



Tuesday, April 1, 2025

Spring Election

Date and Time: Tuesday, April 1 7:00 am - 8:00 pm

Address: 925 15th Avenue

Thursday, April 3, 2025

Tai Chi

Date and Time: Thursday, April 3 8:00 am - 9:00 am

Address: 925 15th Avenue

Join us Mondays & Thursdays at 8 AM for Tai Chi – a gentle, flowing martial art that promotes relaxation, strength, and overall well-being.

What is Tai Chi?

Often called "meditation in motion," Tai Chi is a series of slow, intentional movements that improve balance, flexibility, and mental clarity.

Who Can Benefit?

Anyone looking to reduce stress & tension

Those wanting to improve balance & coordination

Athletes seeking better control & mobility

All ages & fitness levels – no experience needed!

Union Grove Municipal Building

\$12 per class – no memberships, no contracts

Just show up and move with us!



Tai Chi

Mondays & Thursdays
8 - 8 :45 am

Intro to Karate

Date and Time: Thursday, April 3 4:15 pm - 4:45 pm

Address: 925 15th Avenue

A fun and engaging class for kids ages 4-7, focusing on discipline, balance, and karate basics. No contracts, no membership fees—just show up and pay \$12 per class. A great way to introduce little ones to martial arts in a positive and supportive environment!



Intro to Karate

ages 4-7

Youth Karate

Date and Time: Thursday, April 3 5:00 pm - 6:00 pm

Address: 925 15th Avenue

**KENPO
KARATE CLASSES**
- Narrow is the path to excellence -

Every Monday & Thursday
Youth (8-12 yrs) at 5 PM
Adult (13+ yrs) at 6 PM
Union Grove Municipal Center
\$12 per class - pay per class
No experience necessary
No pre-registration required
No membership fees
No monthly dues - pay by class!

A photograph showing a karate instructor in a black gi demonstrating a technique to a young student in a black gi with a yellow belt. They are in a dojo setting with a red padded target.

262-462-4662
info@narrowpathmartialarts.com
www.narrowpathmartialarts.com



Adult Karate

Date and Time: Thursday, April 3 6:00 pm - 7:00 pm

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Monday, April 7, 2025

Tai Chi

Date and Time: Monday, April 7 8:00 am - 9:00 am

Address: 925 15th Avenue

Join us Mondays & Thursdays at 8 AM for Tai Chi – a gentle, flowing martial art that promotes relaxation, strength, and overall well-being.

What is Tai Chi?

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Mondays & Thursdays
8 - 8:45 am

