

Class Schedule

Registration: R: June 5th NR: June 12th

<u>Class</u>	<u>Description</u>	<u>Meets</u>	<u>Dates</u>	<u># of classes</u>	<u>Resident Fee</u>	<u>Non resident</u>
Parkinson's Mobility Class	This class will focus on power, balance, and strength.	Thursdays 9:00-10:00am	10/12— 12/28 <u>No class</u> <u>11/23</u>	11	\$55	\$60
Get Up & Go!	This fun class will provide strength & resistance moves for a full body workout.	Thursdays 10:15-11:15am	10/12— 12/28 <u>No class</u> <u>11/23</u>	11	\$55	\$60
StretcherCize	Low impact exercise using stretch bands & weights	Tuesdays & Thursdays 11:30am- 12:15pm	10/3— 12/21 <u>No class</u> <u>11/23</u>	23	\$115	\$125
Tai Chi Intro	Learn the basics of this mind/body fitness	Mondays 3:30- 4:15pm	10/2— 12/18 <u>No class</u> <u>10/9</u>	11	\$55	\$65
Tai Chi	Excellent form of mind & body fitness for all ages and levels	Thursdays 6:00- 7:00pm	10/5— 12/21 <u>No class</u> <u>11/23</u>	11	\$55	\$65
Fitness is Fun	Get your cardio workout and improve your strength and balance!	Wednesdays & Fridays 9:15-10:00am 10:15-11:00 am 11:15 am-12:00	9/20— 12/22 <u>No class</u> <u>11/24</u>	27	\$135	\$145
Line Dancing	Move your bodies and engage your brains to music. No experience necessary!	Thursdays 1:00 pm- 2:15 pm	10/5- 12/14 <u>No class</u> <u>11/2 &</u> <u>11/23</u>	9	\$45	\$55
Watercolor	Drawing is not a prerequisite – Using watercolors, you will explore different techniques in a relaxed environment!	Saturdays 9:30- 11:30am	Sep. 16, 30 Oct. 14, 28 Nov 4, 18 Dec 2, 16	8	\$10 PLUS \$10 supply fee given to instructor	\$15 PLUS \$10 supply fee given to instructor
Italian Language Class (Textbooks required)	I: Expand your knowledge of this language! II: Completion of Italian I or prior knowledge of the language	Thursdays I: 9:00- 10:00am II: 10:00- 11:00am	Both: 10/5— 12/14 <u>No class</u> <u>11/23</u>	10	\$5	\$6