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 WORKSHOP I

**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

**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 - 3:15 pm • October 29 - December 31
- **5WD1** Wednesday 10:00-12:30 pm • October 30 - January 1
- **5WD2** Wednesday 12:45 - 3:15 pm • October 30 - January 1

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

ART PALETTE

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**
  - **5ZUM FEE: M-$100/NM-$125**
  - **DROP IN ONE CLASS $15**

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