



Plymouth Whitemarsh High School

# Adult Evening School Spring 2012

Register by mail by February 17

Register in person February 22

Session begins week of February 27

NON-PROFIT ORG  
U.S. POSTAGE  
PAID  
LANSDALE, PA  
PERMIT NO. 177

## Important Notes:

1. All classes are held in Plymouth Whitemarsh High School (PWHS), 201 E. Germantown Pike in Plymouth Meeting, Pa., unless otherwise stated.
2. You **WILL NOT** be called unless your class is cancelled or full. If you do not hear from us, you may assume your registration has been accepted. Registrants providing an e-mail address will receive confirmation. **CHECK YOUR SPAM FOLDERS as e-mail will be sent in bulk.**
3. Please **DO NOT STAPLE CHECKS** to your registration form.
4. Refunds or transfers will be allowed only if a course has been cancelled.
5. We do not accept credit cards.
6. **There will be no classes the week of April 2.**
7. **Senior Citizens residing aged 65 or older within the Colonial School District** may attend one PWHS/SAESchool course free of charge or at the reduced senior rate, providing enough tuition-paying students register for the class.

Plymouth Whitemarsh High School

## Adult Evening School Spring 2012

Register by mail by February 17

Register in person February 22

Session begins week of February 27

Mail this form with **CHECK MADE PAYABLE TO "COLONIAL SCHOOL DISTRICT"** to:

Adult Evening School  
ATTN: D. Sherman  
Colonial School District  
230 Flourtown Road  
Plymouth Meeting, PA 19462

**Mail by February 17**

Course #	Course Title	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____

Check #: \_\_\_\_\_ Amount: \_\_\_\_\_

Senior Citizen:  Cash Amount (In Person Only): \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (Best # to call): \_\_\_\_\_

E-Mail Address: (For confirmation)

**PLEASE PRINT CLEARLY**

# Plymouth Whitemarsh Adult Evening School - General Information

The Plymouth Whitemarsh High School Adult Evening School (PWHAES) is a nonprofit organization sponsored by the Colonial Board of School Directors. Courses are designed mainly for the self-improvement and enjoyment of the students. No high school or college credit is given. **All classes are held in Plymouth Whitemarsh High School (PWHS), 201 E. Germantown Pike in Plymouth Meeting, Pa., unless otherwise stated.**

The 2012 Spring Session begins the week of February 27. Classes run for 10 weeks or as stated in the course description. There will be no PWHAES classes when the Colonial School District (CSD) is closed for a holiday or inclement weather. **There will be no classes the week of April 2.** School cancellations will be posted on the District web site at: [www.colonialsd.org](http://www.colonialsd.org). A voice message will also be posted at 610-834-1671.

**Senior citizens aged 65 or older residing within the CSD may attend one PWHAES course free of charge OR AT THE LISTED REDUCED SENIOR RATE, providing enough tuition-paying students register for the class.** Simply fill out the registration form and check the "Senior Citizen" box. The teacher can verify proof of age.

Any course with limited enrollment will be closed when its quota is reached.

Textbook, laboratory and material fees are not included in the tuition unless stated. The instructor will collect those fees at the first meeting.

The Board of Education of the CSD, its members individually and its agents cannot be held liable for personal injury or property damage that may be suffered or sustained by reason of the use of the school buildings, the equipment, or appointments herein while attending courses offered by said Board in the PWHAES.

**For additional information, call 610-834-1671 ext. 2115.**

In compliance with Federal and State laws and regulations, the CSD does not discriminate on the basis of race, color, religion, gender, sexual orientation, national origin, age, marital status, or the presence of non-job-related medical conditions or handicaps in the educational programs and activities it operates, in its admission policies and in its employment practices. Views expressed in Financial Courses represent views of the instructor(s) and not necessarily views of the CSD.

## How to Enroll

**Remember to register early!** Many courses are limited and registrations are accepted in the order in which they are received.

**Register by mail. Registration forms should be postmarked by February 17.** Cut out the registration form printed in this brochure, fill in all the information and return with a check (**do not staple check to form**). **Make copies of enrollment form for each additional course. Credit Cards are not accepted.** Checks should be made payable to "Colonial School District." Mail to:

Adult Evening School  
ATTN: D. Sherman  
230 Flourtown Road  
Plymouth Meeting, PA 19462.

