

COURSE OFFERINGS:

ARTS /LEISURE/SELF HELP

ART: THE BASICS OF DRAWING

FEE: *\$55.00*

TUESDAY 6:30-8pm

STARTS FEB 25

AHS A8

Learn the basics of drawing in a relaxed atmosphere. Drawing from photographic resources as well as from life will be reviewed. Basics of value, shading, and proportion will be discussed. Lessons will include still life landscape, portraits, etc. Pencil, charcoal, or ink can be explored as desired. All levels welcome, no experience necessary. Supply suggestions will be emailed prior to first class. No Class on 4/14/20

INSTRUCTOR: Janelle Mueller

6 WEEKS

CREATIVE WRITING: FICTION

FEE: \$85.00

WEDNESDAY 7-9:00pm

STARTS MAR 4

AHS B103

Do you have a story to tell but don't know where to start? Have you started but find yourself hitting a wall? Do you want to challenge yourself to write things in a different way? If this is you, then you need to join WRITE CLUB. Whether new to this class or a previous student, this class will strengthen your writing by emphasizing the basics of creative writing: plot, character, structure, style, voice, & point of view. Through lecture, discussions, in-class writing exercises & critique of your work, we will focus on every part of your story from beginning to end & every word in between in a supportive & friendly atmosphere. Former students welcome! No Class on

8 WEEKS

INSTRUCTOR: Chad Meadows, MFA Creative Writing Author of Fluoride: stories

GUITAR – BEGINNER



FEE: \$95.00

WEDNESDAY 6:30-8:00pm

STARTS FEB 26

AHS A101

Introduces basic guitar techniques to the novice. Learn basic strumming techniques (using chord diagrams), playing single note melodies (by means of tablature, no musical notation), exploring the chord/melody style (a solo guitar style not requiring an accompanist. Again, in tablature, not notation) & finger picking, a technique used in classical & flamenco guitar. Includes various music styles – folk, pop, classical & rock. Structured so that the student plays recognizable melodies from the very beginning & is not bogged down with theory & reading musical notation or unnecessary technical exercises. No Class on 4/15/20

INSTRUCTOR: James Schneider

8 WEEKS

GUITAR II

FEE: \$95.00

WEDNESDAY 8:00-9:30pm

STARTS FEB 26

AHS A101

Reading musical notation is featured in this course; initially the reading of single note melodies, & then the reading of chord/melody arrangements will be explored. There will be opportunities for students to play solo selections or duets in this class. Some basic music theory will be discussed throughout the course. Finally, the finger picking technique will be examined in the context of standard musical notation. All techniques present in Guitar I will be further developed in Guitar II. No Class on 4/15/20

INSTRUCTOR: James Schneider

8 WEEKS

LEARN TO DANCE!

DANCE TIME PRODUCTIONS

COURSES ARE 4 WEEKS

SESSION I:

or 8 WEEKS AS INDICATED

FITNESS LINE DANCING

(8 WEEKS!)

FEE \$72.50

TUESDAY 7-8:00pm

STARTS FEB 25

AHS CAFETERIA

Join in the fun of "Soul Line Dancing". Something for everyone! Learn line dances that you can enjoy at any party, from the Big Band Era through the millennium. Some favorites are the Cupid Shuffle, Wobble, Electric Slide, Cha Cha Slide & more. Step it up with some Country Line dancing – it's fun & easy to learn (Tush Push, Trashy Women, 16-Step, El Paso, & more). No class on 4/14/20

DANCE CONTINUED:

DANCE TO EXER" CIZE"

(8 WEEKS!)

FEE: \$72.50

TUESDAY 8-9:15

STARTS FEB 25

AHS CAFETERIA

The first step towards good health is to **move your body!** This is not aerobics, but an introduction to the new dance craze that makes exercising **FUN!** This is a safe, fun & easy way to get in an exercise program while learning a variety of different dance moves. The movements are simple enough for beginners, older adults & those who have never before taken a dance or exercise class. Each class includes a warm-up, simple dance step instruction, & then applying them to music. Class does not include jumping, running or strenuous movements. No class on 4/14/20

SOCIAL DANCES FOR WEDDINGS (8 WEEKS!)

