



Spring 2011

Adult Yoga

This gentle Hatha Yoga class will focus on asana (postures) and pranayama (breath) in a relaxed and non-competitive atmosphere. Through yoga practice we will strengthen our bodies and improve balance and flexibility. We will explore movement and breath to reduce stress and improve relaxation.

Wed 6:15-7:30PM

Spring April 13—June 15

Fee 10 week session: \$40.00

Adult Dance Lessons:

Ballroom & Swing Mix

This class will be a combination of the Ballroom & Swing classes.

Thursdays 7:00-8:30PM

April 21—May 12

Fee: \$35.00

Fitness 40+: This class is designed for the person who wants to get back into an exercise program and have a good time doing it! Move and grove to music while building a healthier lifestyle!

Thursdays 6:30-7:30PM Spring April 7—June 16*

Fee \$30.00 per 10 week session

*NO CLASS May 26

Stitcher's Workshop

Stitcher's workshop-quilting, knitting and needlework in this multi-technique class students of all levels of expertise are welcome. There will be instruction and/or projects in quilting, knitting, and various types of need. Join us to learn a new skill, start a new project, or finish those "UFO's" (Unfinished Objects!!)

Tuesdays 6:30– 9:00PM

Spring April 19th– June 21st

Fee: \$30.00 per 10 week session

ZUMBA

Ditch the workout, join the party!! ZUMBA is a Latin-inspired, dance fitness class that incorporates Latin & International music and dance movements. You do NOT need to know how to dance to enjoy the class. ZUMBA is about the music, not the exercise. It's Fun--ZUMBA is

exercise in disguise It's Easy -ZUMBA is designed for everyone - every fitness level and any age. It's great for the mind, body, and soul! Come dance and have some fun!!

Mondays 6:00-7:00PM

Spring April 18—June 27

Fee: \$40.00 per 10 week session

Tai Chi for Beginners

Tuesdays 6:00-7:00PM

Spring April 5—May 24

Fee: \$40.00 per 8 week session**

** Register and prepay one week in advance

Class Schedules will be handed out first week of classes. Classes do not run on Holidays.

Pilgrim Enrichment Center

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Please send registration and check for payment to address above or bring to first class

For a printable registration form, please [CLICK HERE](#)