**Register in person.** In-person registration will take place in the main office of PWHS between 6:30 and 8:00 p.m. on Wednesday, February 22.

Dr. MaryEllen Gorodetzer   Mrs. Heather Nuneviller   Mr. David M. Sherman  
Superintendent   High School Principal   Comm. Relations Coord.

## Important Notes:

1. You **WILL NOT** be called unless your class is cancelled or full. If you do not hear from us, you may assume your registration has been accepted. Registrants providing an e-mail address will receive confirmation. **CHECK YOUR SPAM FOLDERS as e-mail will be sent in bulk.**
2. Please **DO NOT STAPLE CHECKS** to your registration form.
3. Refunds or transfers will be allowed **only** if a course has been cancelled.
4. We do not accept credit cards.
5. **There are no classes the week of April 2.**

## ARTS & CRAFTS

**Note:** Some art classes are presented in conjunction with the Whitemarsh Community Art Center. For more information on the Art Center's offerings, call 610-825-0917 or check out their Web site at [www.whitemarsharts.org](http://www.whitemarsharts.org).

### 1. PAINTING (Oil/Watercolor/Acrylics) (10 CLASSES)

**Mondays Beginning February 27, 7:00 – 9:00, Cost \$55**

Beginner, advanced or looking for a set time to paint, this class is for you. The beginner will receive the knowledge they need to start their journey as an artist. There will be as much hands on individual instruction as possible. More advanced students will receive weekly critiques and inspiration to help them on their continuing journey. During the first class, students are given a list of materials they will need and an explanation as to why they will need them.

**Cornelia Maxion, Instructor, Room 66**

### 2. INTRO TO DRAWING (10 CLASSES)

**Wednesdays Beginning February 29, 7:00 – 9:00, Cost \$55**

Come learn to draw various compositions with the skills you will learn in this class. Using experimental exercises we will create and combine textures, perspective and gradations to complete successful drawings. Class work will be enhanced with discussions and demonstrations. Students are encouraged to use their individual creativity with the techniques learned in the lessons.

**Cornelia Maxion, Instructor, Room 66**

### 3. BASIC PHOTOGRAPHY (6 CLASSES)

**Wednesdays, February 29, March 7, 14, 21, 28 & April 10, 6:45 – 8:15, Cost \$45**

This course will assist you in understanding photography's technical and aesthetic aspects including using digital and conventional cameras, managing your photos on your computer and transferring images, composing images and discussing photographs, art and more. You should also gain insight into the many roles of photography in our world. A digital or 35mm camera is required and the user's manual is recommended.

**Jaci Downs, Instructor, Room 60**

### 4. PHOTOGRAPHY WORKSHOP (6 CLASSES)

**Wednesdays, February 29, March 7, 14, 21, 28 & April 10, 8:15 – 9:15, Cost \$45**

Must have a basic understanding of lighting, aperture, shutter and composition. Also, student should be proficient in using most of the features on your camera. You will work on one project for 6 weeks and the class will critique your progress weekly. Be sure you have time to devote to taking photos EACH week. Basic Photography course is recommended but not required.

**Jaci Downs, Instructor, Room 60**

### 5. BEGINNER KNITTING I (4 CLASSES)

**Tuesdays, February 21, 28, March 6 & 13, 7:00 – 8:30, Cost \$45**

This class focuses on knitting basics: the knit stitch, the purl stitch, casting on and binding off. Stitch patterns covered will include stockinette, garter stitch and ribbing. By the end of the class, you will have the skills to complete a scarf or hat. Bring a set of size 7 or 8 knitting needles and worsted weight yarn to practice on. Alternatively, these supplies can be purchased from the instructor for \$10 on the first night of class.

**Peg Haussmann, Instructor, Faculty Lunchroom**

### 6. BEGINNER KNITTING II (4 CLASSES)

**Tuesdays, March 20, 27, April 10 & 17, 7:00 to 8:30, Cost \$45**

This is a project-based class for students who already know how to knit and purl. Learn how to read a pattern as well as the skills for shaping and completing a project. Bring the supplies for your project, including a pattern, to the first class so that you can get started. Questions about a project choice can be emailed in advance: [haussmannp@aol.com](mailto:haussmannp@aol.com).

