle

Ages 18+. 3rd Tuesday and 2nd Friday, 12-4pm

Tea Guild:

All ages. 4th Wednesday, 9am-12pm

Tot Time

Ages 1-5. Monday, 9-11am

FOLLOW US



COMMUNITY PROGRAMS

All programs are free. No registration required.

Deep Run Rec Center

Fresh Holiday Sprays

Sun, Dec 4, 2-4pm. Deep Run Rec Center. #13282

Ages 18+. Come spend the afternoon creating a beautiful holiday adornment using freshly-cut greenery of cedar, pine, magnolia, and nandina while supplies last. Participants, please bring garden shears and garden gloves. Information: sta02@henrico.us

Holiday Story Tots and Tunes

Tue, Dec 13, 10-10:45am. Deep Run Rec Center. #13031

Tue, Dec 13, 2-2:45pm. Deep Run Rec Center. #13032

Ages 2-5. Tots, Parents, and Grans - Holiday stories and songs will be introduced to your child. Information: pit02@henrico.us

Story Tots and Tunes

Second & Fourth Tuesday of each month.

Jan 10-Feb 28, 10-10:45am. Deep Run Rec Center. #13352

Jan 10-Feb 28, 2-2:45pm. Deep Run Rec Center. #13034

Ages 2-5. Tots, Parents, and Grans - stories and songs will be introduced to your child. Information: pit02@henrico.us

DEEP RUN RECREATION CENTER

COMMUNITY

GAME ROOM

All ages. Ages 12 and under must be accompanied by an adult.

Monday-Friday: 9am-5pm

Saturday: 9am-5pm

Sunday: 1-5pm

Information: 804-652-1430 or DeepRun@henrico.us

Pickleball Clinic for Beginners

Wed, Jan 18, 2-3:30pm. Deep Run Rec Center. #13043

Adults 18+. No pickles involved! What is pickleball? Come learn and try it out! Guaranteed fun and great exercise. We will have everything you need to learn to play. Information: pit02@henrico.us

Happy Birthday Elmo!

Fri, Feb 3, 9:30-10:30am. Deep Run Rec Center. #13134

All ages. It's February 3rd, Elmo's Birthday!!! Such a magnificent day! We celebrate YOU- Happy Birthday we say! Come join us for story time, dancing, Elmo activities and more! Information: qua024@henrico.us

Drop-in Programs

Below is a list of drop-in activities that take place on a recurring basis at Deep Run Recreation Center. An access pass is required. To receive a pass, please visit the recreation center to fill out the proper paperwork. Information: (804) 652-1430 or DeepRun@henrico.us.

Badminton

Ages 12+. Monday, 5:30-8:30pm and Saturday, 9am-12pm

Adult Basketball

Ages 18+. Friday, 5:30-8:30pm and Sunday 5:30-8:30pm

Pickleball for All

Ages 12+. Wednesday, 5:30-8:30pm and Sunday, 1:30-4:30pm

Senior Pickleball

Ages 50+. Monday, Wednesday, and Friday, 8:30am-1pm

Table Tennis

Ages 12+. Thursday, 5:30-8:30pm

Volleyball

Ages 12+. Saturday, 5:30-8:30pm

Senior Volleyball

Ages 50+. Tuesday, 5:30-8:30pm

Bridge

Ages 18+. Thursday, 10am-1pm

Canasta

Ages 18+. Thursday, 1:30-4:30pm

Cribbage

Ages 18+. Friday, 9am-12pm

Mahjong

Ages 18+. Friday, 1-4pm



COMMUNITY PROGRAMS

All programs are free. No registration required.

Eastern Henrico Rec Center

Fresh Holiday Sprays

Sat, Dec 3, 2:30-4:30pm. Eastern Henrico Rec Center. #13055
Ages 18+. Make a gorgeous holiday adornment from freshly-cut greenery of cedar, pine, magnolia, and nandina while supplies last. Participants will need to bring garden shears and garden gloves. Join in the festivity of the season! Information: cun04@henrico.us.

NinjaPalooza

Mon, Dec 5, 4:30-6pm. Eastern Henrico Rec Center. #13133
All ages. In honor of International Ninja Day, come to the gym at Eastern Henrico Recreation Center and engage in an obstacle course to celebrate your inner ninja. Dress in your best ninja costume or outfit (optional). Information: qua024@henrico.us

Community Game Room Night

Fri, Dec 16, 6-7pm. Eastern Henrico Rec Center. #13087
Ages 7-10. Our game room is open! Join us for a night of holiday fun featuring a Connect Four Tournament. Information: cun04@henrico.us

Karaoke Night

Fri, Dec 16, 6-8pm. Eastern Henrico Rec Center. #13088
Ages 10+. You don't have to be a celebrity to show off your singing talent, just have fun and sing holiday songs or traditional songs from your favorite artists like Beyoncé, Mariah Carey, or Boyz II Men. Information: cun04@henrico.us

Community Youth Basketball Night

Mon, Dec 19, Jan 23, & Feb 27, 5:30-7:30pm.
Eastern Henrico Rec Center. #13125
Ages 10-14. Come test your basketball skills against others your same age. Participant must be signed in by an adult to participate. Information: cun04@henrico.us

Paper Fortune Cookies

Fri, Jan 20, 10:30am-noon. Eastern Henrico Rec Center. #13076
All ages. We're celebrating the Lunar New Year by making paper fortune cookies. In the Year of Rabbit, create a positive message to give to those you know. Information: tru08@henrico.us

Football Fans

Thu, Jan 26, 5-6pm. Eastern Henrico Rec Center. #13056
Ages 7-10. Decorate your favorite team banner or paper spirit finger hand. Make a paper origami flick football and play other football games. Information: cun04@henrico.us

Pandamania Party!

Sat, Jan 28, 5:30-6:30pm. Eastern Henrico Rec Center. #13053
Ages 5-8. It's time for a PARTY! Pandas are some children's favorite bears, wear black and white to the celebration. Do the Panda Pokey dance, add streaks to a panda mask, and play other carnival games. Information: cun04@henrico.us

EASTERN HENRICO RECREATION CENTER



All ages. Ages 12 and under must be accompanied by an adult.

Monday-Thursday: 4-8pm

Saturday: 8am-4pm and Sunday: 1-4pm

Thu, Jan 19, 5:30-6:30pm. Celebrate National Popcorn Day

Join us for a craft and popcorn.

Thu, Feb 16, 5:30-6:30pm. African American Inventions Bingo

Join us for bingo and prizes.

Information: 804-652-1450 or EasternHenrico@henrico.us

Drop-in Programs

Below is a list of drop-in activities that take place on a recurring basis at Eastern Henrico Recreation Center. An access pass is required. To receive a pass, please visit the recreation center to fill out the proper paperwork. Information: (804) 652-1450 or EasternHenrico@henrico.us.

Badminton

Ages 12+. Friday, 5-7:45pm and Sunday, 1-4pm

Adult Basketball

Ages 30+. Wednesday, 6-8:30pm

Youth Basketball

Ages 10-17. Saturday, 1-3pm

Pickleball for All

Ages 12+. Tuesday, 6:30-8:30pm

Senior Pickleball

Ages 50+. Tuesdays, Thursday, and Friday, 8:30am-1pm

Senior Basketball

Ages 50+. Friday, 8:30am-12pm

Pinochle

Ages 18+. 1st and 3rd Wednesday, 12:30-5:30pm

Spades:

Ages 18+. 1st and 3rd Wednesday, 9am-12pm



(804) 501-PARK | henrico.us/rec

COMMUNITY PROGRAMS

All programs are free. No registration required.

Hidden Creek Rec Center

SOLES-Soap Opera Lunch Engagement for Seniors

Mon, Wed, & Fri, Dec 5-9, 11am-2pm. Hidden Creek Rec Cntr. #13119
Mon, Wed, & Fri, Jan 9-13, 11am-2pm. Hidden Creek Rec Cntr. #13315
Mon, Wed, & Fri, Feb 6-10, 11am-2pm. Hidden Creek Rec Cntr. #13316
Ages 50+. Come watch your favorite soap operas, play card games or bingo, and engage in happy conversation. Bring a lunch and get ready to talk. Information: cun04@henrico.us

Sunday Fundays

Sun, Dec 18, 1:30-4pm. Hidden Creek Rec Center. #13310
Sun, Jan 29, 1:30-4pm. Hidden Creek Rec Center. #13311
Sun, Feb 5, 1:30-4pm. Hidden Creek Rec Center. #13312
Ages 11-14. Unplug and unwind, time to relax and socialize with your friends. Play games, make creative crafts, or just converse with friends at the recreation center. Parents must complete a drop-in form. Information: cun04@henrico.us



AARP Tax Aide
Mon-Fri, Feb 1-April 15
Twin Hickory Recreation Center
9:30am-2:30pm, by appointment only

Ages 18+. Volunteers with the AARP Tax-Aide Program will once again assist individuals with the preparation of their federal and state tax returns. This service focuses on senior citizens but accommodates anyone in the preparation of personal tax returns. All tax preparation is done by appointment only. Starting on January 11, 2023, updated information is provided on the THRC Tax-Aide Site phone at 804-476-4149. www.aarp.org/taxaide

