



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 groove 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

27 Pilgrim Pkwy

Warwick RI 02888

(401) 468-4074

Holly.m.weber@warwickri.com

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

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