**Peg Haussmann, Instructor, Faculty Lunchroom**

### 7. BEGINNING CROCHET (2 CLASSES)

**Mondays, April 9 & 16, 7:00 to 8:30, Cost \$25**

We will cover the basics of crocheting, including slip knots, chaining, single crochet, double crochet, and joining for a circle. Bring a size H crochet hook (or larger) and worsted weight yarn to the first class. These supplies may also be purchased at the class for \$10.

**Peg Haussmann, Instructor, Faculty Lunchroom**

## 8. ZENTANGLE BEGINNER WORKSHOP (1 CLASS)

**Monday, April 16, 7:00 – 9:00, Cost \$25**

No Experience Necessary and Mistakes ARE allowed. Zentangle® is a relaxed focus, easy to learn method of creating beautiful images from repetitive patterns. It is a fascinating new art form that is fun, relaxing and spreading worldwide. Zentangle® increases focus and creativity too. Note: A \$8 materials fee is payable to the instructor at the class.

**Terri O'Donnell, Instructor, Room 63**

## CULINARY ARTS

### 9. SIMPLY PALEO: GRAIN, LEGUME, AND DAIRY FREE COOKING (3 CLASSES)

**Mondays, March 5, 12 & 19, 6:30 – 8:00, \$40\***

Curious about what is included in the principles of a Paleolithic (Paleo) Diet? Join health coach and Paleo enthusiast Laura Pappas for a 3 part Paleo Cooking Workshop series. Learn how to create delicious meals with lean meats, fish, eggs, vegetables, fruit, nuts and seeds, all simple, fresh and whole foods included in a Paleo lifestyle. Create Paleo meals that incorporate fresh, local, and seasonal foods that all will enjoy. All participants will receive recipe handouts, learn how to cook the Paleo way, and have an opportunity to learn more about the Paleo diet and how it can improve your health and energy. All recipes will be gluten, legume, and dairy free. **\*Note: An additional \$15 materials fee will be payable to the instructor the first night of class.**

**Laura Pappas, Instructor, Room 19**

### 10. TRANSITION TO THE SPRING: HEALTHY COOKING CLASS (3 CLASSES)

**Tuesdays, February 28, March 6 & 13, 7:00 – 8:15, Cost \$45\***

Join health coach Jennifer Fugo for a lively cooking experience to learn how to transition your plate from the heavy, dense foods of winter over to a lighter, healthier menu. Learn about new veggies and how to prepare them with minimal time as well as various types of protein that can fill your plate, but not leave you feeling stuffed. Simple, creative and easy-to-replicate, this series will give you the confidence and enthusiasm to get in your kitchen and cook. Each participant will receive handouts and recipes as well as email support from Jennifer during the series. Classes will be gluten-free.

### 11. JAPANESE COOKING (6 CLASSES)

**Tuesdays, April 10, 17, 24, May 1, 8 & 15 7:00 – 9:00, Cost \$50\***

Japanese cooking provides a healthful and artistic dining experience. Learn traditional and modern Japanese cooking including how to prepare sushi, hot pot dishes, Tempura, Teriyaki, Tofu, Zen vegetarian dishes, seafood dishes, etc. Class includes demonstrations and cooking participations. **\*Note: An additional \$45-\$55 materials fee will be payable to the instructor the first night of class.**

**Fukue Toyozato, Instructor, Room 19**

## PERSONAL FINANCE

### 12. GETTING DRESSED FOR RETIREMENT (1 CLASS)

**The Straight Forward Insights for Women on Planning Your Retirement Monday, March 19, 6:30 – 8:00, Cost \$10**

During this informative, relaxed, interactive workshop you will learn key points you shouldn't overlook when focusing on retirement. Why are women behind in planning for retirement? How much do you need to retire? What retirement plans are available and which plans are best suited for you? How do you choose the most suitable investments for income or growth? What do you do with your employer retirement plans when you change jobs? Learn how to protect yourself before and during retirement, how not to outlive your assets and how to choose a financial adviser right for you.