Additional Locations

Knitting Club with Katie

Thur, Dec 1, 10am-12pm. Armour House. #13118
Thur, Jan 5, 10am-12pm. Belmont Rec Center. #13118
Thur, Feb 2, 6:30-8:30pm. The Springs Rec Center. #13118
Ages 16+. Knitting is a great way to pass the winter months. Join us at a few of our cozy centers for fellowship and fun. Bring a piece that you're working on, we'll provide the coffee, and have a great time! Information: jon105@henrico.us

Wright Brothers Day

Sat, Dec 17, noon-1pm. Crump Park. #13267
All ages. Enjoy a fun day learning the history of the Wright Brothers and flying paper airplanes. Supplies will be provided to make your finest plane to compete in challenges! Information: bla083@henrico.us

Paint and Sip at Hunton

Wed, Jan 11, 6:30-8pm. Hunton Community Center. #13309
Ages 18+. Need a night out? Join us for painting, hot cider, and fun. We will provide the supplies and inspiration. While supplies last. Information: sta02@henrico.us

Bird Watching

Thu, Jan 19, 9-10am. Tuckahoe Creek Park. #13304
All ages. Bird Watching 101: A guide for beginners with Henrico Libraries and Recreation and Parks. Learn basic bird watching skills as we walk quietly on the boardwalk searching for our local winged friends. Binoculars will be provided while supplies last. Make sure to bring a water bottle, if needed. Meet at the Old Coach Lane entrance. Information: sta02@henrico.us

Happy Birthday Elmo!

Fri, Feb 3, 4:30-5:30pm. Armour House. #13135
All ages. It's February 3rd, Elmo's Birthday!!! Such a magnificent day! We celebrate YOU- Happy Birthday we say! Come join us for story time, dancing, Elmo activities and more! Information: qua024@henrico.us

Dog Treats

Thu, Feb 23, 11am-1pm. Short Pump Dog Park. #13308
All ages. It's National Dog Biscuit Day! Bring your furry friend and come fetch with us. Treats will be provided while supplies last. Hope to see you at Short Pump dog park. Information: sta02@henrico.us

FOLLOW US



HISTORY PROGRAMS

All programs are free. No registration required.

A Tudor Christmas

Sat, Dec 3, 1-4pm. Meadow Farm. #13270

All ages. It's hard to imagine, but many of our beloved Christmas traditions that we enjoy today were first created in Tudor England. Come to historic Meadow Farm Museum and learn how these Tudor inspired celebrations have evolved into our modern world. Information: cha129@henrico.us

Rudolph the Red-Nosed Reindeer Puppet Show

Sun, Dec 4, 1-2pm. Meadow Farm. #13271

All ages. Drop in at Meadow Farm for a new take on a classic Christmas story. Join us for a puppet show that's definitely something to behold!! Information: cha129@henrico.us

Downton Abbey Christmas

Sat, Dec 10, 1-4pm. Armour House. #13272

All ages. Over a hundred years ago, Virginia had its own glamorous era that rivals all the elegance of the British TV series of Downton Abbey. This Christmas season come learn of the fabulous Virginia families who dominated society for generations, and the army of staff needed to create this vision of extravagant wealth. Information: cha129@henrico.us

Christmas Storytime

Sat, Dec 17, 1:30-2:30pm. Virginia Randolph Museum. #13273

All ages. Join us at the Virginia Randolph Museum for the reading of some classic holiday titles. You may bring a blanket, wear your PJs, it's up to you! Information: cha129@henrico.us

Ancient Art of Grave Dowsing

Sat, Jan 28, 1-2pm & 3-4pm. Meadow Farm. #13292

All ages. Join us for this class on grave dowsing. We will venture to the Sheppard family graveyard and test out the techniques. This class will also include a discussion on 19th century and earlier funeral practices. Information: cha129@henrico.us

"Bah, Humbug:" Charles Dickens in Richmond

Sun, Feb 5, 2-3:30pm. Belmont Rec Center. #13112

Ages 12+. Charles Dickens toured the United States in 1842, giving lectures and readings across the nation, which included a stop in Richmond. In recognition of Charles Dickens' birthday on February 7, we will host a "visit" from the world famous author. Join costumed historian, John Pagano, as he portrays Charles Dickens. Dickens will share with you his observations and thoughts as published in his "American Notes." Information: den63@henrico.us

Henrico History BINGO: Black History Month Edition

Tue, Feb 7, 7-8pm. Tuckahoe Library. #13140

Tue, Feb 28, 1-2pm. Fairfield Area Library. #13139

All ages. African Americans in Henrico have contributed to our community in so many ways for hundreds of years. Join us to learn more about these residents by playing BINGO. Stay for the fun and prizes, leave with knowledge of how black Henricoans contributed to our past, shaped our present, and impact our future. Information: den63@henrico.us

Ragged Road to Reconstruction

Sat, Feb 18, 1-2pm & 3-4pm. Springfield School. #13281

All ages. When the American Civil War ended in 1865, the United States of America embarked into a period of rebuilding called Reconstruction. What was rebuilt during this period and what are its lasting effects? Join us in the newly restored Springfield School in Pouncey Tract Park for a focused presentation on the Reconstruction Period. Information: cha129@henrico.us

Behind the Shell: the W.M.R. & Seven Pines Bag Loading

Thu, Feb 23, 7-8pm. Sandston Branch Library. #13111

Ages 12+. With America's entry into World War I, the land on which the town of Sandston and the airport now occupy, played an important role in the war effort. The Women's Munition Reserve, brainchild of Miss Winifred Crenshaw, recruited, trained, and staffed a powder bag loading plant with jobs designed for women and (to some extent) by women. This presentation will explore the story of the creation of the plant, the workforce, and it's important role to World War I. Information: den63@henrico.us



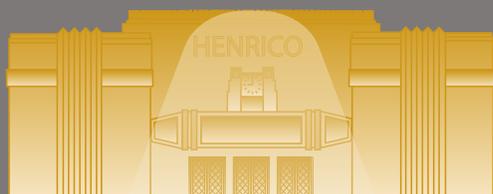
**Introducing the new
Meadow Farm Interpretive Kitchen**

A long-time vision is finally a reality!
This addition will allow staff to expand programming to include 19th century cooking.



HENRICO LIVE

Tickets on sale now, online and in person.



HENRICO LIVE

Join us for another Henrico Live season! We are featuring seven of your favorite groups spanning from December 2022-May 2023.

Save big and see it all with a season ticket! The more shows you select, the bigger the discount! Select 3 or 4 performances and receive a 25% discount; select 5 or more performances to receive a 50% discount.

Individual Tickets cost \$10 per show.

To purchase tickets go to henricolive.com or visit the box office. Tickets on sale now.

All performances will be held at Henrico Theatre.

Bak N Da Day

Dec 10, 7:30pm.

Dec 11, 3pm.

The group that needs no introduction is back on the Henrico Theatre stage! Enjoy an evening of soulful holiday music including the Temptations Christmas CD as well as soul classic tunes from the 50's, 60's, and 70's!



Christmas with KOS & The Taters

Dec 17, 2 & 7:30pm.

The Taters are joining KOS for this year's Christmas concert! Come see these two powerhouse bands rock out with all of your favorite Christmas tunes!

Joe Enroughty and the Royal Virginians

Jan 13, 7:30pm

Since 2004, The Royal Virginians have been Virginia's premiere Big Band Dance Orchestra. Specializing in the music of the 20's, 30's, 40's, and beyond, this 14-Piece Big Band provides listening and dancing enjoyment through its inimitable style and vast library of custom arrangements: classic tunes, waltzes, Latin styles, society numbers, swing, and Dixieland.

Plunky & Oneness

Feb 10, 7:30pm

Plunky & Oneness is an enduring and versatile funk, jazz, Afro-fusion group. Led by saxophonist J. Plunky Branch, the group is a unique combination of exotic soulful grooves, sax, vocals, African percussion, and electronics. Don't miss the local legend's return to Henrico Theatre!

Susan Greenbaum

Mar 10, 7:30pm

Susan Greenbaum has committed the first sin of musicians: She quit her day job. After working as a corporate executive in Fortune 500 companies, Susan traded her power suits for performing. Susan is an Henrico Theatre mainstay and the recipient of several songwriting awards. The most frequently heard comment at her gigs is, "Great songs--and how does all that big, beautiful sound come out of someone under five feet tall?"

Soul Expressions

Apr 14, 7:30pm

You've seen them at Soulful Sunday, you've seen them on the 4th of July, now see them on the Henrico Theatre Stage! This amazing band will play all of your favorite hits from all of your favorite genres throughout the decades. They are guaranteed to bring you to your feet and keep you dancing all night long!

The Taters

May 12, 7:30pm

Close out the Henrico Live Season celebrating The Taters' 25th anniversary! Infectious melodies and high energy songwriting makes menagerie an immediate favorite among Taterheads! You'll be singing along by the second verse! This is songwriting from a time when irresistible hooks were just expected, and the Taters don't disappoint! Come see your favorite band play your favorite music!

Akoma de Gado



presents African Thread, American Tread!

Sat, Feb 4 at 2 & 7pm. Free!

