

Winter Class Schedule 2023

Class	Description	Meets	Dates	# of Classes	Fee	
					Resident	Non-Resident
Powerful Aging and Fitness	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays & Fridays 10:00 am - 11:00 am	1/4-3/10	20	\$100	\$110
Stretchercise Exercise	Low impact exercise using stretch bands & weights (provided) to increase your range of motion.	Tuesdays & Thursdays 11:30 am - 12:15 pm	1/10-3/16	20	\$100	\$110
Tai Chi Intro	Learn the basics of this life altering discipline.	Mondays 3:30— 4:15 pm	1/23-3/20	8	\$40	\$50
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 pm	1/19-3/23	10	\$50	\$60
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	1/11-3/17	20	\$100	\$110
		11:15 am-12:00 pm	1/11-3/17	20	\$100	\$110
Line Dancing for Fun!	Move your bodies and engage your brains as we "move and groove" to music. No experience necessary!	Thursdays 1:15 pm- 2:30 pm	1/12—3/16	10	\$50	\$60
Watercolor	Drawing is not a prerequisite – Using watercolors, students will explore different techniques in a relaxed environment.	Saturdays 9:30-11:30am	1/7, 1/21 2/4, 2/18 3/4, 3/18	6	\$10 each + supply fee	\$15 each + supply fee