**Christy Barilotti, CFP, Barilotti Wealth Strategies, LLC., Room 56**

### 13. RETIREMENT PLANNING TODAY (2 CLASSES)

**Wednesdays, March 21 & 28, 6:30 – 9:30, Cost \$49**

Improve your retirement income, convert IRAs to tax free income, plan proper distributions, improve your standard of living, understand risk before and during retirement, as well as taxes and estate planning. Participants will receive a 250 page workbook.

**James P. McGoldrick, CLU, CASL, ChFC, Instructor, Room 56**

### 14. TAX PREPARATION (1 CLASS)

**Monday, February 27, 7:00 – 9:00, Cost \$20**

Course in Tax preparation for individuals and self-employed. Get better refunds by keeping better records! Don't miss any of those valuable tax credits! Let me show you how to prepare your income taxes with confidence or to get better results from your tax preparer. Materials provided; bring notebook, pen, questions and a copy of your last year's tax return.

**Claire Meashey - Tax Preparer for over 25 years, Instructor, Room 56.**

## COMPUTERS

### 15. INTRO TO THE IBM PC (5 CLASSES)

**Mondays, February 27, March 5, 12, 19 & 26, 7:00 – 9:00, Cost \$40**

This five-week course introduces the student to the most popular aspects of the personal computer (PC). Instruction is tailored to your needs including learning about hardware and software, word processing and the Internet. Each student will have access to a PC for hands on experience. No previous computer experience is necessary. Limit 20.

**John Van Wie, Instructor, Room 16**

### 16. INTRO TO THE INTERNET (5 CLASSES)

**Mondays, April 9, 16, 23, 30 & May 7, 7:00 – 9:00, Cost \$40**

This five-week class introduces the student to the World Wide Web. Topics covered include e-mail, Internet search engines, Internet safety and more.

**John Van Wie, Instructor, Room 16**

### 17. INTRO TO MS WORD 2007 (2 CLASSES)

**Tuesdays, February 28 & March 6, 7:00 – 9:00, Cost \$35**

Learn the basics of this popular word processing program version 2007, including formatting and mail merges. Limit 20.

**John Luke Menke, Instructor, Room 16**

### 18. INTERMEDIATE MS WORD 2007 (3 CLASSES)

**Tuesdays, March 13, 20 & 27, 7:00 - 8:30, Cost \$40**

Delve deeper into this popular word processing program. Limit 20.

**John Luke Menke, Instructor, Room 16**

### 19. POWER POINT (2 CLASSES)

**Tuesdays, April 10 & 17, 7:00 – 9:00, Cost \$35**

Learn to use Microsoft PowerPoint version 2007 to create stunning presentations. You will learn how to create your own computer slide shows, insert clip art, draw graphic elements, and add animation and sound to presentations. You should have basic knowledge of a word processor program, keyboarding, and using a mouse. Limit 20.

**John Luke Menke, Instructor, Room 16**

### 20. INTRO TO EXCEL (3 CLASSES)

**Tuesdays, April 24, May 1 & 8, 7:00 - 8:30, Cost \$40**

Learn Microsoft Excel version 2007; the Office XP spreadsheet and analysis program which gives professionals the tools they need to manage critical business data, and everyday users the power to get the most out of their information. You should have basic computer knowledge including keyboarding and use of a mouse. Limit 20.

**John Luke Menke, Instructor, Room 16**

### 21. PHOTO STORY 3 (2 CLASSES)

**Tuesdays, March 6 & 13, 6:30 – 8:30, Cost \$30**

Learn how to turn your digital photos into a movie. Learn how to import them to Photo Story, add transitions or special effects, a short narrative and background music. Digital photos will be provided or you may bring your own on a flash/thumb drive. It is strongly suggested that you bring a flash/thumb drive to save your work.

**Patricia Smith, Instructor, Room 18**

## LANGUAGES

### 22. ESL - ENGLISH CONVERSATION SKILLS (10 CLASSES)

**Mondays Beginning February 27, 7:00 – 9:00, Cost \$50**

This class is designed for non-native English speakers who wish to improve their English language skills. Learners in this class will have limited vocabulary, grammar and conversational skills. Instruction will provide the basis for improving students' overall English skills. Emphasis is placed on developing conversational skills and verbal fluency through classroom activities, conversation exercises.

