

Winter Class Schedule

Classes start week of January 7, 2019

Classes end week of March 11, 2019

Make up classes begin week of March 18, 2019

(No classes Monday, January 21; Tuesday, February 12 and Monday February 18)

CLASS	DAYS	TIME	# OF CLASSES	FEE	INSTRUCTOR
Art 101	Friday	9:30 am - 10:30 am	10	\$30.00	Carla Koch
Basics of drawing , including different materials, fundamentals of light and shade and color mixing.					
Art & Painting	Friday	10:30 am - 12:30 pm	10	\$30.00	Carla Koch
Expand your artistic flair using mediums of your choice. Instruction provided for all levels.					
Balance & Coordination	Wednesday	10:30 - 11:15 am	10	\$30.00	Brenda Martin
Strengthen lower body for improved posture, balance and coordination.					
Boomers & Beyond Body Camp	Monday	9:30 - 10:00 am	8	\$24.00	Lara Foldvari
No class January 21 & February 18 Total body resistance cardio and core conditioning workout.					
Chair Yoga	Tuesday	1:00 - 2:00 pm	9	\$27.00	Helene Korchin
No class February 12 Improve balance, flexibility and inner peace.					
Gentle Therapeutic Exercises	Thursday	12:15 - 1:00 pm	10	\$30.00	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
No class January 21 & February 18 Improve balance, eye-hand coordination and flexibility.					
Knitting & Crocheting	Monday	12:30 - 2:30 pm	8	\$24.00	Fran Bartlett
No class January 21 & February 18 Instruction and help provided for beginners and advanced needle workers.					
Line Dancing - Advanced	Thursday	10:00 -11:00 am	8	\$24.00	Babe Dinneen
No class first week of month Perfect and learn new dances and steps.					
Line Dancing - Beginner	Thursday	11:00 am - 12:00 pm	8	\$24.00	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	9	No Fee	Nancy Mangino
Moderate Exercise	Thursday	10:15 - 11:00 am	10	No Fee	Nancy Mangino
Gentle exercises to increase flexibility, strength and balance.					
Pilates	Wednesday	9:30 - 10:15 am	10	\$30.00	Brenda Martin
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.					
No classes January 21 & February 18					
Tai Chi Intermediate	Thursday	2:30 - 3:30 pm	10	\$30.00	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.					
Zumba Gold I	Tuesday	9:30 - 10:15 am	9	\$27.00	Lara Foldvari
No class February 12					
Zumba Gold II **	Friday	9:30 - 10:15	10	\$30.00	Cookie Rosado
Choreography that focuses on balance, ROM and coordination. Leave feeling empowered and strong.					
** New Class					

Class registration begins on Tuesday, December 18 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, January 4. 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.

Tai Chi Beginner is intended this class is limited to first time Tai Chi 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

A member may register one other member with the following:

- Absentee member's membership card
- Absentee member's numbered registration sheet. Be sure to inform the volunteer you are registering another member to insure you receive consecutive numbered registration forms. Non-consecutive registration numbers will be accommodated in numerical order.