Henrico Theatre

This production will display certain dances and rhythms that have sustained black folk throughout the diaspora for centuries. Living in America presents challenges of its own and some traditions/customs may evolve into new creations upon a different land. Akoma de Gado will take you on a journey from the African American perspective and bringing it to audiences during this 21st century.

Information: 804-652-1460



(804) 501-PARK | henrico.us/rec

PERFORMING ARTS

HENRICO THEATRE MOVIES

SILVER SCREEN MOVIES

Showtime: 10am

Jan 25: The Bucket List

Feb 22: Guess Who's Coming to Dinner



KIDS MOVIES

Showtime: 10am

Jan 18 & Feb 15

TICKETS & CONCESSIONS: \$1 EACH

804.652.1460 | henricotheatre.com

Holiday Concerts

No reservations required. First come, first served.

Henrico Pops Chorus Holiday Concert

Tue, Dec 13, 7:30-8:30pm. Henrico Theatre. #13128

All ages. The Henrico Pops Chorus will present their annual holiday concert. Come out and join the chorus for all of your holiday favorites. Under the direction of Bobbie Moore.

Information: per22@henrico.us

Henrico Concert Band Holiday Concert

Mon, Dec 19, 7:30-9pm. Henrico Theatre. #13129

All ages. Come out to Henrico Theatre and celebrate the holidays with a concert full of your favorite holiday songs performed by Henrico Concert Band under the direction of Randy Abernathy.

Information: per22@henrico.us



The Wild, Wacky
and
Wonderful
Women of Song

January 26-29, Tickets: \$20

Come and be thoroughly entertained by some of Henrico Theatre Company's favorite leading ladies! This concert will feature wonderful women singing songs that they have been closely associated with over the years, while others go down a road they have not yet taken. Solos, duets, and group numbers – we've got it all for you! You won't want to miss this special treat!



For more information and reservations, 804-261-2787 or www.artsglenallen.com



Our Funny Valentines



Shannon & Josh
in Concert

February 5 at 3 & 7pm
Tickets: \$12

Treat your favorite valentine to a date on the stage at The Cultural Arts Center at Glen Allen! You won't want to miss Shannon and Josh performing solos and duets of a variety of love songs – some sweet, some funny, some old, some new, and maybe even some Patsy Cline!

For more information: 804-261-2787 or 804-501-5859
or www.artsglenallen.com



(804) 501-PARK | henrico.us/rec

HENRICO THEATRE COMPANY

2022-2023 Season of Plays

All tickets can be purchased in person at The Cultural Arts Center at Glen Allen, by calling 804-501-5859 or 804-261-2787, or online at artsglenallen.com; click on Performances then Henrico Theatre Company to purchase tickets.

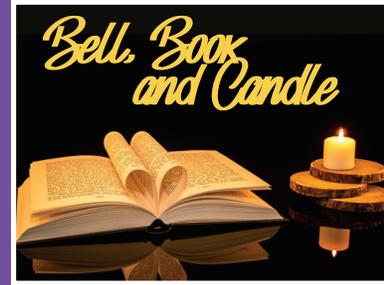
Individual Tickets: \$10 for adults and \$8 for seniors (55+) and students per show.



December 2-18

A comedy with music by Michael Carlton, James Fitzgerald and John K. Alvarez.

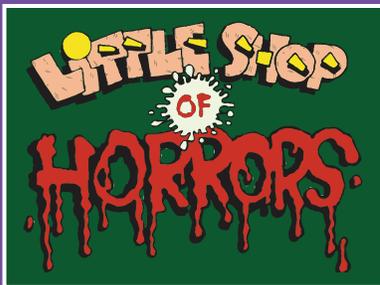
Instead of performing Charles Dickens' beloved holiday classic, *A Christmas Carol*, for the umpteenth time, several actors decide to perform every Christmas story ever told - plus Christmas traditions from around the world, seasonal icons from ancient times to topical pop-culture, and every carol ever sung. A madcap romp through the holiday season!



July 14-30

A comedy by John Van Druten.

Gillian Holroyd is one of the few modern people who can actually cast spells and perform feats of supernaturalism. She casts a spell over an unattached publisher, Shepherd Henderson, partly to keep him away from a rival and partly because she is attracted to him. He falls head over heels in love with her at once and wants to marry her. But witches, unfortunately, cannot fall in love, and this minute imperfection leads to a number of difficulties. A wonderfully enchanting fantasy!



May 5-21

A musical comedy with music by Alan Menken and lyrics by Howard Ashman.

Seymour Krelborn, a meek floral assistant, stumbles across a new breed of plant he names "Audrey II" - after his coworker crush. This R&B-singing carnivore promises unending fame and fortune to the down and out Krelborn as long as he keeps feeding it blood. Over time, though, Seymour discovers Audrey II's out of this world origins and intent towards global domination! The music in the style of early 1960s includes several well-known tunes, including the title song, *Skid/ Row, Somewhere That's Green* and *Suddenly, Seymour*.

AUDITION ANNOUNCEMENT

Little Shop of Horrors

AUDITION

Mon & Tues, Feb 6 & 7 at 7pm

PRODUCTION DATES

May 5-21

LOCATION

The Cultural Arts Center at Glen Allen

Director Amy Perdue and Music Director Joshua Wortham are seeking a diverse cast of five men and four women, ages 20-70. Those auditioning should prepare a short song in the correct key (accompanist provided) and be dressed for movement. Readings will be from the script. No performers paid. Rehearsals will begin in March.

Information: per22@henrico.us

All performances will be held at The Cultural Arts Center at Glen Allen.

For specific showtimes, go to artsglenallen.com.

Information: 501-5859 or per22@henrico.us



(804) 501-PARK | henrico.us/rec

YOUTH CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.

► Breakfast with Santa and His Friends

Sat, Dec 3, 9-11am. Deep Run Rec Center. #13042

All ages. You are invited to join Santa and his friends for breakfast! Bring your camera because the jolly old elf himself - Santa, Willie the Elf, the Grinch and his favorite helper Elf Mary - are going to be here! Share your Christmas wishes with Santa! Have a yummy cereal breakfast, juice, and milk - of course coffee for the adults! Registration of all adults and children attending is required. Information: pit02@henrico.us

► Holiday Squirt of Glue

Tue, Dec 6, 10-10:45am. Deep Run Rec Center. #13037

Ages 2-5. Parents, Grans, and Tots! Ho, ho, ho - the holidays are here! Guiding your little one, create a fun holiday arts and crafts project that will encourage your child to develop their fine motor skills and allow for your child to expand their essential vocabulary. And most of all, have fun! Information: pit02@henrico.us

► Quilling a Christmas Card

Wed, Dec 7, 4-5pm. Deep Run Rec Center. #13137

Ages 8-12. Quilling is the art of rolling thin papers to make decorative works of art. During this class you will learn how to curl the fine strips of paper to make a Christmas card that you will be proud to give to someone. Information: leh@henrico.us

► Santa's Workshop for Elves

Wed, Dec 14, 4-5pm. Deep Run Rec Center. #13041

Ages 7-10. Ribbons, bows, jingle bells and quiet tippy toes! Elves will work hard at Christmas crafting an awesome gift for someone special. Information: pit02@henrico.us

► Child's Play

Wed, Dec 14, Jan 11, & Feb 8, 4-5pm. Eastern Henrico Rec Center. #13127

Ages 4-6 accompanied with a registered adult. The color of the rainbow brings magic to crafts, games, and stories. Come play and have fun! Information: cun04@henrico.us

A Flurry of Art Camp

Mon-Wed, Dec 19-21, 9am-3pm. #13325

Camp will be held at Fairfield Library on 12/19, The Springs Rec Center on 12/20, and Henrico Theatre on 12/21.

Ages 11-13. We will spend each day at a different location providing an opportunity to experience an array of art from digital, visual, culinary, performing, and more!



DECEMBURRR CAMP

Mon-Wed, Dec 19-21, 9am-4pm.

Deep Run Rec Center

#13286

Ages 8-10. Decemburrr Day Camp is a great way to beat those winter blues. Three jam-packed days of sports, games, fitness, crafts and more that are sure to keep you from becoming a Grinch.

Information: sta02@henrico.us

FOLLOW US



Reminder!

If you are registered for a program, please make every effort to attend. If you are unable to attend, please contact us so we can share your spot with someone on the waiting list. Forgot what you signed up for? Go to your account and view Family Member's Schedule or look for your emailed receipt!

Thank you for your cooperation!



YOUTH CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.