FEE: \$72.50

WEDNESDAY 7-8:00pm

STARTS FEB 26

AHS CAFETERIA

Is there a wedding in your future? We'll help you to be comfortable on the dance floor! We start with the basic techniques of dancing. Dance rhythms will include the famous Swing/Jitterbug & Fox Trot and Latin steps. Also included will be the popular line dances. Feel free to come alone, with a friend, or bring your whole wedding party. Come and dance the night away! No class on 4/15/20

SALSA/MERENGUE

(4 WEEKS!)

FEE \$32.50

WEDNESDAY 8-9:00pm

STARTS FEB 26

AHS CAFETERIA

This course is a concentration on just two popular rhythms – Salsa & Merengue. Dances will include beginner to advance moves. Come and join us in the fun of dancing. Partners are not required – however partners will not be supplied either. No Class on 4/15/20

SESSION II:

JITTERBUG/SWING DANCING (4 WEEKS!)

FEE: \$32.50

WEDNESDAY 8-9:00pm

STARTS APR 1

AHS CAFETERIA

Whether called the Lindy, Boogie Woogie or Swing, the Jitterbug is a classic American dance. Jitterbug is danced to Big Band, Rock 'n Roll & Country music. Learn timing, basic movements, turns & more. Partners not required, No class on Wed. 4/15/20

ONE NIGHT CLASSES/SEMINARS

GREENJEAN GARDENS'

How to Shop a Garden Center

FEE: *\$30.00*

TUESDAY 7-9:00pm

MAR 17

AHS B103

One of The biggest challenges for gardeners in Spring is to figure out what to plant and where to buy it. In this workshop, you will get pro-advice on top products to look for and where to buy them, when to shop for best selection, how to utilize the garden center's staff and resources, how to use the best online garden resources and how to strategically plan your trip.

Your instructor. Jeannie Marcucci. is a winner of the Pennsylvania Horticulture Garden of Distinction Award.

INSTRUCTOR: Jeannie Marcucci Greenjean Gardens, LLC

1 WEEK

MAIL YOUR REGISTRATIONS EARLY!

**PLEASE DO NOT COME TO AHS TO DROP OFF
REGISTRATION WE HAVE NO PARKING AND YOU WILL
NOT BE PERMITTED IN THE BUILDING DUE TO CONSTANT
LOCKDOWN FOR SECURITY. PLEASE MAIL OR COME TO
IN PERSON REGISTRATION TO REGISTER FOR CLASS!
DON'T RISK A CLASS BEING CANCELED OR FULL BY
WAITING UNTIL THE LAST MINUTE.**

CANINE COUNSELING CLASSES

Five one-night seminars presented by NAN TALLENO, owner & creator of Peace in the Pack Canine Behavioral Counseling & Peace in the Pack Programs.

Resident Canine Behavioral Expert & Consultant/Pet Reporter for top-rated KYW NewsRadio & hosts "Teacher's Pet", PetLifeRadio.com. She's been rescuing & successfully rehabilitating dogs with highly challenging behavioral issues for over 17 years.

BODY LANGUAGE

THURSDAY 7-9:00pm

MAR 5



FEE: *\$30.00*

AHS B107

Learn the subtleties & complexities of the way that canines communicate every day to us and to each other through physical posturing and movement that greatly affects their daily behavior. Understand how they think, feel and relate. Observe how almost every aspect of a canine's body language conveys a message. Learn to "speak canine" by observing, understanding & even mimicking certain stances and postures to ultimately communicate with them in a positive way. This can greatly achieve much more positive behavior and avert or recondition negative ones. This course is excellent for veterinarians and vet techs as well as anyone living with or working with a canine. At the end of our course, you are invited to our highly successful and much requested complimentary Pack Walk as we invite our dogs on a separate day to meet at a specified location. This is extremely effective for reactive dogs. This class is for "humans only" – no pets allowed!!

