

Enrichment Classes

(n/c 12/27)

2023

\$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., 10/17-11/28

Session II: *Balance & Stability*
Wed., 10/4-11/22 (n/c 10/11)

Session II: *Strength & Stretching*
Thurs., 10/5-11/30 (n/c 10/12,11/23)

Session III: *Strength & Stretching*
Tues., 12/5-1/23 (n/c 12/26)

Session III: *Balance & Stability*
Wed., 12/6-1/24 (n/c 12/27)

Session III: *Strength & Stretching*
Thurs., 12/7-1/25 (n/c 12/28)

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., 10/13-12/1 (n/c 11/24)
Session II Fri., 12/1-1/19 (n/c 12/29)

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 11:30-12:30

Session II Tues., 10/10-11/21

Session III Tues., 12/5-1/23 (n/c 12/26)

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., 10/16-11/27

Session II: Mon., 12/4-1/29 (n/c 12/25)

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

12:30–2:30

Session II: Wed., 10/11-11/22

Session II: Wed., 12/6-1/24 (n/c 12/27)