► A Squirt of Glue

Tue, Jan 3, 10-10:45am. Deep Run Rec Center. #13038
Tue, Feb 7, 10-10:45am. Deep Run Rec Center. #13039
Ages 2-5. Parents, Grans, and Tots! Guiding your little one, create an arts and crafts project that will encourage your child to develop their fine motor skills and allow for your child to expand their essential vocabulary. And most of all, have fun! Information: pit02@henrico.us

► Magician Apprentice Class

Wed, Jan 18, 4-5pm. Eastern Henrico Rec Center. #13116
Wed, Feb 1, 4-5pm. Deep Run Rec Center. #13138
Ages 9-12. Become a magician! You will not only learn how to perform several magic tricks; you will be able to go home and perform your own mini magic show. Information: leh@henrico.us

► Leather Bracelet

Sun, Jan 29, 2-3pm. Belmont Rec Center. #13091
Ages 10-12. Come and learn techniques to work with leather. Make your own leather bracelet with the addition of cup chain and embroidery floss. Information: cli04@henrico.us

► Art Tales

Tue, Jan 31, 10-11am. Deep Run Rec Center. #13045
Wed, Feb 15, 10-11am. Deep Run Rec Center. #13047
Ages 3-5. Bringing literature and art together equals fun. Join us for an adventure. Children must be accompanied by an adult. Information: pit02@henrico.us

► No Melt Snowman

Wed, Feb 8, 3-4pm. Deep Run Rec Center. #13049
Ages 6-9. Come in from the cold and create a snowman that does not melt. We will build our snowmen from socks, buttons, rice and other cool materials. Information: pit02@henrico.us

► Beaded Bracelet Craft

Fri, Feb 10, 5-6pm. Eastern Henrico Rec Center. #13094
Ages 7-10. Do you need a special gift for someone or want to make something for yourself? Show your creativity by making a bead bracelet for any occasion. Information: cun04@henrico.us

► History Investigators

Sat, Feb 25, 2-3pm. Henrico Theatre. #13288
Ages 5-11. Join the History Investigators as we go to Henrico Theatre which was built in 1938 in the Art Deco style. To practice our detective skills, you will receive a folder with objectives like finding objects and following clues to discover hidden boxes. Stay for the movie after the program. Information: leh@henrico.us

► Historic Games in the Park

Tue, Feb 28, 3:30-4:30pm. Hidden Creek Park. #13351
Ages 5-9. Take a break from the computers and televisions to spend an afternoon enjoying games with the beautiful Hidden Creek Park as a backdrop. Participate in historical games of the 18th and 19th centuries. Information: cha129@henrico.us

Friday Night at the Movies

Fri, Jan 20, 5:30-8:30pm.
Deep Run Rec Center. #13217

All ages.

It's snowing and who let the dogs out?
Enjoy a family Friday night movie
at Deep Run Recreation Center.

Our movie for the evening
is *Snow Dogs*. Bring your dinner
and sodas to enjoy before the event.
Then, chill out with us.

We will provide the popcorn,
snacks and water.
Register your family
as reservations are limited.

Information: pit02@henrico.us

Valentine's Tea

Tue, Feb 14, 10am-noon.
The Springs Rec Center. #13102
Registration required in advance.

Ages 4+ with a registered adult.
Come enjoy a little Tea time with
your little one. We'll enjoy some
delicious flavored tea's and delicacies
together to celebrate Valentine's day.

Information: ola@henrico.us

Registration for Henrico Residents
begins Nov 21 at 8am.

Registration opens to non-residents on Nov 30.
connect.henricorecandparks.com



ADULT CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.

► Slate Painting

Thu, Dec 8, 6:30-8:30pm. Belmont Rec Center. #13101
Ages 16+. Using recycled roof slate and acrylic paints you can create any image you like. Free-hand or stencil a design. They make great decor or gifts. Information: ola@henrico.us

► Yes! We Can Do It.

Mon, Dec 12, 6:30-8:30pm. Belmont Rec Center. #13103
Ages 18+. Hey ladies! We're mixing it up a little this season. Put down your tools and come learn how to make homemade candy. We'll be using chocolate melts and molds to make some delicious treats. Information: ola@henrico.us

► In Stitches

Thu, Jan 26-Feb 2, 6:30-8pm. Deep Run Rec Center. #13044
Ages 18+. When you're stuck inside during a long, cold winter, working on a knitting project can be fun and rewarding. Knitting is a fairly easy hobby to adopt. You will need to bring: US 13 knitting needles; 2-3 skeins of bulky yarn - this should equal 100-200 yards of yarn. Information: pit02@henrico.us

► Black Leather Bracelet

Sun, Jan 29, 3:30-4:30pm. Belmont Rec Center. #13092
Ages 18+. Come and learn techniques to work with leather cording. Make your own leather bracelet using large hole beads. Information: cli04@henrico.us

► Soul Food, Heart Health

Thu, Feb 23, 6-7pm. Hidden Creek Rec Center. #13319
Ages 11+. Good meals are a shared pleasure at the heart of most family life and special celebrations. During Black History Month join Virginia Cooperative Extension to learn how to keep your heart healthy and sample healthier versions of favorite soul food recipes. Information: cun04@henrico.us

Seniors

► Holiday Tea

Tue, Dec 13, 10am-noon. Belmont Rec Center. #13086
Ages 50+. Get in the holiday spirit while having a fabulous time listening to holiday music and tasting a variety of teas and pastries with friends! Information: cun04@henrico.us

► Flattering Flat Tire Earrings

Mon, Feb 6, 2-3pm. Deep Run Rec Center. #13051
Ages 50+. No need to call someone to fix a flat, we will turn those tires into beautiful earrings for you to sport. Come ready to be creative and have fun in this jewelry class! Information: pit02@henrico.us

► Valentine Party!

Tue, Feb 14, 10am-noon. Eastern Henrico Rec Center. #13093
Ages 50+. Come celebrate this special day with music, valentine treats, sparkling cider, games, vendors, and more! Henrico Recreation & Parks and Henrico Advocate for the Aging are sponsoring this event for you to enjoy a Valen-time! Information: cun04@henrico.us

► Cupid Shoot: Beginner Archery

Wed, Feb 15, 9-10:30am. Eastern Henrico Rec Center. #13131
Wed, Feb 15, 11am-12:30pm. Eastern Henrico Rec Center. #13132
Ages 50+. This class will teach participants how to safely and successfully shoot a compound bow and arrow, just like Cupid. The course will follow the National Archery in the Schools Program (NASP) curriculum. Appropriate for individuals with little to no archery experience. Expect festive flair during this Valentine's Day themed course. Information: qua024@henrico.us

► Bohemian Rhapsody Memory Wire Bracelets

Thu, Feb 16, 2-3:30pm. Deep Run Rec Center. #13050
Ages 50+. Are you free spirited, lover of the arts? Then join us for the afternoon creating a beautifully colored memory wire bracelet. Lots of colored beads and charms to choose from. Information: pit02@henrico.us

► Legendary Dance Night

Sat, Feb 18, 6-8pm. Eastern Henrico Rec Center. #13054
Ages 50+. Dance the night away honoring music legends such as Aretha Franklin, Luther Vandross, Michael Jackson, Prince, and more! It will be a legendary night to remember! Information: cun04@henrico.us

► Afternoon Painting Soiree

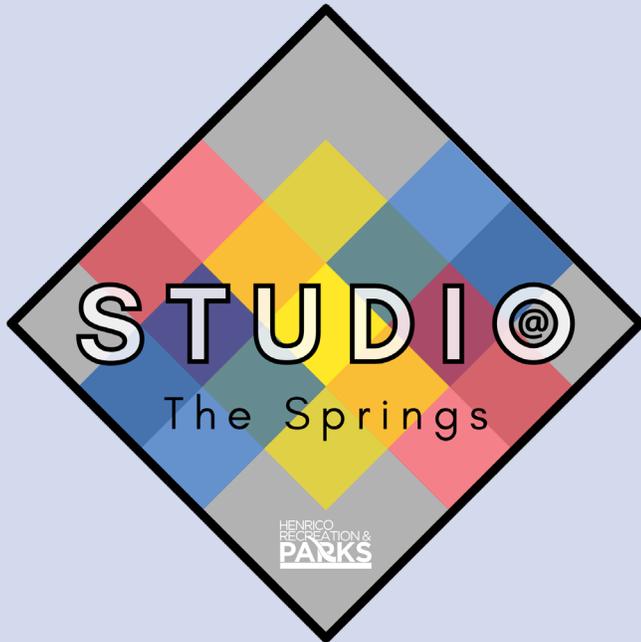
Wed, Feb 22, 2-3:30pm. Deep Run Rec Center. #13287
Ages 50+. Come and enjoy how to create a fluid acrylic paint pouring art piece. It might get a little messy, but the results are amazing. Information: pit02@henrico.us

FOLLOW US



ADULT CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.



A canvas for our community. Come create with us and explore various forms of art with instruction and with an opportunity for drop in and self-guided studio time.