CANINE'S USE OF SCENT, ENERGY, POSTURING & VOCALIZATION

FEE: *\$30.00*

THURSDAY 7-9:00pm

MAR 12

AHS B107

A follow-up on the Body Language seminar as it expands on how canines fully communicate with us & with each other. This gives us full details on how, when & why they use these particular skills & how we can learn to read their signals, as well as relate back to them in ways that they can understand. This will fully accomplish our goal of achieving more appropriate behaviors in our canine companions. This is a "humans only" class – no pets allowed!!

CANINE COGNITION, EMOTION AND SOCIAL BEHAVIOR

FEE: *\$30.00*

THURSDAY 7-9:00pm

MAR 19

AHS B107

How smart is your best friend? More research is being done to determine the amount of intelligence our dogs truly possess. Learn just how intelligent your dog really is and how utilizing this information can be helpful to determine how to achieve a better bond and connection with your dog, as well as achieving a more positive behavior. Also learn the importance of the emotional and social life of canines and how it greatly affects their interaction with us, each other and their environment. This is a "humans only" class – no pets allowed!!

CANINE AGGRESSION

FEE: *\$30.00*

THURSDAY 7-9:00pm

MAR 26

AHS B107

This class analyzes the many aspects & causes of various types of canine aggressive behavior; how it can be rehabilitated & in many cases even averted. We will look at it from a professional behavioral standpoint as well as from the true canine perspective to help you & your dog remain safe. This is a "humans only" class – no pets allowed!!

IN CASE OF BAD WEATHER: If Audubon Public Schools are closed, we are closed. The Audubon School Districts closing Number is 617. If the weather turns bad during the day & you are unsure if your class is meeting, you can call the office @ 547-7695 EXT. 4186 after 4:00pm and please listen to voice message or go to www.audubonschools.org district website, if our schools are closed a message will be posted on main page. Or listen to KYW News Radio 1060 AM, CBS TV 3, CW Philly or www.kywschools.com AHS #617. You will not be called individually.

Canine classes continued:

CANINE PHOBIC BEHAVIORS AND HOW NUTRITION AFFECTS BEHAVIOR

FEE: *\$30.00*

THURSDAY 7-9:00pm

APR 2

AHS B107

Because of our fast paced world, our dogs reflect us and are much more stressed too! This class defines and restructures certain behaviors that are anomalies in the canine world brought on by extreme stress, fear, trauma, anxiety, confusion and overexcitement. Rehabilitation is essential for focus and a return to a normal life for the canine. This class is useful for anyone living or working with a dog with sever anxiety disorders. We will also cover how nutrition and diet can play a part in your canines rehabilitation. This is a "humans only" class – no pets allowed!!

FINANCIAL SOLUTIONS:



LAURENT W. METZLER, J.D., RFC®

SAVVY SOCIAL SECURITY BOOT CAMP

FEE: \$20.00

TUESDAY 7-9pm

FEB 25

AHS B107

Come & learn how to improve your earnings record, apply for benefits at the optimal time, coordinate spousal benefits, minimize income taxes & coordinate benefits with your other retirement plans. We will also address how a divorce or the death of a spouse will affect your entitlement & the amount of your social security benefits.

COLLEGE FUNDING & PLANNING BOOT CAMP *FEE: \$20.00*

TUESDAY 7-9:30pm

MAR 3

AHS B107

Learn the truth about beating the high cost of your child's education. Discover almost unheard-of strategies a few families are using to save thousands of dollars, inside tips & techniques others do not know about. Learn to avoid costly mistakes & get the most money possible. Topics include: how to... double or even triple your eligibility for financial aid; find scholarships, grants & low-interest loans most other parents don't know about; why the average time it takes a student to complete his or her undergraduate degree program is now *5.8 years* & steps you can take to prevent this problem; the best time to start the college planning process (hint: not senior year); how proper use of the tax code can reduce education costs; & why over 90% of parents fill out the financial aid forms incorrectly.

