

Class Schedule

Registration Begins:

Residents - Wednesday, October 16th—Non-Residents - Wednesday, October 23rd

Class	Description	Meets	Dates	# of classes	Resident	Non-Resident
Fitness is Fun with Jiny & Marge (Mondays Only)	Improve strength & balance. Sit, stand, use bands & small weights (NOT provided)	Mondays 9:15-10:00am OR 10:15-11:00am	11/4-12/30 No Class 11/11	8	\$45	\$55
Tai Chi Intro with Ken	Basics of the mind/body	Mondays 3:30-4:15pm	11/4-12/30 No Class 11/11	8	\$45	\$55
Chair Yoga with Paula	Muscle strength, flexibility & balance	Tuesdays 10:00-11:00am	11/12-12/17 No Class 11/26	5	\$25	\$35
Stretcherize with Janice	Strengthen body/balance & increase mobility, improve posture & core	Tuesdays & Thursdays 11:30am-12:15pm	11/5-12/31 No Class 11/28	16	\$80	\$90
Fitness is Fun with Jinny & Marge	Improve strength & balance. Sit, stand, use bands & small weights (NOT provided)	Wednesdays & Fridays 9:15-10:00am 10:15-11:00 am 11:15am-12:00pm	11/1-12/27 No Class 11/29, 12/25	15	\$75	\$85
Pottery Workshop	Hand build clay projects! Workshop includes glazes, uses of tools and firing. Clay is \$2.00/pound.	Wednesdays 1-3pm	11/6-12/18	7	\$28	\$38
Line Dancing with Sarah	Engage your brain & body to music. No experience necessary	Thursdays 1:00-2:15pm	11/14-12/19 No Class 11/28	5	\$25	\$35
Tai Chi with Ken	Mind & body fitness for all ages and levels	Thursdays 6:00-7:00pm	11/7-12/26 No Class 11/28	7	\$35	\$45
Watercolor with Shannon	Drawing is not a prerequisite – You will explore different techniques	Saturdays 9:30-11:30am	11/9 11/23 12/7 12/14	4 individual classes	\$10 each class PLUS \$10 supply fee given to instructor	\$15 each class PLUS \$10 supply fee given to instructor
Strength Power Hour with Sara <i>*formerly Senior Fitness*</i> <i>A la Carte Classes</i>	Circuit training with weights, bands, stretching & more	Mondays 9-9:55am	11/4-12/30 No Class 11/11, 12/30	7	\$35	\$45
		Wednesdays 9-9:55am	11/6-12/18	7	\$35	\$45
		Fridays 9-9:55am	11/1-12/27 No Class 11/29,12/13, 12/27	6	\$30	\$40