► Glass Etched Ornaments

Tue, Dec 6, 6:30-8:30pm. The Springs Rec Center. #13317
Ages 16+. Glass etching allows you to achieve a frosted image on any glass surface. Using a stencil and chemical-based product, make a beautiful and unique keepsake for your tree. Ornaments will be provided. Information: jon105@henrico.us

► Festive Holiday Jewelry

Tue, Dec 13, 6:30-8:30pm. The Springs Rec Center. #13096
Ages 18+. Come and learn techniques to work with wire to make a tree necklace and wrapped hoop earrings. Information: cli04@henrico.us

► Line Art Embroidery

Tue, Jan 3, 1:30-3:30pm. The Springs Rec Center. #13320
Tue, Jan 3, 6:30-8:30pm. The Springs Rec Center. #13318
Ages 16+. Try the trending art technique of embroidering line art on a canvas. Create a minimalistic image using needle and thread; then embellish it with paint. Information: jon105@henrico.us

► Glass Fusing

Tue, Jan 17, 1:30-3:30pm. The Springs Rec Center. #13117
Tue, Jan 17, 6:30-8:30pm. The Springs Rec Center. #13081
Ages 18+. Learn the artistic technique of fused glass. We'll use various types, sizes and colors of glass that, once fired in a kiln, fuse together to become a beautiful piece of art. Information: ola@henrico.us

► Resin Crafting

Tue, Jan 24 & 31, 1:30-3:30pm. The Springs Rec Center. #13100
Tue, Jan 24 & 31, 6:30-8:30pm. The Springs Rec Center. #13097
Ages 18+. Resin is a fun and creative medium to work with giving a protective and glossy cover to your artwork. Choose from woodburning, paper transferring, or earring blanks to resin. You'll also craft a personalized pendant to wear. Information: cli04@henrico.us

► Caged Beaded Necklace and Earrings

Tue, Feb 7, 1:30-3:30pm. The Springs Rec Center. #13099
Tue, Feb 7, 6:30-8:30pm. The Springs Rec Center. #13098
Ages 18+. We will make a necklace out of beads and wire to frame the beads. Create a pair of beaded earrings. Information: cli04@henrico.us

► Mosaic Glass Block

Tue, Feb 21 & 28, 1:30-3:30pm. The Springs Rec Center. #13363
Tue, Feb 21 & 28, 6:30-8:30pm. The Springs Rec Center. #13362
Ages 16+. Decorate the surface of a glass block using stained glass bits. Choose any design and colors that you like. Finish it with resin and add lights inside for a bright and beautiful piece. Information: ola@henrico.us

► Hand Lettering

Tue, Feb 28 & Mar 7, 1:30-3:30pm. The Springs Rec Center. #13322
Tue, Feb 28 & Mar 7, 6:30-8:30pm. The Springs Rec Center. #13321
Ages 16+. During this two-part class you will learn brush calligraphy and modern-day hand lettering! Winter is the perfect time to learn these skills to add classy flair to decorative boards, wedding cards, placeholders, and more! Information: jon105@henrico.us

Open Studio

Try a different art form every month!
Second Tuesday of each month.
1:30-3:30pm or 6:30-8:30pm.

Ages 18+. Space is limited. First come, first served. An access pass is required. To receive a pass, please visit the recreation center to fill out the proper paperwork.

Information: StudioAtTheSprings@henrico.us

Reminder!

If you are registered for a program, please make every effort to attend. If you are unable to attend, please contact us so we can share your spot with someone on the waiting list. Forgot what you signed up for? Go to your account and view Family Member's Schedule or look for your emailed receipt!

Thank you for your cooperation!



THERAPEUTIC RECREATION

All programs are free; however, programs with a ► next to the title requires registration in advance.

Therapeutic Recreation (TR) is a fun adaptive form of recreation for those that may have medical conditions or disabilities. The goal of TR is to promote socialization, leisure education, and provide opportunities for diverse programming. Activities are geared towards enhancing participants' minds, bodies, and health. This safe space allows for participants to engage with each other in the least restrictive environment to enhance one's quality of life.

Minimum Eligibility Requirements and Inclusion Services

All programs have essential eligibility requirements for participation. Essential eligibility requirements may include, but are not limited to, age, prerequisite skills, safety, endurance, behavior, personal care, and medical issues. Inclusion services are reasonable modifications that Henrico Recreation and Parks staff can provide to make an experience more accessible. Modifications could include, but are not limited to, the use of visual aids and verbal cues, custom supplies or equipment, facilities, and staff education. Modification plans are created, reviewed, and maintained by Therapeutic Recreation staff and are determined on a case-by-case basis. To ensure modifications are met, a two-week notice is requested prior to the start of the program. For more information about inclusion services email rec-inclusion@henrico.us, call 804-652-1413.

Blended Voices Performance

Sun, Dec 4, 3-3:15pm. Henrico Theatre. #13313

All ages. Come support our pals who have been working hard to prepare for the "Blended Voices" performance. The show will begin shortly before the showing of The Grinch. Movie admission and concessions are \$1 each. Information: jon105@henrico.us

Weekday Sampler

Tue, Dec 6, Jan 3, & Feb 7, 10-11:30am. The Springs Rec Center. #13115

Ages 18+. Open to individuals with disabilities who meet minimum eligibility requirements. Join us for fun and fellowship as we cook, craft, play games and more on the first Tuesday of each month! Information: jon105@henrico.us

DIY BINGO Cards

Mon, Dec 12, 10-11:30am. Belmont Rec Center. #13324

Ages 18+. Open to individuals with disabilities who meet the minimum eligibility requirements. We all love BINGO, but we're putting a little twist on the fun. Participants will get crafty making their own BINGO cards and we'll play a few rounds. Information: jon105@henrico.us

A Morning at the Movies: Polar Express

Fri, Dec 16, 10-11:30am. Henrico Theatre. #13326

All ages. Open to individuals with disabilities who meet the minimum eligibility requirements. For all who truly believe - come aboard to see holiday favorite, The Polar Express, at the historic Henrico Theatre. Popcorn will be provided. Concessions will be available for \$1 each. Information: jon105@henrico.us

Bowling with Buds

Sat, Jan 7, 11am-1pm. Bowl America Short Pump. #13327

Ages 13+. Open to individuals with disabilities who meet the minimum eligibility requirements. We're striking up some fun at the bowling alley! In your spare time, have conversations with friends and teammates. Don't forget to bring a pair of socks. Location is Bowl America Short Pump. Information: jon105@henrico.us

Looms & Lunch

Mon, Jan 9 & 30, 10am-12:30pm. Belmont Rec Center. #13328

Ages 18+. Open to individuals with disabilities who meet the minimum eligibility requirements. We will sit and knit a scarf using a circular loom. Pack a lunch so we can enjoy a meal and fellowship with our friends afterwards. Information: jon105@henrico.us

Gym Games Galore

Wed, Jan 25, 6:30-7:30pm. Deep Run Rec Center. #13329

Ages 13+. Open to individuals with disabilities who meet the minimum eligibility requirements. Bust out those sneakers and get ready to play classic gym games. We will break a sweat during some friendly competitions. See you on the courts! Information: jon105@henrico.us

S'mores & More!

Thu, Feb 9, 6:30-7:30pm. Belmont Rec Center. #13331

Ages 13+. Open to individuals with disabilities who meet the minimum eligibility requirements. Chocolate, marshmallows, and graham crackers are the recipe for a good time! Enjoy this sweet treat while we sing campfire songs and have s'more fun! Information: jon105@henrico.us

Studio Surprise!

Thu, Feb 23, 10am-noon. The Springs Rec Center. #13334

Thu, Feb 23, 6:30-8:30pm. The Springs Rec Center. #13333
Ages 18+. Open to individuals with disabilities who meet the minimum eligibility requirements. An adventure in the art world- we hope that our studio surprise will present a medium and technique that's new to you. Come ready to create! Information: jon105@henrico.us

MARDI GRAS



MASQUERADE BALL

Tue, Feb 21, 6:30-8pm. Dorey Rec Center. #13332
Registration required in advance.

Ages 13+. Open to individuals with disabilities who meet minimum eligibility requirements. We're celebrating Fat Tuesday by getting dressed up in purple, green, and gold. Fancy, festive masks will be provided. Get ready to enjoy some King Cake, a fatty food feast, and fun! Information: jon105@henrico.us



FITNESS CALENDAR

All programs are free; however, programs with a ► next to the title requires registration in advance.

For more information on the following fitness classes, contact our fitness staff at fitness@henrico.us.

FITNESS REGISTRATION

Registration for fitness classes will take place two weeks prior to the start of each session. See details below.

December

Registration begins Nov 21 for Henrico Residents & Nov 30 for non-residents and last day online and in-person.

January

Registration begins Dec 19 for Henrico Residents & Dec 26 for non-residents. Last day to register online and in-person is Jan 2.

February

Registration begins Jan 16 for Henrico Residents & Jan 23 for non-residents. Last day to register online and in-person is Jan 30.

► Chair Yoga for Resilience

Tue, Dec 13-20, 4-5pm. Belmont Rec Center. #13158

Tue, Jan 10-31, 4-5pm. Belmont Rec Center. #13159

Tue, Feb 7-28, 4-5pm. Belmont Rec Center. #13160

Ages 18+. This class is perfect for those who prefer not to, or who are unable to, practice on the floor. Class will include a combination of seated poses where the chair will be available for support. This class is designed to promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. Class will include gentle repetition of movement before staying in yoga postures in a way that feels sustainable and nourishing for each individual student. Benefits include improved circulation, flexibility, and mobility as well as balanced physical and emotional energy levels to improve overall health and resilience. This class is trauma-informed, accessible, adaptable, and open to all levels. Beginners are welcome and encouraged. Instructor: Morgan Howell.