ESTATE PLANNING BOOT CAMP

FEE: \$20.00

TUESDAY 7-9:30pm

MAR 10

AHS B107

Did you know... the Federal & New Jersey "taxable estate" includes the value of your residence, vacation & investment properties, jointly titled assets, individually owned assets, all life insurance proceeds, as well as the value of all your retirement plans & annuities? Learn how to plan & protect your estate & your children's legacy from unnecessary taxation, the negative impact of extended estate administration, & the "spend down" of your assets on long-term nursing home care. Wills, trusts, power of attorney & "Living Wills" will also be discussed as they relate to the foregoing. You've worked hard all your life to create an estate – take the time to learn how to protect it!

GETTING PAID TO TALK :

MAKING MONEY WITH YOUR VOICE

FEE: \$25.00

WEDNESDAY 6:30-9:00pm

MAR 25

AHS B103

Have you been told that you have a great voice? Explore professional voice-acting for television, radio, audio books, etc. Learn the basics, including how to be successful & earn great income in this exciting field. You'll record a commercial under the direction of our producer! Bring questions! Class is informative, fun, & a great first step for anyone interested in voice-acting professionally. For more information, visit www.voicecoaches.com.

INSTRUCTOR: Creative Voice Development Group

1 SESSION

HAVE AN IDEA FOR A NEW CLASS? We're always happy to hear from you with new class ideas, whether it's something you'd like us to offer or something you would like to teach, please email mmarchiano@audubonschools.org

GREENER CLEANER LIVING WITH ESSENTIAL OILS: *FEE:\$20.00*

WEDNESDAY 7:00-8:30pm EITHER FEB. 26 or MAR. 25 (THIS IS A 1 NIGHT CLASS BEING OFFERED ON 2 SEPARATE DATES, PLEASE NOTE WHICH CLASS DATE YOU WILL BE ATTENDING ON YOUR REGISTRATION FORM)

This workshop will show you how to infuse essential oils into your everyday lives. Together we will learn how to better your sleep, support your immune system, and ditch and switch the toxins right out of your home. Make a roller of your choice, a room spray, and an all purpose household cleaner to bring home. A supply cost of \$30.00 is due, fee payable to instructor in cash on night of class. Please bring exact amount, no change will be available.

INSTRUCTOR: Carrie Fegley

1 SESSION

HOME BUYING 101

FEE: * \$15.00*

MONDAY 7-8:15pm

MAR. 2

AHS B100

First time homebuyer? Buying again but feeling out of the loop? Come for a market update and a step-by-step guide that will take you from getting prepared and prequalified all the way to the closing table, with a new set of keys in your hands. Don't miss out!

INSTRUCTOR: Ashley McGuire – The McGuire Team, Buyer Specialist, Keller Williams Realty Cherry Hill

Nick Mink – VP of Mortgage Lending, Guaranteed Rate

1 WEEK

PREPARE, STAGE AND SELL YOUR HOME

FEE: *\$15.00*

TUESDAY 7-8:15PM

FEB. 25

AHS B100

Getting ready to sell your home? Come for a step-by-step guide for selling successfully! Get a market update and learn how to sell for more!

INSTRUCTOR: Ashley McGuire – The McGuire Team, Buyer Specialist, Keller Williams Realty Cherry Hill

Nick Mink – VP of Mortgage Lending, Guaranteed Rate

1 WEEK

PALMISTRY I

FEE: \$35.00

THURSDAY 6:30-8:30pm

FEB 27

AHS B103

Palmistry is both an Art and a Science, It is based on Scientific principals that will be taught during this class. You will learn the meaning of your Life Line, the Head Line, Heart Line and the relationship Line along with many other things. You will obtain an understanding of the palm, its shape, lines and how it affects your life in general. Reading a hand is like reading a book and that book is about you; the most interesting and important book one can read! Bring a magnifying glass and a note book to write down all the interesting facts you are about to learn!

