

CLASS SCHEDULE

<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	Improve power, balance, & strength.	Thursdays 9:00-10:00am	1/25-3/21	9	\$45	\$55
Get Up & Go!	Strength/resistance moves for a full body workout.	Thursdays 10:15-11:15am	1/25-3/21	9	\$45	\$55
Chair Yoga NEW!	Improve muscle strength, flexibility, and balance.	Tuesdays 10:00-11:00am	1/16-3/19	10	\$50	\$60
Stretchercize	Low impact exercise using stretch bands & weights	Tuesdays & Thursdays 11:30am-12:15pm	1/16-3/21	20	\$100	\$110
Tai Chi Intro	Learn the basics of mind/ body	Mondays 3:30-4:15pm	1/22-3/25 No Class: 2/19	9	\$45	\$55
Tai Chi	Mind & body fitness for all ages and levels	Thursdays 6:00-7:00pm	1/4-3/28	13	\$65	\$75
Fitness is Fun	A cardio workout and improve your strength and balance!	Wednesdays & Fridays 9:15-10:00am 10:15-11:00 am 11:15 am-12:00	1/3-3/15	20	\$100	\$110
Fitness is Fun (Mondays only)	A cardio workout and improve your strength and balance!	Mondays 8:30-9:15am 9:30-10:15am	1/8-3/11 No Class: 1/15, 2/19	8	\$40	\$50
Line Dancing	Move your bodies and engage your brains to music. No experience necessary!	Thursdays 1:00 pm- 2:15 pm	1/11-3/7 No class 2/15	9	\$45	\$55
Watercolor	Drawing is not a prerequisite – With watercolors, you will explore different techniques!	Saturdays 9:30-11:30am	Jan. 13 & 27 Feb. 10 & 24 Mar 9 & 23	6	\$10 PLUS \$10 supply fee given to instructor	\$15 PLUS \$10 supply fee given to instructor
Italian Language Class (Textbooks required)	I: Intermediate II: Completion of Italian I or prior knowledge of the language; Advanced Class	Thursdays via Zoom I: 9:00-10:00am II: 10:00-11:00am	Jan. 11— Mar. 14	10	\$5	\$6