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Address: 925 15th Avenue

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Intro to Karate

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Address: 925 15th Avenue

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Adult Karate

Date and Time: Monday, April 7 6:00 pm - 7:00 pm

Address: 925 15th Avenue

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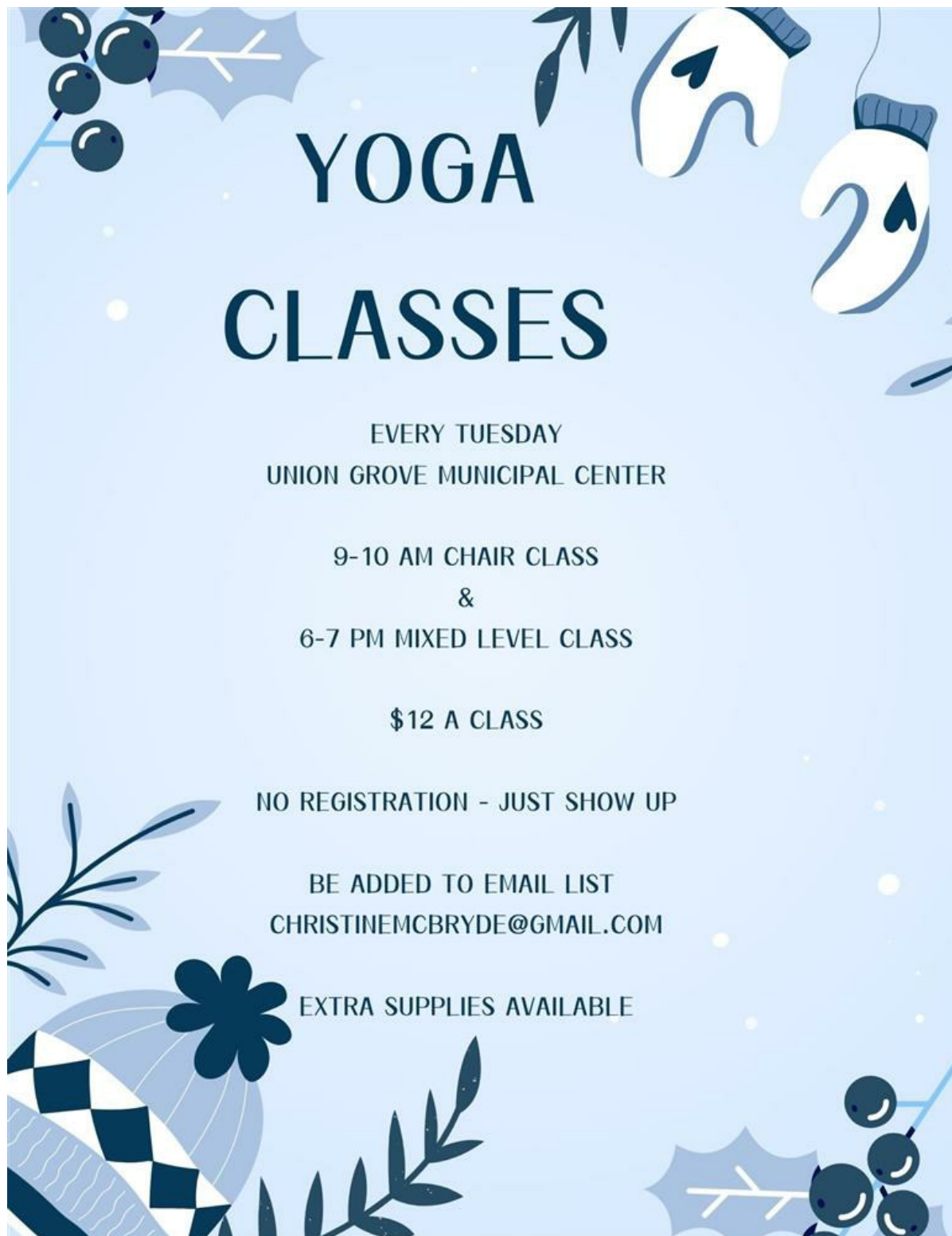


Tuesday, April 8, 2025

Yoga- Chair Class

Date and Time: Tuesday, April 8 9:00 am - 10:00 am

Address: 925 15th Avenue



**YOGA
CLASSES**

EVERY TUESDAY
UNION GROVE MUNICIPAL CENTER

9-10 AM CHAIR CLASS
&
6-7 PM MIXED LEVEL CLASS

\$12 A CLASS

NO REGISTRATION - JUST SHOW UP

BE ADDED TO EMAIL LIST
CHRISTINEMCBRYDE@GMAIL.COM

EXTRA SUPPLIES AVAILABLE

Yoga- Mixed Level Class

Date and Time: Tuesday, April 8 6:00 pm - 7:00 pm

Address: 925 15th Avenue



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EXTRA SUPPLIES AVAILABLE

Thursday, April 10, 2025

Tai Chi

Date and Time: Thursday, April 10 8:00 am - 9:00 am

Address: 925 15th Avenue

Join us Mondays & Thursdays at 8 AM for Tai Chi – a gentle, flowing martial art that promotes relaxation, strength, and overall well-being.

