

# Adult Education Classes

*\$40 a session for residents (G.N.)*

*\$65 a session for non-residents*

**Exercise:** Enjoy the benefits of a body that reflects who you are and how you feel—which adds up to a lot more than a number! Sharon Epstein leads an exercise course designed to enhance your physical well-being and positive self-image. There'll be specific exercises for balance, flexibility, strength, & endurance. Bring weights and bands.

**SHARON EPSTEIN**

*classes 10:30—11:30*

**Session III: Strength & Stretching**

**Tues., 1/3– 2/7/2023**

**Session III: Cardio & Coordination**

**Wed., 1/4-2/15/2023**

**Session III: Strength & Stretching**

**Thurs., 1/5-2/16/2023**

**Yoga: Meditation** Bring together your mind and body in this exciting new class. Learn to focus your mind, relieve stress, and gain relaxation. Build flexibility and strength through balance to improve your physical condition. These techniques will lift your spirits and help you relax.

**BONNIE RUBENS**

**Session III Fri., 1/6-2/17/2023**

**11 a.m. – noon**

**Yoga: Beth**

There is emphasis on basic yoga poses and balancing exercises. Our standing yoga poses build strength, range of motion and alignment. Balancing poses improve balance of course, but also promote flexibility and focus. Bends stretch back and hamstring muscles and improve breathing. Twists aid in digestion and tone abs.

**BETH MOHR**

**Session III: Tues., 1/3– 2/14/2023**

**11:30–12:30**

**Yogaerobics** A course focused on both seated and standing yoga poses, emphasizing mindful movement and psyche. Emphasis is placed on improving stability, balance, and over-all well-being. The goal is to extend the conditioning developed from breath-work, stretching, and strengthening in class, to everyday life. Poses are offered with modifications to accommodate all levels of students. The last segment of class consists of a guided meditation.

**BONNIE RUBENS**

**Session III: Mon., 12/26– 2/20 (n/c1/2,1/16)**

**Tai Chi**

Tai Chi is a Chinese exercise system practiced for health and self-defense. Incorporating breathing with slow and fluid movements, Tai Chi will help reduce stress, improve balance and increase vitality. No prior experience necessary. For those with physical limitations, the movements can be modified or be done seated. Just come and enjoy.

**JOSEPH PANICO**

**10-11a.m. 11—noon**

**Session III: Mon., 12/26– 2/20 (n/c1/2,1/16)**

**10-11a.m.**

**Session III: Mon., 12/26– 2/20 (n/c1/2,1/16)**

**11—noon**

**Art Studio**

Bring your own paints or use ours and join a dynamic class of artists. This is the perfect place to bring out your inner artist. Make time and we will make the space. Each student is individually instructed.

**ANN TARCHER**

**Session III: Wed., 1/4-2/15/2023**

**12:30–2:30**