

Fall Class Schedule

Classes start week of **October 8, 2018**

Classes end week of **December 10, 2018**

Make up classes begin week of **December 17, 2018**

(No classes Monday, October 8 and November 12; Thursday and Friday, November 22 and 23)

Please Note: Until further notice Boomers & Beyond Body Camp and Zumba Gold Friday classes will not be offered.					
CLASS	DAYS	TIME	# OF CLASSES	FEE	INSTRUCTOR
Art & Painting	Friday	10:30 am - 12:30 pm	8	\$24.00	Carla Koch
Expand your artistic flair using mediums of your choice. Instruction provided for all levels.					
No Class on November 16					
Balance & Coordination	Wednesday	10:30 - 11:15 am	9	\$27.00	Brenda Martin
No class November 7 Strengthen lower body for improved posture, balance and coordination.					
Boomers & Beyond Body Camp	Monday	9:30 - 10:00 am	7	\$21.00	Lara Foldvari
No class October 29 Total body resistance cardio and core conditioning workout.					
Chair Yoga	Tuesday	1:00 - 2:00 pm	10	\$30.00	Helene Korchin
Improve balance, flexibility and inner peace.					
Gentle Therapeutic Exercises	Thursday	12:15 - 1:00 pm	9	\$27.00	Kim Stewart
Easy exercise movements to help increase ROM, balance, flexibility and strength.					
Get Fit with Brenda	Monday	11:30 am - 12:15 pm	8	\$24.00	Brenda Martin
Improve balance, eye-hand coordination and flexibility.					
Knitting & Crocheting	Monday	12:30 - 2:30 pm	8	\$24.00	Fran Bartlett
Instruction and help provided for beginners and advanced needle workers.					
Line Dancing - Advanced	Thursday	9:30 - 10:30 am	7	\$21.00	Babe Dinneen
No class first week of month Perfect and learn new dances and steps.					
Line Dancing - Beginner	Thursday	10:30 - 11:30 am	7	\$21.00	Babe Dinneen
No class first week of month Learn basic steps, timing and rhythm.					
Moderate Exercise	Monday	10:15 - 11:00 am	8	drop in class	
Moderate Exercise	Tuesday	10:15 - 11:00 am	10	No Fee	Nancy Mangino
Moderate Exercise	Thursday	10:15 - 11:00 am	9	No Fee	Nancy Mangino
Gentle exercises to increase flexibility, strength and balance.					
Pilates	Wednesday	9:30 - 10:15 am	9	\$27.00	Brenda Martin
No class November 7 Improve overall endurance and flexibility through core strengthening.					

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CLASS	DAYS	TIME	# OF CLASSES	FEE	INSTRUCTOR
Tai Chi Advanced	Monday	1:00 - 2:00 pm	8	\$24.00	Bob Michael
Achieve an expanded and more balanced physiologic and psychological state.					
Tai Chi Beginner	Monday	2:15 - 3:15 pm	8	\$24.00	Bob Michael
Experience a peaceful mind, improved balance, joint mobility and muscle strength.					
Tai Chi Intermediate	Thursday	2:30 - 3:30 pm	9	\$27.00	Bob Michael
Achieve mental relaxation, reduce stress, improve and maintain overall health					
Yolarates	Tuesday	10:30 - 11:15 am	9	\$27.00	Lara Foldvari
Gentle exercises that incorporate Yoga, Pilates and Ballet movements.					
No class October 30					
Zumba Gold	Tuesday	9:30 - 10:15 am	9	\$27.00	Lara Foldvari
No class October 30					

Class registration begins on Tuesday, September 25 at 9:00 AM. Everyone who registers receives a numbered registration form which will be handed out starting at 8:30 AM. Registration will be held in the Multi Purpose Room. To hold your spot, class fees will be collected at time of registration; therefore, phone registrations cannot be accommodated. No pre-registrations accepted. Everyone who registers must present a current membership ID card. The deadline to register is Friday, October 5. Members who register after the deadline will incur a late fee of \$5.00 per class. Non-members may register one week prior to class start date. A \$5.00 non-member fee will be added to each class fee.

Due to increased interest in Tai Chi Beginner, this class is limited to anyone not registered for either Tai Chi Intermediate or Tai Chi Advanced. Anyone interested in registering for Tai Chi Beginner in addition to Tai Chi Intermediate or Advanced may put their name on the Tai Chi Beginner wait list and will be notified by October 5 of class participation status. Participants interested in registering for more than one Tai Chi class may register for Intermediate and Advanced classes at this time.

Absentee Registration Policy