INSTRUCTOR: Kathleen White, Studied Palmistry with Yoga Instructor: Dr. Girish Jagidar from Bombay India.

CLASS IS 1 SESSION

WHOLE FOOD PLANT BASED LIFESTYLE:

FEE: *\$15.00*

THURSDAY 7-8:30PM

MAR. 12

LOCATION: AUDUBON METHODIST CHURCH: 314 W. GRAISBURY AVE. AUDUBON, NJ

Did you resolve to get healthy this year? There is growing evidence that a Whole Food-Plant based (WF-PB) lifestyle is the best way to get healthy through diet. Please join us for a discussion of the benefits of a WF-PB lifestyle, highlighting the various doctors and individuals who have been thriving on this diet for years. Enjoy multiple samplings of delicious food prepared and offered by presenters. Great websites, books and recipes will be shared so you can leave this class with the tools you need to begin to get your health back on track.

PRESENTERS: Bruce Krout, Allison Cox, Sherrill Barrett, Jen Schaffer

QUESTIONS OR CONCERNS?

Please don't hesitate to contact me, either by phone at 856-547-7695, ext. 4185 or 4186, or by email at mmarchiano@audubonschools.org

FITNESS & SPORTS:

GOLF taught by Bob Cardea, Head Coach, & The Rutgers Univ. Coaching Staff

CLASSES START MAR 21

7 WEEKS

BEGINNER

FEE: \$125.00

SATURDAY 10:45-11:45am

LOCATION: Big Swing Golf Center – 312 Salina Road, Sewell NJ 08080

A beautiful time of the year to learn the basics! The Rutgers Coaching staff is prepared to share the latest thinking on fundamentals of the golf swing, the psychological inner game, etiquette, how & where to practice, a list of playing partners & more. Clubs are supplied, if needed, & all the balls you can hit. Teacher/pupil ratio max 8-1. Learning environment is friendly.

SKILL BUILDER

FEE: \$125.00

SATURDAY 12 noon-1:00pm

Big Swing Golf Club as above

Need a Fall tune-up? If you've struggled all season & desperately need a pro to look at your swing, this class is for you. Our PGA/USGTF staff will address your swing mechanics to include, but not limit to, the driver, fairway woods, long irons, bunker shots & the short game. A state-of-the-art facility will encourage you to hit every club in the bag.

INTRO TO GOLF FOR YOUTHS 8-15 YEARS OLD

7 WEEKS

BEGINNER

FEE: \$125.00

SATURDAY 9:30-10:30

This course is designed to introduce younger enthusiasts to the exciting sport of golf. Students will learn the rules of golf, course etiquette, proper grip and swing. They will be taught how to chip, putt, pitch and learn and how to use irons and woods properly. Equipment will be provided if needed however if you have your own Clubs, please bring them. All sessions are held in a relaxed, fun environment so that you can progress at your own speed.

GOLF: THE SHORT GAME



FEE: \$95.00

SATURDAY 2-3:00pm

CLASSES START MAR 21

Big Swing Golf Club as above

Nearly 70% of the shots you hit are less than 150 yds, so sharpen your short game & reduce your scores! Our Rutgers University Golf Team Coaching Staff will show you how. Rutgers Univ. has won back-to-back NEAC Conference Championships, & is the first team in school history to qualify for 2 straight NCAA National Championship Finals!

5 WEEKS

HORSEBACK RIDING: RECREATIONAL



FEE: \$175.00

Available from MAR 21 – JUNE 19

Liberty Bell Farm

Introduction to basic horseback riding & safe horse handling procedures for Adults and Children. You will learn to ride as well as hands-on brushing, saddling, bridling, & care of horse & tack. Long pants, riding boots or sturdy work type shoes with a heel are a must. Helmets provided by the farm, located at 117 Dutch Row Rd., Elmer, NJ 08318. Indoor arena is used for inclement weather. Call 856-358-2892 to arrange lessons.