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Adult Karate

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Monday, April 14, 2025

Tai Chi

Date and Time: Monday, April 14 8:00 am - 9:00 am

Address: 925 15th Avenue

Join us Mondays & Thursdays at 8 AM for Tai Chi – a gentle, flowing martial art that promotes relaxation, strength, and overall well-being.

What is Tai Chi?

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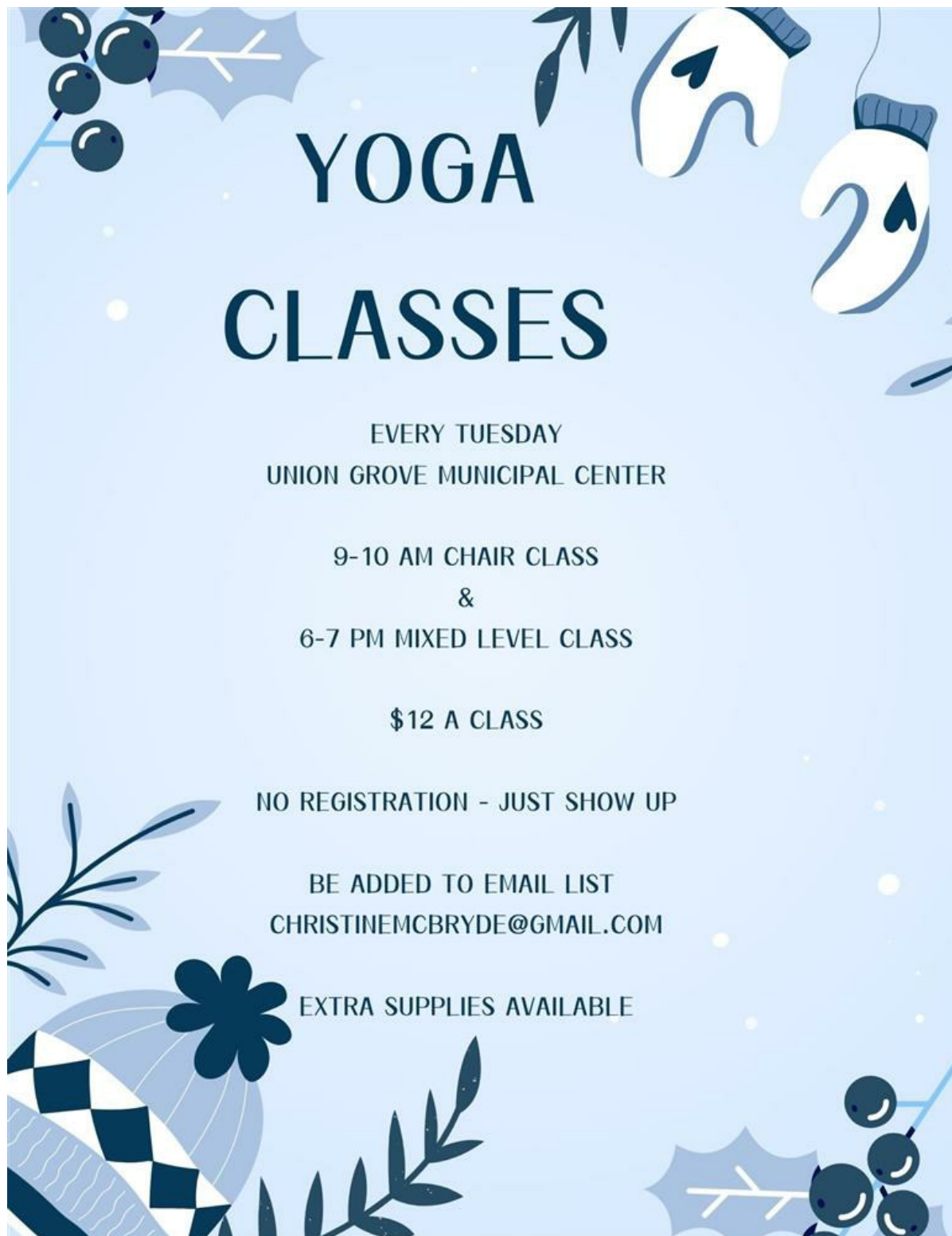


