

Spring Class Schedule

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Registration: R: Feb 13th NR: Feb 20th

<u>Class</u>	<u>Description</u>	<u>Meets</u>	<u>Dates</u>	<u># of classes</u>	<u>Resident Fee</u>	<u>Non resident Fee</u>
Powerful Aging and Fitness	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays & Fridays 10:00 – 11:00am	4/5— 6/14	20	\$100	\$110
Stretchercise	Low impact exercise using stretch bands & weights (provided)	Tuesdays & Thursdays 11:30am- 12:15pm	4/4— 6/8	20	\$100	\$110
Tai Chi Intro	Learn the basics of this life altering discipline	Mondays 3:30- 4:15pm	4/3— 5/22	8	\$40	\$50
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00- 7:00pm	4/6— 6/8	10	\$50	\$60
Fitness is Fun	Get your cardio workout and improve your strength and balance with music!	Wednesdays & Fridays 10:15-11:00 am 11:15 am-12:00 pm	4/5 – 6/14	20	\$100	\$110
			4/5— 6/14	20	\$100	\$110
Line Dancing	Move your bodies and engage your brains as we "move and groove" to music. No experience necessary!	Thursdays 1:00 pm- 2:15 pm	4/6— 6/8	10	\$50	\$60
Watercolor	Using watercolors, students will explore different techniques in a relaxed environment.	Saturdays 9:30- 11:30am	4/8, 4/15, 4/22, 4/29, 5/6, 5/13	6	\$10 each + supply fee	\$15 each + supply fee
Italian Language I & II (virtual)	I: Expand your knowledge of this language! Text-books required. II: Completion of Italian I or prior knowledge of the language is required.	Thursdays: 9:00-10:00am	Both:	11	\$5	\$6
		10:00-11:00am	4/6- 6/15			