► Evening Unwind Yoga

Tue, Dec 6-20, 5:30-6:30pm. Belmont Rec Center. #13190

Tue, Jan 10-31, 5:30-6:30pm. Belmont Rec Center. #13191

Tue, Feb 14-28, 5:30-6:30pm. Belmont Rec Center. #13192

Ages 14+. Promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. This class will emphasize poses and techniques designed to alleviate stress and reduce tension. Class will include gentle repetition of movement before staying in yoga postures in a way that feels sustainable and nourishing for each individual student. Benefits include improved circulation, flexibility, and mobility as well as balanced physical and emotional energy levels to improve overall health and resilience. This class is trauma-informed, accessible, adaptable, and open to all levels. Beginners are welcome and encouraged. Instructor: Morgan Howell.

Belmont Recreation Center

Tuesday

Chair Yoga for Resilience
4-5pm

Evening Unwind Yoga
5:30-6:30pm

Wednesday

Senior Tai Chi
2-3pm

Thursday

Flex and Stretch
10-10:30am

► Flex and Stretch

Thu, Jan 12-26, 10-10:30am. Belmont Rec Center. \$13193

Thu, Feb 2-23, 10-10:30am. Belmont Rec Center. #13194

Ages 50+. 20-minutes of cardiovascular and strength training using chairs, body resistance, dumbbells, resistance bands, body bars, etc. followed by 10-minutes of stretching; utilizing different stretching techniques. Instructor: Jason Blake.

► Senior Tai Chi

Wed, Jan 11-25, 2-3pm. Belmont Rec Center. #13222

Wed, Feb 1-22, 2-3pm. Belmont Rec Center. #13223

Ages 50+. Tai Chi has been described as a moving yoga. The gentle yet powerful movements can be done by people of all abilities and can improve health, balance, stress levels, and let one feel a peaceful energy. This class is open to both beginner and intermediate students. Emphasis is on the ten essentials and "feeling" the movements. Instructor: Jenny Barone.

REGISTER ONLINE

At home or on the Go

REGISTRATION FOR HENRICO RESIDENTS BEGINS NOVEMBER 21 AT 8AM.
REGISTRATION OPENS TO NON-RESIDENTS ON NOVEMBER 30.



(804) 501-PARK | henrico.us/rec

FITNESS CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.

For more information on the following fitness classes, contact our fitness staff at fitness@henrico.us.

Reminder!

If you are registered for a program, please make every effort to attend. If you are unable to attend, please contact us so we can share your spot with someone on the waiting list. Forgot what you signed up for? Go to your account and view Family Member's Schedule or look for your emailed receipt!

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December

Registration begins Nov 21 for Henrico Residents & Nov 30 for non-residents and last day online and in-person.

January

Registration begins Dec 19 for Henrico Residents & Dec 26 for non-residents. Last day to register online and in-person is Jan 2.

February

Registration begins Jan 16 for Henrico Residents & Jan 23 for non-residents. Last day to register online and in-person is Jan 30.

Deep Run Recreation Center

Monday

Essentrics
9:30-10:30am

TRX
Body Sculpt
12:30-1:15pm

KidFit
3:30-4:15pm

YouthFit
4:15-5pm

Hatha Yoga
6:30-7:30pm

Tuesday

PITAIYO
12:30-1:30pm

Teen Fitness
Boot Camp
5:30-6:30pm

Wednesday

Mindful
Morning Yoga
9-10am

Chair Yoga for
Resilience
10:30-11:30am

HIIT
12:30-1:15pm

KidsFit
3:30-4:15pm

Youth Fit
4:15-5pm

Thursday

Zumba
11-12pm

Friday

Total Body
Strength
9:30-10:30am

Cardio
Kickboxing
12:30-1:15pm

Saturday

Kids Yoga
9-10am

Tweens
Yoga
10-11am

► Cardio Kickboxing

Fri, Dec 2-16, 12:30-1:15pm. Deep Run Rec Center. #13236

Fri, Jan 13-27, 12:30-1:15pm. Deep Run Rec Center. #13237

Fri, Feb 3-24, 12:30-1:15pm. Deep Run Rec Center. #13238

Ages 16+. A high-energy, fat-burning workout that combines aerobic movements with choreographed cardiovascular martial arts movements focusing on kicks, punches, and core exercises. Equipment such as boxing gloves, mitts, target pads, jump ropes, punching bags and WaveMasters may be incorporated. Instructor: Jason Blake.

► Chair Yoga for Resilience

Wed, Dec 7-21, 10:30-11:30am. Deep Run Rec Center. #13161

Wed, Jan 11-25, 10:30-11:30am. Deep Run Rec Center. #13162

Wed, Feb 1-22, 10:30-11:30am. Deep Run Rec Center. #13163

Ages 18+. This class is perfect for those who prefer not to, or who are unable to, practice on the floor. Class will include a combination of seated poses where the chair will be available for support. This class is designed to promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. Class will include gentle repetition of movement before staying in yoga postures in a way that feels sustainable and nourishing for each individual student. Benefits include improved circulation, flexibility, and mobility as well as balanced physical and emotional energy levels to improve overall health and resilience. This class is trauma-informed, accessible, adaptable, and open to all levels. Instructor: Morgan Howell.

FOLLOW US



(804) 501-PARK | henrico.us/rec

FITNESS CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.

For more information on the following fitness classes, contact our fitness staff at fitness@henrico.us.

► Essentrics

Mon, Dec 5-19, 9:30-10:30am. Deep Run Rec Center. #13182
Mon, Jan 9-30, 9:30-10:30am. Deep Run Rec Center. #13183
Mon, Feb 6-27, 9:30-10:30am. Deep Run Rec Center. #13184
Ages 16+. A dynamic, full-body workout that simultaneously combines stretching and strengthening, while engaging all 650 muscles. Through standing and floor work, this class will increase flexibility and mobility for a healthy, toned and pain-free body. A stretch workout for all ages and fitness levels. Instructor: Pamela Thomas.

► Hatha Yoga

Mon, Dec 5-19, 6:30-7:30pm. Deep Run Rec Center. #13195
Ages 18+. Learn to better manage stress and improve your overall health and well-being by receiving instruction in yoga postures, deep relaxation, deep breathing techniques, and meditation. Instructor: Ed Carpenter.

► HIIT

Wed, Dec 7-21, 12:30-1:15pm. Deep Run Rec Center. #13196
Wed, Jan 11-25, 12:30-1:15pm. Deep Run Rec Center. #13197
Wed, Feb 1-22, 12:30-1:15pm. Deep Run Rec Center. #13198
Ages 16+. High intensity interval training is intended to improve performance with short training sessions. The interval training class is designed to burn fat and build cardio endurance and strength in a short and intense workout. There is a 2:1 ratio of work to rest intervals using kettle bells, battling ropes, BOSUs, jump ropes, bands, medicine balls, body weight exercises, and core work. Each class will start with a five-minute warm-up and progress through eight or more circuits of exercises at a high intensity, then have a period of rest before starting another round of eight or more exercises. HIIT is a fast-moving class that quickly builds cardiovascular endurance as well as strength. Instructor: Jason Blake.

► KidsFit

Mon, Dec 5-19, 3:30-4:15pm. Deep Run Rec Center. #13202
Mon, Jan 9-30, 3:30-4:15pm. Deep Run Rec Center. #13203
Mon, Feb 6-27, 3:30-4:15pm. Deep Run Rec Center. #13204
Wed, Dec 7-21, 3:30-4:15pm. Deep Run Rec Center. #13208
Wed, Jan 11-25, 3:30-4:15pm. Deep Run Rec Center. #13209
Wed, Feb 1-22, 3:30-4:15pm. Deep Run Rec Center. #13210
Ages 4-6. This class offers fitness and sports skills focusing on conditioning, endurance, strength, teamwork, and camaraderie. Fun fitness and sports drills with different sports each week. Instructor: Rebecca Thompson.

► Kids Yoga

Sat, Dec 3-17, 9-9:45am. Deep Run Rec Center. #13199
Sat, Jan 21-28, 9-9:45am. Deep Run Rec Center. #13200
Sat, Feb 4-25, 9-9:45am. Deep Run Rec Center. #13201
Ages 6-10. This new environment for kids yoga can provide many benefits to its participants including increased strength and flexibility, as well as improvements in balance and coordination. It can also help with concentration and improve a child's self-confidence. Let your child come and explore all that yoga can do for them. Instructor: Mindy Tanner.

► Mindful Morning Yoga

Wed, Dec 7-21, 9-10am. Deep Run Rec Center. #13214
Wed, Jan 11-25, 9-10am. Deep Run Rec Center. #13215
Wed, Feb 1-22, 9-10am. Deep Run Rec Center. #13216
Ages 14+. Mindful Morning Yoga is designed to promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. This class will include gentle repetition of movement before staying in yoga postures in a way that feels sustainable and nourishing for each individual. Benefits include improved circulation, flexibility and mobility as well as balanced physical and emotional energy levels to improve overall health and resilience. This class is trauma-informed, accessible, adaptable, and open to all levels. Beginners are welcome and encouraged. Instructor: Morgan Howell.

