

ADULT ENRICHMENT CLASSES AT THE PILGRIM ENRICHMENT CENTER FALL 2016

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 **Sept. 20th - Dec. 13th** **Fee: \$36.00 per 12 week session**
No Class November 8th



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 **Sept. 19th - Dec. 26th** **Fee 14 week session \$68.00**
 Sept. 19th - Nov. 7th **Fee 7 week session \$38.00**
 Nov. 14th - Dec. 26th **Fee 7 week session \$38.00**
No Class October 10th

Tai Chi Taiji (*Tai Chi*) is a healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing, and stretching techniques.



Tuesdays 6:00-7:00PM **Sept. 27th - Nov. 22nd** **Fee: \$45.00 per 8 week session**
No Class Nov. 8th

Adult Yoga This class will focus on basic yoga postures, alignment and breath techniques, exploring range of movement. Appropriate for all levels with modifications. Gain greater flexibility and build core strength in this Body-Mind-Spirit oriented class. Come and experience the essence of Yoga!



Wed 6:15-7:30PM **Sept 14th - Oct 12th** **Fee 5 week session: \$25.00**
 Oct. 19th - Dec. 28th **Fee 10 week session \$50.00**

Adult Dance Lessons with TRACY ROSE:

Ballroom Dance - The elegance of Ballroom dance has made a welcome comeback! Men will gain confidence to lead, and ladies will learn to follow with grace. Learning both smooth and Latin ballroom dancing will have you asking "shall we dance" in no time!

Thursdays 7:00-8:30PM **Oct. 6th - Oct. 27th** **Fee:4 week session \$35.00**



Swing Dance It's fun, it's easy, it's popular, it's SWING! Once you have learned the basic steps and turns, you will move easily to everything from Western and Big Band sounds to rock 'n' roll!

Thursdays 7:00-8:30PM **Nov. 3rd - Dec. 1st** **Fee:4 week session \$35.00**



NEW **CARDIO & CORE** This class provides an optimal mix of cardio and core training with pulsating music to motivate. You will be challenged with high-intensity strength conditioning moves including squats, lunges, and running bursts with options for high and low impact. Build up your energy and fitness levels while improving core strength, balance, and agility. You will need a mat, towel, water, supportive sneakers, and a positive attitude.

Mondays 7:15 - 8:00PM **Sept. 26th - Oct. 31st** **Fee: 5 week session \$25.00**
No Class October 10th

**All information must be complete to register. Signature is required by every participant.
 If class is cancelled a make-up class will be added after the last week of your registration date.**

Please send registration and check for payment to address listed on registration form.

Or register at you first class.

For more information: Holly Weber 468-4074 or Holly.m.weber@warwickri.com

Program Registration Form Fall 2016

Please Print all information: Only one person per registration form.

Signature required for each participant

Participant Name: _____

Address: _____

City: _____ State: _____ Zip code: _____

Phone Number: Home: _____ Work: _____ Cell: _____

Email: _____

D.O.B.	Class Names	Class Dates	Fee

Please make checks payable to : **Pilgrim Enrichment Center**
27 Pilgrim Pkwy
Warwick RI 02888
Fax: 468-4091

******ALL PARTICIPANTS MUST SIGN WAIVER******
WAIVER OF LIABILITY Exercise/Walking Programs
CITY OF WARWICK
DEPARTMENT OF HUMAN SERVICES
DIVISION OF SENIOR SERVICES

I, the undersigned, have voluntarily joined the _____ Program at the Pilgrim Senior Enrichment Center, 27 Pilgrim Parkway, Warwick, RI in order to pursue an exercise and fitness program. I recognize that the program requires physical exertion that may be strenuous at times and may cause physical injury and I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above mentioned program. I represent and warrant that I have no medical condition that would prevent my participation in the program.

I knowingly, voluntarily and expressly waive any claim I may have against the City of Warwick and/or the Pilgrim Senior Center for injury or damages that I may sustain as a result of participating in the program.

I, my heirs or representatives forever release waive, discharge and covenant not to sue the City of Warwick and/or the Pilgrim Senior Center for any injury or death caused by their negligence or other acts.

I have read the above waiver and release of liability and fully understand it contents. I voluntarily agree to the terms and conditions stated above.

Signature: _____ **Date:** _____

For more information: Holly Weber 468-4074 Holly.m.weber@warwickri.com
Please send registration and check for payment to address listed. Or register at you first class.