INSTRUCTOR: Denise Kaelin Bell

6 1-HOUR SESSIONS

THE ROYAL FITNESS EXPERIENCE!



FEE: \$65.00

AVAILABLE FEB 29 – APR. 4

This is your chance to find out what Royal Fitness is all about! You are invited to try any of their state-of-the-art facilities over the course of your 10 visits. Try our indoor saltwater pool, ideal for lap swimming or just relaxing in the Jacuzzi. You may also attend Aqua Dynamics classes offered throughout the week. These are an ideal form of physical conditioning recommended for those with limitations such as arthritis, heart disease & high blood pressure. Use our gym equipment or choose from any of our Senior Fit classes – Stretch, Tai Chi, low impact/intensity group exercise classes. Call 856-547-3326 for more information.

ROYAL FITNESS, 50 E. Gloucester Pk., Barrington

10 VISITS

PROGRAM CHANGES: Because of possible contingencies, the Adult School reserves the option to make any changes in course offerings, schedules, instructors and/or room assignments as appear necessary.

THE ROYAL FITNESS EXP. CONTINUED:

SEATED TONING AT ROYAL FITNESS

FEE:65.00

AVAILABLE FEB 29 – APR. 4

This seated chair class is designed to improve strength, flexibility & mobility. We will be toning with hand weights & bands. Perfect for all levels of fitness! Call 856-547-3326 for more information about days and times classes are offered.

ROYAL FITNESS, 50 E. Gloucester Pk., Barrington

10 CLASSES

BARRE

FEE: \$65.00

A low impact workout that will strengthen your legs, core & back while improving your posture & flexibility. Call 856-547-3326 for more information about days and times classes are offered.

ROYAL FITNESS, 50 E. Gloucester Pk., Barrington

10 CLASSES

CYCLING

FEE: \$65.00

AVAILABLE FEB 29 – APR. 4

Fun cardiovascular workout on a stationary bike with motivating music, led by certified cycling instructors! We have 30 minute, 45 minute & 1 hour classes available. All levels are welcome! Call 856-547-3326 for more information about days and times classes are offered.

ROYAL FITNESS, 50 E. Gloucester Pk., Barrington

10 CLASSES

TENNIS TAUGHT BY MITCH WINKLER

LOCATION TBA

YOU WILL BE NOTIFIED OF LOCATION PRIOR TO START OF CLASSES. ALL CLASSES START MAR 21 AND THEN WILL MEET 3/28, 4/4, 4/11 & 4/18.

FUNDAMENTALS

SATURDAY 8:30-9:30am

FEE: \$55.00

This program is designed for "first time" players thru those with less than TWO seasons of playing. Stroke production, practice & basic game positioning will be the focus. Tennis rackets required.

5 WEEKS

SKILL BUILDERS

SATURDAY 9:30-10:30am

FEE: \$55.00

Players that have at least TWO SEASONS of play and a basic understanding of mechanics will benefit from this accelerated program. Stroke refinement, shot making and sequence drills will form the foundation. Tennis rackets required.

5 WEEKS

JUNIORS (AGES 6-8)

SATURDAY 10:30am-11:15am

FEE: \$55.00

This program is designed to teach children the fundamental skills used in tennis. Both ground strokes & volleys will be covered. Although junior rackets are requested, loaner rackets will be available if needed.

5 WEEKS



JUNIORS (AGES 9-13)

SATURDAY 11:15-12 noon

FEE: \$55.00

This program will focus on introducing the forehand, backhand, volley & serve & using these strokes in point play. Although junior rackets are requested, loaner rackets will be available if needed.

5 WEEKS

STRENGTH TRAINING

MON AND/OR WED
6:45-7:30



FEE: TWO DAYS \$60.00

ONE DAY \$32.00

STARTS MAR 2 OR
MAR 4

MAS ALL-PURP RM

Strength training improves numerous systemic benefits. These include everything from better metabolism, increased bone density and just being stronger. Engaging in strength training twice a week can reduce overall body fat and burn calories more efficiently. Muscle built during strength training sessions reduces risk of injury by improving balance and coordination! Please bring light hand weights (2-3lbs for beginners) and a mat for the floor.

