

Glastonbury Senior Services Spring Sessions 2022 Class Schedule
 Register online at <https://glastonburyct.myrec.com> or Call (860)652-7638
 Registration starts for Residents : March 15, 2022* Non-Residents: March 22, 2022.

SENIOR FITNESS PROGRAMS

Class	Description	Meets	Dates	# of Classes	Fee R	Fee NR
Stretchercize with Chair Yoga	An easy way to get the health benefits of yoga. Learn how to stretch muscles, reduce anxiety Build strength and balance.	Tuesdays 11:30 - 12:15 pm	May 3 - June 28	9	\$45	\$55
Powerful Aging	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays 10:00 am -11:00 am	May 4 June 29	9	\$45	\$55
		Fridays 10:00 am - 11:00am	May 6 June 24	8	\$40	\$50
Intro to Tai Chi	Learn the basics of this life altering discipline.	Mondays 3:30 pm – 4:15 pm	May 2 June 27	8	\$40	\$50
Intermediate Line Dancing	Prior dancing experience required. -Explore the many facets and experience the impact of this form of choreographed dance.	Thursdays 10:30 am –12: pm	May 12 June 30	8	\$60	\$70
Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit.	Wednesdays & Fridays 10:15 - 11:00 am	May 4 June 29	17	\$85	\$95
		Wednesdays & Fridays 11:15 am - Noon	May 4 June 29	17	\$85	\$95
		Wednesdays & Fridays 12:15 pm 1 pm	May 4 June 29	17	\$85	\$95
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00 pm - 7:00 pm	May 5 June 30	9	\$45	\$55

LIFELONG LEARNING PROGRAMMING

Italian I Textbooks required Call for info 860-652-7638	Expand your knowledge of this beloved Romance language and share the joy!	Thursdays 9:00 am	Virtual April 28 June 30	10	\$5	\$7
Italian II	(Prior knowledge of the language is required)	10:00 am	Virtual April 28 June 30	10	\$5	\$7
The Great Courses: <i>"The Cathedral"</i> Professor William R. Cook, Ph.D.	The modern mind cannot comprehend the symbolic and real power that the cathedral has held for much of the past 2,000 years of Western civilization.	Fridays 12:00 pm	Virtual April 22 July 8	12	No Cost	