

Fitness | Health

***NEW* BREAKFAST HIKE**

(18+ yrs.)

Meet at the Mt. Trashmore recreation building and start your day with a nice group hike up Mt. Trashmore. Hike up and rest while you enjoy the view, then head back down for a light breakfast. On arrival, each participant will need to sign a waiver at the kiosk.

#318132-01	Sa	4/20	8:30-10am
#318132-02	Sa	5/18	8:30-10am
#118132-01	Sa	6/15	8:30-10am
#118132-02	Sa	7/20	8:30-10am
#118132-03	Sa	8/17	8:30-10am
\$11 (R \$10)		Mt. Trashmore	

***NEW* FULL MOON HIKE**

(All Ages - Under 18 with Adult)

Enjoy a beautiful and easy evening hike on the Sac and Fox Trail to see the Pink Moon. Meet at the trailhead at Prairie Park Fishery. It could be chilly, so remember to wear warm clothes.

#318123-01	Su	4/21	8:30-10pm
\$7 (R \$6)		Prairie Park, 2125 Otis Rd. SE	

***NEW* HOWL AT THE MOON RUN**

(All Ages)

Meet at the Prairie Park Fishery trailhead and jog or run the 1.7-mile paved trail around the lake at your own pace. Make a second lap to complete just over a 5K. Bring a head lamp if you want.

#118133-01	Th	5/23	8:30-9:30pm
\$11 (R \$10)		Prairie Park Fishery Trail	

***NEW* MEAL PREPPING**

(16+ yrs.)

Make your meal planning easy with the help of HyVee dieticians! Enjoy the benefits of time and cost savings by planning your meals. Fill your body with nourishing foods throughout the week. Learn tips and tricks to stay on track with your goals.

#118134-01	Th	8/22	6-7pm
\$11 (R \$10)		Jones Lodge	

***NEW* POUND®**

(16+ yrs.)

Looking for a fun, full body Pound® workout? Don't just listen to the music, become the music! This exhilarating, full body workout combines, cardio, conditioning, and strength training with yoga and pilates inspired movements. The workouts are easily modified and welcoming for men and women of all ages and fitness levels. Come let loose, get energized, tone up, and rock out!

#118116-01	M	7/1-7/29	7-8pm
\$19 (R \$15)		Jones Lodge	

***NEW* YOGA IN THE PARK**

(18+ yrs.)

This inclusive and accessible outdoor yoga class, offered in partnership with Heat Yoga, is for practitioners of all experience levels. Enjoy a unique and rejuvenating class that blends the benefits of yoga with the beauty of nature.

#118135-01	Sa	6/1-8/31	9:30-10:30am
\$42 (R \$35)		Noelridge Gardens	



GOAT YOGA PARTIES

Need to let go and escape the usual routine with some friends, colleagues, or family? A Goat Yoga party may be the perfect option for you!

Fun and laughter are the foundation of this unusual yoga class where you can interact with these smart and social animals.

Parties for ages 13 and up are available June - August. Fee is \$150 for a one-hour class. Please wear appropriate clothing and bring your own mat or towel. Call 319-286-5763 to set up your party or to discuss a different age range. Reservations are required two weeks in advance.

BIRTHDAY PARTIES

The first hour of your party will be a guided farm tour with a party host. In this hour, you will have hands-on contact with the animals and will be able to feed them as well. The second hour will be free time at the pavilion near the duck exhibit. The birthday child will receive a gift. Bring your own cake, snacks, and beverages. Two-hour party reservations are available May 6 - September 29 and can be scheduled between 10 a.m. and 6 p.m. Call 319-286-5763 to set up your party.

Reservations are required two weeks in advance. Fee is \$175 per two-hour period and includes pavilion reservation and farm tour. Non-refundable.

GROUP TOURS

One-hour guided and unguided group tours of the farm are available by **appointment only** for all groups, including school groups and day cares. Guided tours are \$4 per person and available weekdays between the hours of 9 a.m. and 3 p.m. Each participant receives in-depth, hands-on experience with the animals. Call 319-286-5763 to schedule your tour.

OLD MACDONALD'S FARM MARKET

The open-air Farmers' Market is moving from Noelridge Park to Bever Park! Come to the market this summer in front of Old MacDonald's Farm every Wednesday, from 4-6 p.m., June 5 - September 25. Vendor space is available. Please contact Cathy Scanlon, 319-286-5699 or c.scanlon@cedar-rapids.org.