► PITAIYO

Tue, Dec 6-20, 12:30-1:30pm. Deep Run Rec Center. #13293
Tue, Jan 10-31, 12:30-1:30pm. Deep Run Rec Center. #13294
Tue, Feb 7-28, 12:30-1:30pm. Deep Run Rec Center. #13295
Ages 18+. Pilates, Tai-Chi and Yoga disciplines in a fusion class like no other! This signature class delivers whole body conditioning enhancing not only your body but your mind and spirit! No experience necessary. We will build together to create body awareness and create movement and strength. This class will be taught by one of the developers and founders of PITAIYO. Instructor: Janice Shaheen.

► Teen Fitness Boot Camp

Tue, Jan 10-31, 5:30-6:30pm. Deep Run Rec Center. #13341
Tue, Feb 7-28, 5:30-6:30pm. Deep Run Rec Center. #13342
Ages 13-17. This is a youth designed fitness boot camp that will encourage and motivate to try different exercise modalities. The class will mix cardio, traditional calisthenics, and body weight exercises with interval and strength training. Different types of fitness and agility equipment may be used such as dumbbells and bands, agility ladders and hurdles. This boot camp will leave your heart pounding while burning calories, toning muscles, getting fit, and having fun! All fitness levels are welcome! Instructor: Tinea Hatcher.



FITNESS CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.

For more information on the following fitness classes, contact our fitness staff at fitness@henrico.us.

► Total Body Strength-TBS

Fri, Dec 2-16, 9:30-10:30am. Deep Run Rec Center. #13296
Fri, Jan 13-27, 9:30-10:30am. Deep Run Rec Center. #13297
Fri, Feb 10-24, 9:30-10:30am. Deep Run Rec Center. #13298
Ages 18+. Full-body conditioning using a variety of bodyweight and equipment addressing compound movements and for functional strength; high concentration of abdominal and core work.
Instructor: Janice Shaheen.

► TRX Body Sculpt

Mon, Dec 5-19, 12:30-1:15pm. Deep Run Rec Center. #13233
Mon, Jan 9-30, 12:30-1:15pm. Deep Run Rec Center. #13234
Mon, Feb 6-27, 12:30-1:15pm. Deep Run Rec Center. #13235
Ages 18+. This class combines TRX suspension training with body weight exercises, plyometrics, dumbbells, bands and balls and maybe even the more advanced TRX Rip Training Systems along with other modalities to offer an exciting combination of core conditioning, strength, flexibility, and overall functional fitness. Instructor: Jason Blake.

► Tweens Yoga

Sat, Dec 3-17, 10-10:45am. Deep Run Rec Center. #13239
Sat, Jan 21-28, 10-10:45am. Deep Run Rec Center. #13240
Sat, Feb 4-25, 10-10:45am. Deep Run Rec Center. #13241
Ages 10-12. The tweens yoga program can provide many benefits to its participants including increased strength and flexibility, as well as improvements in balance and coordination. It can also help with concentration and improve self-confidence. Let your tween come and explore all that yoga can do for them. Instructor: Mindy Tanner.

► Youth Fit

Mon, Dec 5-19, 4:15-5pm. Deep Run Rec Center. #13246
Mon, Jan 9-30, 4:15-5pm. Deep Run Rec Center. #13247
Mon, Feb 6-27, 4:15-5pm. Deep Run Rec Center. #13248
Wed, Dec 7-21, 4:15-5pm. Deep Run Rec Center. #13252
Wed, Jan 11-25, 4:15-5pm. Deep Run Rec Center. #13253
Wed, Feb 1-22, 4:15-5pm. Deep Run Rec Center. #13254
Ages 7-12. Youth Fit will feature relays, obstacle courses, cardio, strength, and flexibility; boot-camp style. These classes will help children gain confidence while introducing the important principles of exercise in a fun atmosphere. Instructor: Rebecca Thompson.

► Zumba®

Thu, Dec 1-22, 11am-noon. Deep Run Rec Center. #13264
Thu, Jan 12-26, 11am-noon. Deep Run Rec Center. #13265
Thu, Feb 2-23, 11am-noon. Deep Run Rec Center. #13266
Ages 18+. Zumba® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This is a more traditional Zumba® style by combining Latin rhythms, Socca, Reggae, Dancehall, Afrobeats and Modern Music with a West Indian background style format. Instructor: Simone Dockery.

COMING SOON!

DEEP RUN

FITNESS

CENTER

The new addition will consist of a 2,719 square foot fitness center with cardio equipment and a weight room.

« Nutrition & Wellness Series »

Ages 18+. Choose one or attend all 4 sessions. Interactive discussion and education with Certified Nutrition and Health Coach to help you make informed decisions on your nutrition needs, weight management, reading food labels, understanding macronutrients, understanding common blood lab work questions and tips to help get the most from your doctor's visits.
Instructor: Janice Shaheen. Information: bla083@henrico.us

► 1: Optimizing Your Weight Management

Wed, Jan 11, 5:45-6:30pm. Deep Run Rec Center. #13299
Where are you starting this year? Let's shift through all the conflicting diet messages regarding calories and types of diet and get started with practical knowledge and real tips on creating a healthy lifestyle to lose and maintain healthy weight.

► 2: What's in Your Fridge?

Wed, Jan 25, 5:45-6:30pm. Deep Run Rec Center. #13300
Digging into the food label reading; understanding low sodium diets, using clean food to help prevent disease and increase energy.

► 3: Food Tracking and Logging

Wed, Feb 8, 5:45-6:30pm. Deep Run Rec Center. #13301
How much protein do I need? How many carbs? People who track their food are 70% more successful at losing and keeping weight off. We will discuss macronutrients/micronutrients-and do a hands-on example using the MyFitnessPal app for food tracking. We suggest setting up your MyFitnessPal account before class if interested in inputting data during class.

► 4: Anti-Aging and Feeling Great into the Next Decade!

Wed, Feb 22, 5:45-6:30pm. Deep Run Rec Center. #13302
Anti-inflammatory foods, winter recipes, vitamins and supplements, strength training, sleep and more topics to keep you successful on your health journey through the winter and into the future.



FITNESS CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.

For more information on the following fitness classes, contact our fitness staff at fitness@henrico.us.

FITNESS REGISTRATION

Registration for fitness classes will take place two weeks prior to the start of each session. See details below.

December

Registration begins Nov 21 for Henrico Residents & Nov 30 for non-residents and last day online and in-person.

January

Registration begins Dec 19 for Henrico Residents & Dec 26 for non-residents. Last day to register online and in-person is Jan 2.

February

Registration begins Jan 16 for Henrico Residents & Jan 23 for non-residents. Last day to register online and in-person is Jan 30.



FITNESS PASS

Henrico Residents Only

- \$120/year for an individual pass
- \$240/year for a family pass
- Passes include all fitness classes held at EHRC

Eastern Henrico Recreation Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Senior Wellness 9:30-10:30am</p> <hr/> <p>Body Sculpt 6-7pm</p>	<p>Cycle 9:30-10:15am</p> <hr/> <p>Zumba 11am-noon</p> <hr/> <p>KidsFit 3:45-4:30pm</p> <hr/> <p>YouthFit 4:30-5:15pm</p> <hr/> <p>Xtreme Burn® 6:30-7:30pm</p>	<p>Essentrics 9:30-10:30am</p> <hr/> <p>Zumba 6:15-7:15pm</p>	<p>Mindful Morning Yoga 9-10am</p> <hr/> <p>Chair Yoga for Resilience 10:30-11:30am</p> <hr/> <p>KidsFit 3:45-4:30pm</p> <hr/> <p>YouthFit 4:30-5:15pm</p> <hr/> <p>Teen Fitness Boot Camp 5:30-6:30pm</p> <hr/> <p>Xtreme Step® 6:30-7:30pm</p>	<p>Senior Wellness 9:30-10:30am</p>	<p>Tone-Up 9-10am</p>

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FITNESS CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.

For more information on the following fitness classes, contact our fitness staff at fitness@henrico.us.

► Body Sculpt

Mon, Dec 5-19, 6-7pm. Eastern Henrico Rec Center. #13155
Mon, Jan 9-30, 6-7pm. Eastern Henrico Rec Center. #13156
Mon, Feb 6-27, 6-7pm. Eastern Henrico Rec Center. #13157
Ages 18+. This class combines both Pilates and Barre Workouts for flexibility, stabilization, toning, strengthening and cardiovascular conditioning. In this class there will be a focus on breathing techniques while moving through a mat sequence workout while strengthening and toning the muscles with resistance bands and basic ballet movements. Instructor: Tinea Hatcher.

► Chair Yoga for Resilience

Thu, Dec 1-22, 10:30-11:30am. Eastern Henrico Rec Center. #13164
Thu, Jan 12-26, 10:30-11:30am. Eastern Henrico Rec Center. #13165
Thu, Feb 2-23, 10:30-11:30am. Eastern Henrico Rec Center. #13166
Ages 18+. This class is perfect for those who prefer not to, or who are unable to, practice on the floor. Class will include a combination of seated poses where the chair will be available for support. This class is designed to promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. Class will include gentle repetition of movement before staying in yoga postures in a way that feels sustainable and nourishing for each individual student. Benefits include improved circulation, flexibility, and mobility as well as balanced physical and emotional energy levels to improve overall health and resilience. This class is trauma-informed, accessible, adaptable, and open to all levels. Beginners are welcome and encouraged. Instructor: Morgan Howell.

