

# Adult Education

2024

***\$50 a session for residents of  
Great Neck***

***\$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 4: Strength & Stretching***  
Tues., 8/6-9/17

***Session 4: Balance & Stability***  
Wed., 8/7-9/18

***Session 4: Strength & Stretching***  
Thurs., 8/8-9/19

***Session 5: Strength & Stretching***  
Tues., 9/24-11/12 (n/c 11/5)

***Session 5 Balance & Stability***  
Wed., 9/25-11/13 (n/c 10/2)

***Session 5: Strength & Stretching***  
Thurs., 9/26-11/14 (n/c 10/3)

***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 4:*** Fri., 8/9-9/20

***Session 5:*** Fri., 9/27-11/15 (n/c 10/4)

## ***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 4:*** Mon., 8/5-9/16

***Session 5:*** Mon., 9/30-11/11

## ***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 4:*** Wed., 8/7-9/18

***Session 5:*** Wed., 9/25-11/13 (n/c 10/2)