



## ***OLD SCHOOL P.E. for ADULTS***

Remember how P.E. and exercise used to be fun as a kid? Well, come join us for adult P.E. at Air Park Rec. Center and play some *Old School* games! Challenge your co-workers, spouse, and friends to a night out. It's a fun way to meet new people and get moving without feeling like you're exercising. There is no pressure or scorekeeping - just FUN!

Activities include: dodge ball, scooter races, floor hockey, kickball, spider ball, archery, obstacle courses, relay races, gaga, soccer, pickleball, and more!  
New games each week, and activity requests will be taken for the next week!

**Day & Time:** Fridays from 6:00-8:00 pm starting MARCH 4<sup>th</sup>

**Location:** Air Park Recreation Center (3720 NW 46<sup>th</sup> St.)

**Fee:** \$28/month per person

Classes start the first Friday of each month.

**To register:**

- Visit Air Park Recreation Center at 3720 NW 46<sup>th</sup> St.
- Call 402-441-7876
- Visit <http://lincoln.ne.gov.aspx/city/proctor/classes.aspx>