No class on 4/13 & 4/15/20

INSTRUCTOR: Eileen McClernan

8 WEEKS

ZUMBA!



FEE: \$55.00

THURS

6:30-7:30pm

STARTS MAR 5

MAS ALL-PURP RM

Want to move your body? Try this dance-inspired workout! Listen to Latin musical rhythms & move to create a fun & exciting workout. Routines feature fast & slow rhythms & resistance training to tone & sculpt your body while burning fat. Come & Dance the hour away with us! No Class on **4/9 & 4/16/20**

INSTRUCTOR: Lauren Vencius

8 WEEKS

INSANITY!!

FEE: \$45.00

THURS

STARTS FEB 27

6:00-7:00pm

HAV GYM

Insanity classes are challenging, group-focused athletic training, cardio conditioning, and total-body strength drills. This class designed for people of all fitness levels. The moves are easy to follow. We recommend bringing a water bottle and towel to classes. **No class on 4/9 & 4/16/20**

INSTRUCTOR: Angel D'Achille, Certifications include INSANITY, PIYO, NASM and AFAA

8 WEEKS

PIYO

FEE: \$45.00

THURS

STARTS FEB 27

7:00-8:00pm

HAV GYM

PiYo classes are designed to build strength, improve flexibility and tone muscles, all in the same class! Using only your body weight you'll perform a series of high-intensity, low-impact moves, while working every muscle to increase strength, stability, stamina and stretching. Please bring a Yoga or Pilates Mat, Water Bottle and towel to class. **No class on 4/9 & 4/16/20**

INSTRUCTOR: Angel D'Achille, Certifications include INSANITY, PIYO, NASM and AFAA

8 WEEKS

STRESS MANAGEMENT & WELLNESS

All classes taught by **KATHLEEN MARIE WHITE**, NJ Licensed Body Work Therapist, AOBTA & ABMP-Certified Practitioner, Certified Yoga Instructor & Owner of **HANDS OF WHITE HEALING CENTER**. Kathleen has been studying and teaching Yoga & Shiatsu for over 25 years.

YOGA – BEGINNER

FEE: \$70.00

TUESDAY 6:30-8:00pm

STARTS FEB 25



HAS GYM

WEDNESDAY 6:30-8:00pm

OR FEB 26

HAS GYM

Create a more balanced & stress-free life. Reduce stress through stretching exercise & mental concentration. You will learn the basic Yoga postures. Get in touch with your intuition & positive energy through various relaxation techniques. Set long-range goals for a balanced, abundant life. Wear comfortable clothing & bring exercise mat or layered cloth. a Yoga Mat is required. Yoga can be gentle; or very vigorous. It strengthens the body & mind while it creates flexibility & a peaceful attitude...Please choose Tues or Wed. If you have never taken yoga. No class on 4/14 or 4/15/20

For our more experienced students:

YOGA – INTERMEDIATE

FEE: \$70.00

MONDAY 6:30-8:00pm

STARTS FEB 24

HAS GYM

If you've taken Beginner Yoga & have an understanding of the postures & breathing, this class is for you. We'll work on holding the postures for a longer period of time & work toward developing more strength & flexibility through the 8-week series. No class on 3/16 or 4/13/20

8 WEEKS

CHAIR YOGA

FEE: \$54.00

THURSDAY 6:30-8:00pm

STARTS MAR 5

MAS MUSIC RM.

Come learn to move through seated and standing Yoga poses. This class is designed to increase flexibility, balance, and a range of movements. We will finish with restorative breathing exercises and final relaxation to promote reduced stress and better mental clarity. This class is for all ages and pregnant women as well. No class on 4/9 & 4/16/20

6 WEEKS