Tuesday, April 15, 2025

Yoga- Chair Class

Date and Time: Tuesday, April 15 9:00 am - 10:00 am

Address: 925 15th Avenue



**YOGA
CLASSES**

EVERY TUESDAY
UNION GROVE MUNICIPAL CENTER

9-10 AM CHAIR CLASS
&
6-7 PM MIXED LEVEL CLASS

\$12 A CLASS

NO REGISTRATION - JUST SHOW UP

BE ADDED TO EMAIL LIST
CHRISTINEMCBRYDE@GMAIL.COM

EXTRA SUPPLIES AVAILABLE

Yoga- Mixed Level Class

Date and Time: Tuesday, April 15 6:00 pm - 7:00 pm

Address: 925 15th Avenue



YOGA CLASSES

EVERY TUESDAY
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\$12 A CLASS

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EXTRA SUPPLIES AVAILABLE

Thursday, April 17, 2025

Tai Chi

Date and Time: Thursday, April 17 8:00 am - 9:00 am

Address: 925 15th Avenue

Join us Mondays & Thursdays at 8 AM for Tai Chi – a gentle, flowing martial art that promotes relaxation, strength, and overall well-being.

What is Tai Chi?

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All ages & fitness levels – no experience needed!

Union Grove Municipal Building

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Tai Chi

Mondays & Thursdays
8 - 8 :45 am

Intro to Karate

Date and Time: Thursday, April 17 4:15 pm - 4:45 pm

Address: 925 15th Avenue

A fun and engaging class for kids ages 4-7, focusing on discipline, balance, and karate basics. No contracts, no membership fees—just show up and pay \$12 per class. A great way to introduce little ones to martial arts in a positive and supportive environment!



Intro to Karate

ages 4-7

Youth Karate

Date and Time: Thursday, April 17 5:00 pm - 6:00 pm

Address: 925 15th Avenue

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Adult (13+ yrs) at 6 PM
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No monthly dues - pay by class!

A photograph showing a martial arts instructor in a black uniform kneeling and demonstrating a technique to a young student in a black gi with a yellow belt. They are in a dojo setting with a red padded target in the foreground.

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Adult Karate

Date and Time: Thursday, April 17 6:00 pm - 7:00 pm

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Monday, April 21, 2025

Tai Chi

Date and Time: Monday, April 21 8:00 am - 9:00 am

Address: 925 15th Avenue

Join us Mondays & Thursdays at 8 AM for Tai Chi – a gentle, flowing martial art that promotes relaxation, strength, and overall well-being.

What is Tai Chi?

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Union Grove Municipal Building

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Tai Chi

Mondays & Thursdays
8 - 8:45 am

Intro to Karate

Date and Time: Monday, April 21 4:15 pm - 4:45 pm

Address: 925 15th Avenue

A fun and engaging class for kids ages 4-7, focusing on discipline, balance, and karate basics. No contracts, no membership fees—just show up and pay \$12 per class. A great way to introduce little ones to martial arts in a positive and supportive environment.



