

THE FOLLOWING CLASSES MEET EVERY **SATURDAY**

BEGINNING October 6, 2018

(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)

CHAIR YOGA – S3

P. Flagiello

Gain the benefits of a typical yoga class while sitting in a chair! Yoga builds strength, increases flexibility, is good for circulation and teaches deep relaxation through a series of slow, gentle postures and controlled breathing adapted so you can do yoga in a chair! Please consult your doctor prior to beginning any new physical activities.

Orchestra Room 105 – High School

11:00 A.M.-12 Noon

8 weeks, starts **October 13, 2018**

Fee: \$52 (Non-Residents \$55)

LINE DANCING FOR SENIORS - BEGINNER – S1

P. Alfonso



Seniors, come on out and start your Saturday having fun with friends. Learn how to *shuffle*, *grapevine* and *hook* to name a few steps. Put your steps together, add music and you're line dancing! No partner or experience needed, just a willingness to have a great time. Please wear leather sole or smooth bottom no scuff shoes. Bring a bottle of water. For age 62 or older. Proof, such as driver's license required at first class.

Cafeteria 2 – High School

9:00-10:00 A.M.

8 weeks, starts **October 6, 2018**

Fee: \$47

YOGA FOR SENIORS – S2

S. Miner-Berger

This course includes exercises in stretching postures, deep relaxation, and breathing techniques to relieve tension without strain. Wear loose fitting, comfortable clothing. BRING MAT OR TOWEL to sit on floor. Must be 62 years of age or older. Proof such as driver's license required first class. Class Limit 20.

TBD

10:00–11:00 A.M.

8 weeks, starts **October 20, 2018**

Fee: \$57 (Non-Residents \$60)