► Essentrics

Wed, Dec 7-21, 9:30-10:30am. Eastern Henrico Rec Center. #13185
Wed, Jan 11-25, 9:30-10:30am. Eastern Henrico Rec Center. #13186
Wed, Feb 1-22, 9:30-10:30am. Eastern Henrico Rec Center. #13187
Ages 16+. A dynamic, full-body workout that simultaneously combines stretching and strengthening, while engaging all 650 muscles. Through standing and floor work, this class will increase flexibility and mobility for a healthy, toned and pain-free body. A stretch workout for all ages and fitness levels. Instructor: Pamela Thomas.

► KidsFit

Tue, Dec 6-20, 3:45-4:30pm. Eastern Henrico Rec Center. #13205
Tue, Jan 10-31, 3:45-4:30pm. Eastern Henrico Rec Center. #13206
Tue, Feb 7-28, 3:45-4:30pm. Eastern Henrico Rec Center. #13207
Thu, Dec 1-22, 3:45-4:30pm. Eastern Henrico Rec Center. #13211
Thu, Jan 12-26, 3:45-4:30pm. Eastern Henrico Rec Center. #13212
Thu, Feb 2-23, 3:45-4:30pm. Eastern Henrico Rec Center. #13213
Ages 4-6. This class offers fitness and sports skills focusing on conditioning, endurance, strength, teamwork, and camaraderie. Fun fitness and sports drills with different sports each week. Instructor: Rebecca Thompson.

► Cycle at Eastern Henrico Rec Center

Tue, Jan 10, 9:30-10:15am. #13167
Tue, Jan 17, 9:30-10:15am. #13168
Tue, Jan 24, 9:30-10:15am. #13169
Tue, Jan 31, 9:30-10:15am. #13170
Tue, Feb 7, 9:30-10:15am. #13171
Tue, Feb 14, 9:30-10:15am. #13172
Tue, Feb 21, 9:30-10:15am. #13173
Tue, Feb 28, 9:30-10:15am. #13174
Thu, Jan 12, 12:30-1pm. #13175
Thu, Jan 19, 12:30-1pm. #13176
Thu, Jan 26, 12:30-1pm. #13177
Thu, Feb 2, 12:30-1pm. #13178
Thu, Feb 9, 12:30-1pm. #13179
Thu, Feb 16, 12:30-1pm. #13180
Thu, Feb 23, 12:30-1pm. #13181

Ages 18+. This class is performed on a stationary bike to music and is a great cardiovascular workout. Come ready to sweat and listen to some fun music at the same time. If you are new to cycle please arrive early to get fitted to your bike. Instructor: Jason Blake.

There are eight bikes for participation and registration will be open 48 hours in advance of each class.

► Kids Yoga

Sat, Dec 3-17, 9-9:45am. Deep Run Rec Center. #13199
Sat, Jan 21-28, 9-9:45am. Deep Run Rec Center. #13200
Sat, Feb 4-25, 9-9:45am. Deep Run Rec Center. #13201
Ages 6-9. This new environment for kids yoga can provide many benefits to its participants including increased strength and flexibility, as well as improvements in balance and coordination. It can also help with concentration and improve a child's self-confidence. Let your child come and explore all that yoga can do for them. Instructor: Mindy Tanner.

► Mindful Morning Yoga

Thu, Dec 1-22, 9-10am. Eastern Henrico Rec Center. #13218
Thu, Jan 12-26, 9-10am. Eastern Henrico Rec Center. #13220
Thu, Feb 2-23, 9-10am. Eastern Henrico Rec Center. #13221
Ages 14+. Mindful Morning Yoga is designed to promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. This class will include gentle repetition of movement before staying in yoga postures in a way that feels sustainable and nourishing for each individual. Benefits include improved circulation, flexibility and mobility as well as balanced physical and emotional energy levels to improve overall health and resilience. This class is trauma-informed, accessible, adaptable, and open to all levels. Beginners are welcome and encouraged. Instructor: Morgan Howell.



FITNESS CLASSES

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For more information on the following fitness classes, contact our fitness staff at fitness@henrico.us.

► Senior Wellness

Mon, Dec 5-19, 9:30-10:30am. Eastern Henrico Rec Center. #13224
Mon, Jan 9-30, 9:30-10:30am. Eastern Henrico Rec Center. #13225
Mon, Feb 6-27, 9:30-10:30am. Eastern Henrico Rec Center. #13226
Fri, Dec 2-16, 9:30-10:30am. Eastern Henrico Rec Center. #13227
Fri, Jan 13-27, 9:30-10:30am. Eastern Henrico Rec Center. #13228
Fri, Feb 3-24, 9:30-10:30am. Eastern Henrico Rec Center. #13229
Ages 50+. Come and get moving with a class that is designed to work on improving overall physical well-being. This class will use different exercise modalities, such as joint mobility, resistance and flexibility training to improve overall mobility, and strength to help with everyday life. Instructor: Tinea Hatcher.

► Tone-Up

Sat, Dec 3-17, 9-10am. Eastern Henrico Rec Center. #13230
Sat, Jan 14-28, 9-10am. Eastern Henrico Rec Center. #13231
Sat, Feb 4-25, 9-10am. Eastern Henrico Rec Center. #13232
Ages 18+. This class is designed for a full-body strength endurance muscle building workout. It is designed to strengthen and build muscles with the use of dumbbells, bands, and body bars. Instructor: Tinea Hatcher.

► Teen Fitness Boot Camp

Thu, Jan 12-26, 5:30-6:30pm. Eastern Henrico Rec Center. #13343
Thu, Feb 2-23, 5:30-6:30pm. Eastern Henrico Rec Center. #13344
Ages 13-17. This is a youth designed fitness boot camp that will encourage and motivate to try different exercise modalities. The class will mix cardio, traditional calisthenics, and body weight exercises with interval and strength training. Different types of fitness and agility equipment may be used such as dumbbells and bands, agility ladders and hurdles. This boot camp will leave your heart pounding while burning calories, toning muscles, getting fit, and having fun! All fitness levels are welcome! Instructor: Tinea Hatcher.

► Xtreme Burn®

Tue, Jan 10-31, 6:30-7:30pm. Eastern Henrico Rec Center. #13242
Tue, Feb 7-28, 6:30-7:30pm. Eastern Henrico Rec Center. #13243
Ages 14+. Xtreme Burn® is a cardio fitness program that is designed to help you lose weight and tone-up by using a combination of high and low impact movements. The class will also consist of floor movements of which a floor mat should be used. Instructor: Kisha Fuller.

► Xtreme Step®

Thu, Jan 12-26, 6:30-7:30pm. Eastern Henrico Rec Center. #13244
Thu, Feb 2-23, 6:30-7:30pm. Eastern Henrico Rec Center. #13245
Ages 14+. Do you like hip-hop music? Want a great cardio workout? Xtreme Step® will give you both and will combine some swag into your workout. This class puts a fresh spin on an old concept. Whether participants are beginners, advanced, old or young they all want a unique but effective workout regimen. This program provides a safe and fun class for people of all demographics. "Making Step Great Again" with Xtreme Step®. Instructor: Kisha Fuller.

► Youth Fit

Tue, Dec 6-20, 4:30-5:15pm. Eastern Henrico Rec Center. #13249
Tue, Jan 10-31, 4:30-5:15pm. Eastern Henrico Rec Center. #13250
Tue, Feb 7-28, 4:30-5:15pm. Eastern Henrico Rec Center. #13251
Thu, Dec 1-22, 4:30-5:15pm. Eastern Henrico Rec Center. #13255
Thu, Jan 12-26, 4:30-5:15pm. Eastern Henrico Rec Center. #13256
Thu, Feb 2-23, 4:30-5:15pm. Eastern Henrico Rec Center. #13257
Ages 7-12. Youth Fit will feature relays, obstacle courses, cardio, strength, and flexibility; boot-camp style. These classes will help children gain confidence while introducing the important principles of exercise in a fun atmosphere. Instructor: Rebecca Thompson.

► Zumba®

Tue, Dec 6-20, 11am-noon. Eastern Henrico Rec Center. #13258
Tue, Jan 10-31, 11am-noon. Eastern Henrico Rec Center. #13259
Tue, Feb 7-28, 11am-noon. Eastern Henrico Rec Center. #13260
Wed, Dec 7-21, 6:15-7:15pm. Eastern Henrico Rec Center. #13261
Wed, Jan 11-25, 6:15-7:15pm. Eastern Henrico Rec Center. #13262
Wed, Feb 1-22, 6:15-7:15pm. Eastern Henrico Rec Center. #13263
Ages 18+. Zumba® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This is a more traditional Zumba® style by combining Latin rhythms, Socca, Reggae, Dancehall, Afrobeats and Modern Music with a West Indian background style format. Instructor: Simone Dockery.

Reminder!

If you are registered for a program, please make every effort to attend. If you are unable to attend, please contact us so we can share your spot with someone on the waiting list. Forgot what you signed up for? Go to your account and view Family Member's Schedule or look for your emailed receipt!

Thank you for your cooperation!

