

COURSE OFFERINGS:

ARTS /LEISURE/SELF HELP

ART: THE BASICS OF DRAWING

FEE: *\$65.00*

TUESDAY 6:30-8pm

STARTS FEB 26

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.

6 WEEKS

CREATIVE WRITING: FICTION

FEE: \$85.00

WEDNESDAY 7-9:00pm

STARTS MAR 6

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!

INSTRUCTOR: Chad Meadows, MFA Creative Writing

8 WEEKS

GUITAR – BEGINNER



FEE: \$95.00

WEDNESDAY 7-8:30pm

STARTS FEB 27

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.

INSTRUCTOR: James Schneider

8 WEEKS

LEARN TO DANCE!

DANCE TIME PRODUCTIONS
SESSION I:

COURSES ARE 4 WEEKS
or 8 WEEKS AS INDICATED

FITNESS LINE DANCING

(8 WEEKS!)

FEE \$72.50

TUESDAY 7-8:00pm

STARTS FEB 26

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).

DANCE TO EXERCISE

(8 WEEKS!)

FEE: \$72.50

TUESDAY 8-9:15

STARTS FEB 26

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.

QUESTIONS OR CONCERNS?

Please don't hesitate to contact me, either by phone at 856-547-7695, ext. 4186, or preferably by email at

mmarchiano@audubonschools.org

DANCE CONTINUED:

SOCIAL DANCES FOR WEDDINGS (8 WEEKS!)

FEE: \$72.50

WEDNESDAY 7-8:00pm

STARTS FEB 27

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!

SALSA/MERENGUE

(4 WEEKS!)

FEE \$32.50

WEDNESDAY 8-9:00pm

STARTS FEB 27

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.

SESSION II:

JITTERBUG/SWING DANCING (4 WEEKS!)

FEE: \$32.50

WEDNESDAY 8-9:00pm

STARTS APR 3

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.

ONE NIGHT CLASSES/SEMINARS

GREENJEAN GARDENS'

The Most Common Garden "Mistakes" and How to Avoid Them

FEE: *\$55.00*

TUESDAY 7-9:00pm

STARTS MAR 19

AHS B103

From a seasoned garden and landscape professional, you'll learn what NOT to do in the landscape—and why. We'll discuss the most common garden mis-conceptions and how to fix them. You'll also learn the TOP 10 most important things you can do this spring to have the garden of your dreams. Your instructor, Jeannie Marcucci, is a winner of the Pennsylvania Horticulture Garden of Distinction Award.

INSTRUCTOR: Jeannie Marcucci Greenjean Gardens, LLC

2 WEEKS

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 7



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 CONTINUED:

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

FEE: *\$30.00*

THURSDAY 7-9:00pm **MAR 14** 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 21** 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 28** 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!!

CANINE PHOBIC BEHAVIORS AND HOW NUTRITION AFFECTS BEHAVIOR

FEE: *\$30.00*

THURSDAY 7-9:00pm **APR 4** 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

WEDNESDAY 7-9pm **FEB 27** 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

WEDNESDAY 7-9:30pm **MAR 6** 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.

FINANCIAL CONTINUED

SAVVY IRA BOOT CAMP

FEE: \$20.00

WEDNESDAY 7-9:00pm **MAR 13** AHS B107
Come and learn 7 strategies for savvy IRA planning, 6 rollover options for your retirement plan funds, 3 common required minimum distribution mistakes, 3 different options for spousal IRA beneficiaries and Roth IRA conversions. We will also address how to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security & financial plans.

ESTATE PLANNING BOOT CAMP

FEE: \$20.00

TUESDAY 7-9:30pm **MAR 20** 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!

LONG TERM CARE PLANNING BOOT CAMP

FEE: \$20.00

WEDNESDAY 7-9:30PM **MAR 27** AHS B107
Did you know that you may NOW BE ELIGIBLE and able to protect your assets under Federal law and receive federal benefits to pay for long-term care? Come and learn how to get the care you need without using all of your assets. Learn the difference between Medicare and Medicaid; your options for financial decisions about your future; where to get the money you need to pay for the costs of an accident or serious injury, and much, much more.

GETTING PAID TO TALK :

MAKING MONEY WITH YOUR VOICE

FEE: \$25.00

MONDAY 6:30-9:00pm **APR 17** 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

HOME BUYING 101



FEE: * \$20.00*

MONDAY 7-8:15pm **MAR. 4** AHS B101
First time homebuyer? Buying again but feeling out of the loop? Come for a market update and a step to 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: *\$20.00*

TUESDAY 7-8:15PM **FEB. 5** AHS B101
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

IN CASE OF BAD WEATHER: Audubon Adult Evening School's closing number is 2618. If Audubon Public Schools are closed, we are closed. If the weather turns bad during the day & you are unsure if your class is meeting, you can call the office until 1:00 PM 547-7695 EXT. 4186. Or listen to KKY News Radio 1060 AM, CBS TV 3, CW Philly or www.kywschools.com. You will not be called individually.

PALMISTRY I

FEE: \$35.00

THURSDAY 6:30-8:30pm

FEB 28

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

PALMISTRY II

FEE: \$35.00

THURSDAY 6:30-8:30pm

APR 11

AHS B103

If you have taken **PALMISTRY I** and have an understanding of the Life Line, Head Line, and Heart Line then this class is for you! We will delve further into the areas of the Palm, Relationship and Health Line. Palmistry is both an Art and a Science, It is based on Scientific principals that will be taught during this class. 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

FITNESS & SPORTS:

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

CLASSES START MAR 23

7 WEEKS

BEGINNER

FEE: \$120.00

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: \$120.00

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.

