

••• **ADULT SPECIAL INTEREST CLASSES** •••

- No refunds will be given on any class after the first session has begun.
- Supplies are not included in course fees. • Babysitting is available during daytime classes and at night by reservation only. • Children are not permitted in any of the classrooms
- No Evening Classes Chanukah December 25



••• **ART PALETTE** •••

ART WORKSHOP I

CHAVA ROTH

BASIC DRAWING AND WATERCOLORS

Introduction to drawing in black and white. Line volume, composition and perspective taught through still life. Basic principles of Watercolor and techniques.

5TD1 Tues. 10:00-12:30 pm • October 29 - December 31

5WE1 Wed. 7:00-9:30 pm • October 30 - December 8

Fee: M-\$185/NM-\$200 (10 Sessions)

ART WORKSHOP II

CHAVA ROTH

Basic drawing pre-requisite. Oil Painting from a representational viewpoint. Still Life, landscapes, etc. Color mixing, paint application and composition strategies emphasized.

5TD2 Tuesday 12:45 -3:15pm • October 29 - December 31

5WD1 Wednesday 10:00-12:30 pm • October 30 - January 1

5WD2 Wednesday 12:45 - 3:15pm • October 30- January 1

Fee: M-\$185/NM-\$200 (10 Sessions)

WOMEN'S FITNESS CLASSES

We encourage you to develop a set routine to keep fit. The exercise schedule may change by time or instructor as needed.

INTERVELOCITY

Sun. 10:00 - 10:45 am

CARDIO CHALLENGE

Mon. & Wed. 10:00 - 10:45 am

High impact aerobics followed by intense abdominal exercises

ARMS & ABS

Mon. & Wed. 10:50 - 11:20 am

Toning Class

STEPTASTIC

Mon. & Wed. 12:15 - 1:00 pm

Variation of popular basic moves, off cadence stepping, tap free stepping, creating more complex patterns, while working with one or two steps

CARDIO DANCE FUSION

Tues. 7:55 - 8:55 pm

Fun cardio combinations followed by weights & mat work

BOOT CAMP TRAINING

Thurs. 7:55 - 8:55 pm

Cardio kick boxing with emphasis on the core & lower body

H.S. GIRLS FITNESS CLASSES

CORE-DINATION

Tues. & Thurs. 8:00 - 8:45 pm

Aerobics Training - fun work - Hard Play stretching, calisthenics and step included in total workout

ADULT EXERCISE CLASSES

Open to Members & Non Members!

ZUMBA WITH TAMARA

Energetic aerobics workout combining latin & international dance steps

FRIDAY 10-10:45PM

OCT. 25 - DEC. 27:

10 SESSIONS

5ZU1 FEE: M-\$100/NM-\$125

DROP IN ONE CLASS \$15