Intro to Karate

ages 4-7

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Youth Karate

Date and Time: Monday, April 21 5:00 pm - 6:00 pm

Address: 925 15th Avenue

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Adult Karate

Date and Time: Monday, April 21 6:00 pm - 7:00 pm

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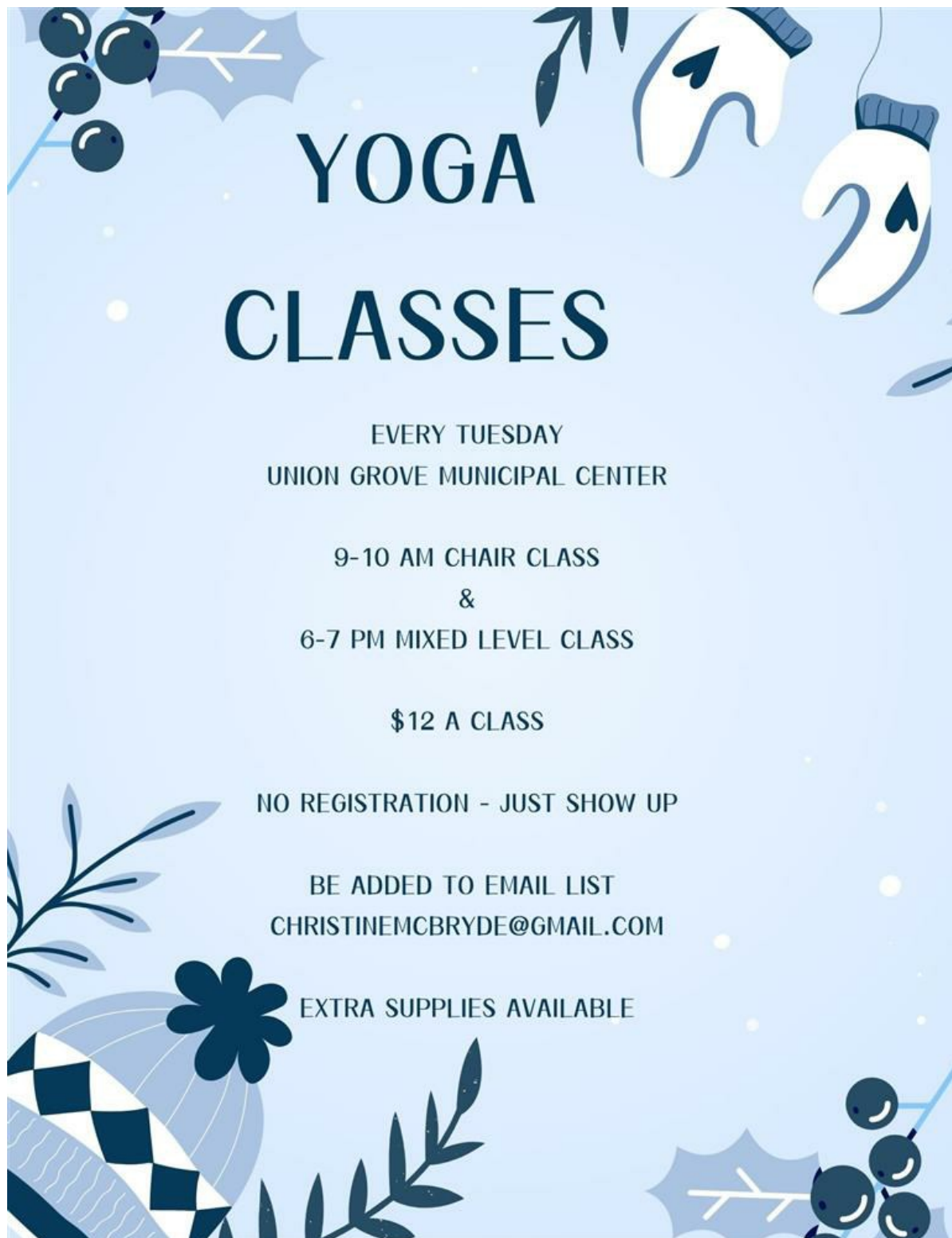


