

### Spring Class Schedule

Classes start week of April 8, 2019

Classes end week of June 10, 2019

Make up classes begin week of June 17, 2019

(No classes Monday, May 27; Friday, April 19)

CLASS	DAYS	TIME	# OF CLASSES	FEE	INSTRUCTOR
<b>Art &amp; Painting</b>	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.					
No class Friday, April 19 (Classes end June 21)					
<b>Balance &amp; Coordination</b>	Wednesday	10:30 - 11:15 am	10	\$30.00	Brenda Martin
Strengthen lower body for improved posture, balance and coordination.					
<b>Chair Yoga</b>	Tuesday	1:00 - 2:00 pm	10	\$30.00	Helene Korchin
Improve balance, flexibility and inner peace.					
<b>Gentle Therapeutic Exercises</b>	Thursday	12:15 - 1:00 pm	10	\$30.00	Kim Stewart
Easy exercise movements to help increase ROM, balance, flexibility and strength.					
No class Thursday, April 25 (Classes end 6/20)					
<b>Get Fit with Brenda - I</b>	Monday	11:30 am - 12:15 pm	10	\$30.00	Brenda Martin
No class Monday, May 27 Improve balance, eye-hand coordination and flexibility. (Class ends 6/17)					
<b>Get Fit with Brenda - II</b>	Wednesday	11:30 am - 12:15 pm	10	\$30.00	Brenda Martin
Improve balance, eye-hand coordination and flexibility.					
<b>Knitting &amp; Crocheting</b>	Monday	12:30 - 2:30 pm	10	\$30.00	Fran Bartlett
No class Monday, May 27 Instruction and help provided for beginners and advanced needle workers. (Class ends 6/17)					
<b>Line Dancing - Intermediate</b>	Thursday	10:00 - 11:00 am	8	\$24.00	Babe Dinneen
<b>Line Dancing - Beginner</b>	Thursday	11:00 am - 12:00 pm	8	\$24.00	Babe Dinneen
No class first week of month Learn basic steps, timing and rhythm.					
<b>Moderate Exercise</b>	Monday	10:15 - 11:00 am	9	drop in class	
<b>Moderate Exercise</b>	Tuesday	10:15 - 11:00 am	10	No Fee	Nancy Mangino
<b>Moderate Exercise</b>	Thursday	10:15 - 11:00 am	10	No Fee	Nancy Mangino
Gentle exercises to increase flexibility, strength and balance.					

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CLASS	DAYS	TIME	# OF CLASSES	FEE	INSTRUCTOR
<b>Pilates</b>	Wednesday	9:30 - 10:15 am	10	\$30.00	Brenda Martin
Improve overall endurance and flexibility through core strengthening.					
<b>Tai Chi Advanced</b>	Monday	1:00 - 2:00 pm	10	\$30.00	Bob Michael
<b>Tai Chi Beginner</b>	Monday	2:15 - 3:15 pm	10	\$30.00	Bob Michael
Experience a peaceful mind, improved balance, joint mobility and muscle strength.					
No classes Monday, May 27 ( Classes ends 6/17)					
<b>Tai Chi Intermediate</b>	Thursday	2:30 - 3:30 pm	10	\$30.00	Bob Michael
Achieve mental relaxation, reduce stress, improve and maintain overall health					
<b>Zumba Gold I</b>	Tuesday	9:30 - 10:15 am	10	\$30.00	Cookie Rosado
<b>Zumba Gold II</b>	Friday	9:30 - 10:15 am	10	\$30.00	Cookie Rosado
Choreography that focuses on balance, ROM and coordination. Leave feeling empowered and strong.					
No class Friday, April 19 (Class ends 6/21)					

Class registration begins on Wednesday, March 27 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, April 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.

Tai Chi Beginner is limited to first time participants. 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 prior to class start date of class participation status. At this time, participants may register for both Intermediate and Advanced classes.

**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.