GOLF: THE SHORT GAME

FEE: \$95.00

SATURDAY 2-3:00pm



CLASSES START MAR 23

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 23 – JUNE 15

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!

AVAILABLE FEB 9 – MAR 30



FEE: \$65.00

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

TENNIS TAUGHT BY MITCH WINKLER

LOCATION TBA

YOU WILL BE NOTIFIED OF LOCATION PRIOR TO START OF CLASSES.

ALL CLASSES START MAR 23 AND WILL MEET 3/30, 4/6, 4/13 & 4/20.

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

TONE AND SHAPE WITH A PROFESSIONAL TRAINER!

EILEEN McCLERNAN, INSTRUCTOR

CIRCUIT TRAINING

MON AND/OR WED
7:15-8:00



FEE: TWO DAYS \$60.00

ONE DAY \$32.00

STARTS MAR 11 OR MAR 13
MAS ALL-PURP RM

Circuit training is a form of physical exercise combining strength exercises, or weight training, with endurance exercises, or cardiovascular training. YOU WORK YOUR WHOLE BODY IN 1 SESSION. Helps improve mobility, strength, stamina & (along with a healthy diet) you will lose weight. You do short bursts of resistance exercises using moderate weight & frequent repetitions followed quickly by another burst of exercise. It works because it makes you keep pushing your body. If you're coming one day only, please specify day. Bring a towel or mat & light hand weights (3-5 lbs.). If attending one day, please make a notation of which day, **(No class on April 22nd or April 24)**

8 WEEKS

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.

TONE AND SHAPE WITH A PROFESSIONAL TRAINER CONTINUED:

EILEEN McCLERNAN, INSTRUCTOR

TABATA TRAINING

MON AND/OR WED

6:15-7:00

FEE: TWO DAYS \$60.00

ONE DAY \$32.00

STARTS MAR 11 OR MAS ALL-PURP RM
MAR 13

TABATA is a high intensity interval training (HIIT), but don't let the words "high intensity" scare you...high intensity does not mean high impact, you will be shown high impact and low impact moves for the same exercise, the choice is up to you. The system is easy to remember: 20 seconds of work, followed by 10 seconds of rest, and repeat. This is one set, we will complete 8 sets for each exercise that we do. The short rest intervals force the body to keep moving before it actually recovers from the previous set and leads to significant aerobic and anaerobic gains. Tabata or High Intensity not high impact Training is beneficial for your body, but there is a catch YOU HAVE TO PUSH YOURSELF – REALLY PUSH YOURSELF WITH EVERYTHING YOU GOT!!! You will not reap the strength and cardio benefits from leisurely going through the movements. Also another benefit from HIIT training is the almighty "after burn affect," this means you will keep burning calories hours after your quick workout ends Bring a towel or mat & light hand weights (3-5 lbs.).(If attending one day, please make a notation of which day, (No class on April 22nd or April 24 8 WEEKS

ZUMBA!

THURS

6:30-7:30pm



STARTS MAR 7

MAS ALL-PURP RM

FEE: \$45.00

Want to move your booty? 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!

INSTRUCTOR: Jess Gigantino

8 WEEKS

Dance Fitness

THURS. 7:00-8:00

STARTS FEB 28

HAS ALL- PURP RM

FEE: \$45.00

Fitness is so much more than just a state of the body. Come join us as we incorporate elements of cardio, balance, and toning, along with positive, fun music, and personal encouragement. This fitness experience, focusing on relationships as well as exercise, will be a high point in your week for sure. Easy to follow, and able to be modified, routines are great for beginners and fitness veterans alike .INSTRUCTOR: Amber Gager 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 25 years.

MEDITATION – BEGINNERS

THURSDAY 6:30-8:00pm

STARTS MAY 2

AHS RM B103

FEE: \$62.00

Learn the art of Meditation. The practice of meditation has a cumulative effect & benefits can be felt almost immediately, including a sense of detachment from the pressures of life, lasting peace of mind, increased concentration & awareness, & a strengthening of intuition. We will use visualization techniques, sounds, breathing & gentle stretching. Classes are led by an experienced mediator & teacher who will gently guide you & answer your questions. Classes will appeal to both beginners & experienced students. Wear loose cotton clothing & don't eat for at least 2 hours before class. Bring a blanket or pillow. 3 WEEKS

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

STRESS MANAGEMENT AND WELLNESS CONTINUED:

YOGA – BEGINNER

TUESDAY 6:30-8:00pm

STARTS FEB 26

WEDNESDAY 6:30-8:00pm

OR FEB 27



FEE: \$68.00

HAS GYM

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. Please choose Tues or Wed. If you have never taken yoga, it is recommended you take the Wed. class. 8 WEEKS

For our more experienced students: Yoga can be gentle; or very vigorous. It strengthens the body & mind while it creates flexibility & a peaceful attitude...

YOGA – INTERMEDIATE

MONDAY 6:30-8:00pm

STARTS FEB 25

FEE: \$68.00

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 Oct. 8) 8 WEEKS

CHAIR YOGA

THURSDAY 6:30-8:00pm

STARTS FEB 28

FEE: \$35.00

MAS STAFF 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. 6 WEEKS

YOU WILL NOT BE CONTACTED WHEN WE RECEIVE YOUR REGISTRATION! If you want to know if we received your check you are welcome to call 856-547-7695 ext. 4186. You will only be contacted if the class is canceled or full, or if there is a change in the class's location, time or date.

SENIOR CITIZEN DISCOUNT: Senior Citizens (62+) may take some courses for a 25% reduction. Discount must be taken at time of registration, no refunds will be made after registrations are received. **NO DISCOUNT FOR COURSES MARKED WITH AN ASTERISK AROUND THE *FEE*.**