

Class Schedule

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Registration: R: April 10th NR: April 17th

Italian Language classes will not be occurring during July, August, & September

<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>
Parkinson's Mobility Class	This class is for people with Parkinson's Disease, & will focus on power, balance, and	Thursdays 9:00-10:00am	5/4 - 10/5 (no class on 5/25)	23	\$110	\$120
Get Up & Go!	This fun class will provide strength & resistance moves for a full body workout.	Thursdays 10:15-11:15am	5/4 - 10/5 (no class on 5/25)	23	\$110	\$120
Stretchcize	Low impact exercise using stretch bands & weights (provided)	Tuesdays & Thursdays 11:30am-12:15pm	7/11-9/21	22	\$110	\$120
Tai Chi Intro	Learn the basics of this life altering discipline	Mondays 3:30-4:15pm	7/10—9/25	12	\$55	\$65
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels!	Thursdays 6:00-7:00pm	7/13—9/21	11	\$55	\$65
Fitness is Fun	Get your cardio workout and improve your strength and balance with music!	Wednesdays & Fridays 9:15-10:00am 10:15-11:00 am 11:15 am-12:00 pm	7/5-9/8	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	7/13-8/17 and/or 9/7-9/28	6 4	\$30 \$20	\$40 \$30
Watercolor	Using watercolors, students will explore different techniques in a relaxed environment.	Saturdays 9:30-11:30am (no summer classes)	Sept. 16th & Sept 30th	2	\$10 each + supply fee	\$15 each + supply fee