Tuesday, April 22, 2025

Yoga- Chair Class

Date and Time: Tuesday, April 22 9:00 am - 10:00 am

Address: 925 15th Avenue



**YOGA
CLASSES**

EVERY TUESDAY
UNION GROVE MUNICIPAL CENTER

9-10 AM CHAIR CLASS
&
6-7 PM MIXED LEVEL CLASS

\$12 A CLASS

NO REGISTRATION - JUST SHOW UP

BE ADDED TO EMAIL LIST
CHRISTINEMCBRYDE@GMAIL.COM

EXTRA SUPPLIES AVAILABLE

Yoga- Mixed Level Class

Date and Time: Tuesday, April 22 6:00 pm - 7:00 pm

Address: 925 15th Avenue



YOGA CLASSES

EVERY TUESDAY
UNION GROVE MUNICIPAL CENTER

9-10 AM CHAIR CLASS
&
6-7 PM MIXED LEVEL CLASS

\$12 A CLASS

NO REGISTRATION - JUST SHOW UP

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EXTRA SUPPLIES AVAILABLE

Thursday, April 24, 2025

Tai Chi

Date and Time: Thursday, April 24 8:00 am - 9:00 am

Address: 925 15th Avenue

Join us Mondays & Thursdays at 8 AM for Tai Chi – a gentle, flowing martial art that promotes relaxation, strength, and overall well-being.

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Tai Chi

Mondays & Thursdays
8 - 8 :45 am

Intro to Karate

Date and Time: Thursday, April 24 4:15 pm - 4:45 pm

Address: 925 15th Avenue

A fun and engaging class for kids ages 4-7, focusing on discipline, balance, and karate basics. No contracts, no membership fees—just show up and pay \$12 per class. A great way to introduce little ones to martial arts in a positive and supportive environment!



Intro to Karate

ages 4-7

Youth Karate

Date and Time: Thursday, April 24 5:00 pm - 6:00 pm

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Adult Karate

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Saturday, April 26, 2025

Spring Park Cleanup

Date and Time: Saturday, April 26 10:00 am - 1:00 pm

Address: School Yard Park

CALLING ALL VOLUNTEERS!

Get ready to make a difference! The annual Spring Park Cleanup is happening Saturday, April 26th, from 10 AM to 1 PM, and we need your help to keep our parks looking their best.

Meet at School Yard Park, where cleanup crews will head out to different areas. Gloves and bags will be provided.

Invite your friends and family, and let's make this cleanup a success!

Know someone who would love to help? Spread the word!

Monday, April 28, 2025

Tai Chi

Date and Time: Monday, April 28 8:00 am - 9:00 am

Address: 925 15th Avenue

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Tai Chi

Mondays & Thursdays
8 - 8 :45 am

Memory Café

Date and Time: Monday, April 28 10:00 am - 11:30 am

Address: 925 15th Avenue

MEMORY CAFÉ

At the Village of Union Grove Municipal Center

A Memory Café is a social gathering for those who are experiencing early-stage dementia, mild memory loss or mild cognitive impairment (MCI), and for families, friends, or care partners. A memory Café is a place to have fun, share experiences, and stay socially connected.

When: Last Monday of each month

Time: 10:00– 11:30 AM

Where: Union Grove Municipal Center –1st floor Break Room

925 15th Ave, Union Grove 53182

Contact: Cindy Lester @ 262-210-9783

RSVP is appreciated by the Friday before gathering

2025 Spring Schedule

Note: Due to the Memorial Day holiday, our session is rescheduled to May 19h!

March 31st: Ageless Grace® Exercise-Piggies by the Beatles| National Pig month| Pig Mania game| Down on the Farm– all about Pigs! | Bring in your Pig trivia!

April 28th: Humor Month–Laugh for the Health of it!| Scarf Juggling-Fly Swatter Balloon Volleyball| Senior Skits

May 19th: Victoria Day! We will celebrate by having a British Victorian Tea Party! Assorted teas, scones and history provided. Wear your tea party attire!



In Collaboration



Intro to Karate

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Tuesday, April 29, 2025

Yoga- Chair Class

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Address: 925 15th Avenue



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Yoga- Mixed Level Class

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EXTRA SUPPLIES AVAILABLE

<https://events.uniongrovewi.gov>