Wednesday | 4 - 6 p.m.

W.I.C.

Some vendors are certified by the Iowa State Agriculture Department to accept IFMNP checks from the WIC Program. The WIC Program's function is to supply supplemental foods rich in nutrients to women, infants and children in need. These checks are used in city farmers' markets to purchase fruits and vegetables.

SENIOR PROGRAM

To enroll in the Senior Program for the farmers' markets, call the Heritage Agency on Aging at 319-398-5559 for more details.

Japanese Archery

KYUDO RENMEI - BEGINNERS

(16+ yrs.)

Spend six weeks learning to use and shoot the yumi (Japanese longbow) and receive an introduction to this ancient martial art. Equipment is provided.

#302303-03	Su	4/14-5/19	9-10am
#102303-02	Su	6/2-7/7	9-10am
#102303-03	Su	7/14-8/18	9-10am
\$41 (R \$34)		NW Rec	

KYUDO RENMEI - ADVANCED

(16+ yrs.)

After successful completion of the class for beginners, continue your training in this course and become more proficient in the individual and group aspects of Kyudo Renmei.

#302304-03	Su	4/14-5/19	10am-12pm
#102304-02	Su	6/2-7/7	10am-12pm
#102304-03	Su	7/14-8/18	10am-12pm
\$47 (R \$40)		NW Rec	

Ryuku Kempo Karate



These classes are taught by Shihan Adam Frey and use the principles and practices of traditional martial arts to develop a stronger, more connected, and empowered community.

In addition, Intermediate and Advanced classes are available by invitation only.

Call 319-286-5566 for more information.

FUNDAMENTALS

(6+ yrs.)

Physical and social confidence, self-discipline, situational awareness, and strong moral character are developed in this karate class for all abilities and skill levels.

#318108-04	Tu/Th	4/2-4/30	6-6:45pm
#118108-01	Tu/Th	5/2-5/30	6-6:45pm
#118108-02	Tu/Th	6/4-6/27	6-6:45pm
#118108-03	Tu/Th	7/2-7/30*	6-6:45pm
#118108-04	Tu/Th	8/1-8/29	6-6:45pm
\$75 (R \$67)		NW Rec	*No class 7/4



ACTIVE CHOICE
Choose A High
Activity Program



Faythe Kubik's "Gotta Dance" Program

Faythe teaches all styles of social dance and breaks them down so they're easy and fun to learn. She uses every style of music, so you are confident and prepared to hit the dance floor, no matter what type of music is playing. Private lessons are available before the Wednesday group classes. If you want to progress faster, take more than one class, or do both group and private lessons.

► **Call or text Faythe to register for private lessons: 319-232-7594 or email: gofaythe@prodigy.net**

Please bring and change into a clean pair of shoes before class.

NEW WEDNESDAY STUDIO DANCES 2024

(15+ yrs.)

Have fun and practice all styles of dance! All are welcome. Faythe will help if you need a little reminder of a dance move you've learned. Bring your own beverages.

W	4/3, 5/15	7:30-9pm
\$10/person/date at the door		NW Rec

NEW LINE DANCING: FUN FOR ALL!

(18+ yrs.)

You already know the party dances. It's time to learn new ones, starting with Cowboy Boogie and Cruisin'. The number of dances you learn depends on the class; we'll move at the speed of the class. No partner needed.

#105207-01	W	4/10-5/8	5:30-6:20pm
\$76 (R \$68)		NW Rec	

NEW WONDERFUL ROCK SWAY BEGINNING

(18+ yrs.)

There's still time to learn to dance before summer weddings and parties! Rock Sway is perfect for slow romantic songs and upbeat tunes with a slow beat. This dance uses a one step pattern that moves and flows, makes you look good fast, and is a must for all social events!

W	4/10-5/8	6:30-7:20pm
#105213-01	\$76 (R \$68)	single
#105213-02	\$146 (R \$136)	couple
		NW Rec

NEW WALTZ & ROCK SWAY INTERMEDIATE

(18+ yrs.)

This class is for those who can dance. Take some intermediate variations learned in Waltz and move them into Rock Sway for a different look in each dance.

W	4/10-5/8	7:30-8:20pm
#105214-01	\$76 (R \$68)	single
#105214-02	\$146 (R \$136)	couple
		NW Rec

NEW ROCK SWING PART 1 BEGINNING

(18+ yrs.)

