

## Class Schedule

Class	Description	Meets	Dates	# of classes	Resident	Non-Resident
<b>Fitness is Fun with Jiny &amp; Marge (Mondays Only)</b>	Improve your strength and balance	<b>Mondays</b> 9:15-10:00am 10:15-11:00am	4/29— 6/24 No class 5/27	8	\$40	\$50
<b>Tai Chi Intro with Ken</b>	Basics of the mind/body	<b>Mondays</b> 3:30-4:15pm	5/6—6/24 No class 5/27	8	\$40	\$50
<b>Chair Yoga with Paula</b>	Muscle strength, flexibility & balance	<b>Tuesdays</b> 10:00-11:00am	5/7—6/25 No class 5/21, 5/28	6	\$30	\$40
<b>Functional Strength &amp; Endurance with Janice</b>	Strengthen body/balance & increase mobility, improve posture & core	<b>Tuesdays &amp; Thursdays</b> 11:30am-12:15pm	4/30— 6/27 No class 5/21, 5/30	16	\$80	\$90
<b>Fitness is Fun with Jinny &amp; Marge</b>	Improve your strength and balance	<b>Wednesdays &amp; Fridays</b> 9:15-10:00am 10:15-11:00 am 11:15 am-12:00	5/1—6/28 No class 6/14	17	\$75	\$85
<b>Get Up &amp; Go</b>	Strength/resistance for a full body workout	<b>Thursdays</b> 9:30-10:30am	5/2—6/27	9	\$45	\$55
<b>*NEW* Mindful Meditation with Kitch</b>	Guided meditation	<b>Thursdays</b> 10:45-11:15am	5/2—6/27	9	\$45	\$55
<b>Line Dancing with Sarah</b>	Engage your brain & body to music. No experience necessary	<b>Thursdays</b> 1:00-2:15pm	5/2—6/27 No class 5/30	8	\$40	\$50
<b>Tai Chi with Ken</b>	Mind & body fitness for all ages and levels	<b>Thursdays</b> 6:00-7:00pm	5/2—6/27	9	\$45	\$55
<b>Italian Language Class with Lois (Textbooks Required)</b>	I: Intermediate II: Completion of Italian I or prior knowledge of the language; Advanced Class	<b>Thursdays via Zoom</b> I: 9:00-10:00am II: 10-11:00am	5/9—6/20	7	\$5	\$6
<b>Watercolor with Shannon</b>	Drawing is not a prerequisite – You will explore different techniques	<b>Saturdays</b> 9:30-11:30am	May 11th May 18th June 8th	3	\$10 Plus \$10 supply fee given to instructor	\$15 Plus \$10 supply fee given to instructor