

# Adult Education

2024

*\$50 a session for residents (G.N.)*

*\$65 a session for non-residents*

*Sign up one week before to avoid a \$5 late fee and class cancellation*

**\*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**

All classes 10:30—11:30

**Session II: *Strength & Stretching***  
Tues., 3/26-5/21 (n/c 4/23, 5/14)

**Session II: *Balance & Stability***  
Wed., 3/27-5/22 (n/c 4/24, 5/15)

**Session II: *Strength & Stretching***  
Thurs., 3/28-5/23(nc 4/25, 5/16)

***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 11 A.M. – NOON**  
**Session II: Fri., 3/29-5/24(n/c 4/26, 5/17)**

**\* *YOGA: STEPHANIE***

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.

**STEPHANIE GOLDSON 10:30-11:30**

**Session II Tues., 4/9-4/30**

**\* *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 10:30-11:30 a.m.**

**Session II: Mon., 3/25-5/6 (n/c 4/22)**

**\* *EXERCISE FOR HEALTH***

Feel healthier by participating in regular exercise . Improve flexibility, muscle tone, and circulation while getting into shape. Stephanie will guide you through each exercise

**STEPHANIE GOLDSON 10:00-10:50**

**Session II Mon., 4/8-4/29**

***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. Each student is individually instructed

**ANN TARCHER 12:30-2:00**

**Session II: Wed. 3/27-5/15(n/c 3/13,4/24)**