Swing has lots of fun styles and timings! Start with the basics and learn turns and twirls. Plus, Rock Swing and Rock Sway are companions that go back and forth with each other.

W	4/10-5/8	8:30-9:20pm
#105215-01	\$76 (R \$68)	single
#105215-02	\$146 (R \$136)	couple
		NW Rec

*The fun starts when you
learn to dance!*

Goat Yoga at Old MacDonald's Farm

GOAT YOGA

(13+ yrs.)

Let go, have fun, and interact with these smart and social farm animals in this unusual and fun yoga class. Fun and laughter are the foundation of this mind, body and goat class! **Be sure to wear appropriate clothing and bring your own mat or towel.**



#113111-01 Sa 6/22 9-10am
 #113111-02 W 7/24 5:30-6:30pm
 \$15 (R \$14) Old MacDonald's Farm Barn

ADULT/CHILD GOAT YOGA

(6+ yrs. with Adult)

How can you make exercise more fun? Do it with your kids and ours! **Wear loose and comfortable clothing that can get dirty and bring your own mat or towel.** You may register more than one child.

#113110-01 Adult \$15 (R \$14)
 #113110-02 Child \$8 (R \$7)
 W 6/5 5:30-6:30pm
 Old MacDonald's Farm Barn

#113110-03 Adult \$15 (R \$14)
 #113110-04 Child \$8 (R \$7)
 Sa 6/8 9-10am
 Old MacDonald's Farm Barn

#113110-05 Adult \$15 (R \$14)
 #113110-06 Child \$8 (R \$7)
 W 6/19 5:30-6:30pm
 Old MacDonald's Farm Barn

#113110-07 Adult \$15 (R \$14)
 #113110-08 Child \$8 (R \$7)
 W 7/3 5:30-6:30pm
 Old MacDonald's Farm Barn

#113110-09 Adult \$15 (R \$14)
 #113110-10 Child \$8 (R \$7)
 Sa 7/20 9-10am
 Old MacDonald's Farm Barn

#113110-11 Adult \$15 (R \$14)
 #113110-12 Child \$8 (R \$7)
 W 8/7 5:30-6:30pm
 Old MacDonald's Farm Barn

#113110-13 Adult \$15 (R \$14)
 #113110-14 Child \$8 (R \$7)
 Sa 8/10 9-10am
 Old MacDonald's Farm Barn

#113110-15 Adult \$15 (R \$14)
 #113110-16 Child \$8 (R \$7)
 W 8/21 5:30-6:30pm
 Old MacDonald's Farm Barn

#113110-17 Adult \$15 (R \$14)
 #113110-18 Child \$8 (R \$7)
 W 8/28 5:30-6:30pm
 Old MacDonald's Farm Barn

Ushers Ferry

HISTORIC VILLAGE

TOURS

CURATOR'S TOUR OF USHERS FERRY

(All Ages)

Do you have a group of family or friends who want to dive deeper into our local history? Take a special fully-guided tour of Ushers Ferry with the curator and learn the real history behind the village homes and businesses - from the early pioneers who settled Linn County to the later waves of immigrants who left their unique mark on Cedar Rapids. This is a great opportunity to understand Iowa's local history and culture from the working class point of view. Tours are available May through October by appointment. Call 319-286-5699 for pricing and to reserve your tour.



NEW HISTORY TO YOU: SENIOR TRAVELING TRUNK PROGRAM

(18+ yrs.)

Too cold to venture outdoors? Let Ushers Ferry bring history to you! This traveling trunk and lecture program is for senior living and memory care facilities. The hour-long program features a short talk with an Ushers Ferry interpreter and a trunk full of durable objects from days gone by that are sure to spark memories, stories, and fun! Play an old-fashioned game, touch and feel clothes and tools from the past, and more. The program is available November through May by appointment. Call 319-286-5699 for pricing and to schedule.

SENIOR "STEP-ON" TOUR

(18+ yrs.)

Looking for a place to take your senior group or assisted living residents with mobility issues? Ushers Ferry Historic Village now offers "step-on" guided tours by appointment. Stop by the Visitor Center to meet your "step-on" guide and tour the village from the comfort of your own bus. Following your tour, your group has the option to explore one of the fully-accessible buildings and to share a Q & A with the guide. Tours are available May through October by appointment. Call 319-286-5699 to reserve your tour.

\$4/person Ushers Ferry