**Sergio Anaya, Instructor, Room 51**

### 23. ITALIAN (10 CLASSES)

**Mondays Beginning February 27, 7:00 – 9:00, Cost \$45**

This class provides an introduction to Italy, its culture and language. Students will learn fundamental rules for pronunciation, simple grammar, tourist expressions, how to read road signs and basic conversational speech. NOT A LANGUAGE INTENSIVE CLASS.

**Mirella Farrell, Instructor, Room 61**

## SPECIAL INTERESTS

### 24. SOCIAL & BALLROOM DANCING (10 CLASSES) (Beginners & Intermediate)

Mondays Beginning February 27, 7:00 – 8:00, Cost \$50/Sr. \$40/ Couple \$90 Dancing is fun and also great exercise. Learn how easy it is to fox trot, swing, tango, waltz and lots more, in 10 quick classes. One night of class is held at a dance club. Coming with a partner is highly recommended.

**Michael Sweeney, Instructor, Cafeteria East**

## **25. SOCIAL & LATIN DANCING (10 CLASSES)**

### **(Beginners & Intermediate)**

Mondays Beginning February 27, 8:00 – 9:00, Cost \$50/Sr. \$40/Couple \$90  
Latin dancing is easy and fun! Learn how to Salsa, Tango, Mambo, Merengue, Cha Cha and rumba in 10 quick classes. One night of class is held at a dance club. Coming with a partner is highly recommended.

**Michael Sweeney, Instructor, Cafeteria East**

**Recommended: Take both classes for faster progress.**

## **26. LEARN MAH JONGG (5 CLASSES)**

**Tuesdays, February 28, March 6, 13, 20 & 27, 7:00 – 9:00, Cost \$65/SR \$30**

Learn Mah Jongg!! Get in on the craze. This ancient Chinese tile game involves skill, concentration and luck. Bring a friend and make new ones. In just three classes you'll be hooked! You will learn the rules of the game and winning strategies - then we'll play all night! This is a great class for new players and those needing a refresher. Play the game that's been played for generations. Students will pay instructor \$8 for an official Mah Jongg card (large print). Limit 16

**Leah Feigenbaum, Instructor, Room 75**

## **27. MAH JONGG – SUPERVISED PLAY/STRATEGY (4 CLASSES)**

**Tuesdays, April 24, May 1, 8 & 15, 7:00 – 9:00, Cost \$55/SR \$25**

For those that already know how to play/ taken the beginner course. Hone your skills and work on strategy. Take it to the next level or just reinforce the basics. Pay instructor \$8 for an official Mah Jongg card (large print). Students will use 2011 card. Limit 16

**Leah Feigenbaum, Instructor, Room 75**

## **CPR**

## **28. ADULT/CHILD HEARTSAVER AED (1 CLASS)**

**Wednesday, March 7, 6:30 – 9:30, Cost \$50**

Learn the basic techniques of Adult/Child CPR, use of an automated external defibrillator (AED), use of barrier devices in CPR and giving first aid for choking. Learn how to recognize the signs of four major emergencies: heart attack, stroke, cardiac arrest and foreign-body airway blockage. The class is conducted in conjunction with Mont. Co. Hospital and held at PWHS. Successful completion of the course earns a two-year certification from the Amer. Heart Assoc. Limit 18.

**Claire Karis, Instructor, Room 49**

## **29. STANDARD FIRST AID (1 CLASS)**

**Wednesday, March 21, 6:30 – 9:30, Cost \$50**

Through video and practice, you will learn techniques to prepare for emergencies of any kind, including burns, broken bones, medical emergencies, shock and emergency rescues. The class is conducted in conjunction with Mont. Co. Hospital and held at PWHS. Successful completion of the course earns a two-year certification from the Amer. Heart Association. Limit 18. Students do not need a CPR certification to take this class.

**Claire Karis, Instructor, Room 49**

## **30. PEDIATRIC CPR (1 CLASS)**

**Wednesday, March 28, 6:30 – 9:30, Cost \$45**

This course is designed for parents, childcare providers, daycare providers, coaches and anyone responsible for responding to a childcare emergency. CPR, use of an automated external defibrillator (AED) is covered. Tuition fee includes a text book and a CD. The class is conducted in conjunction with Mont. Co. Hospital and held at PWHS. Successful completion of the course earns a two-year certification from the Amer. Heart Assoc. Limit 18.

**Claire Karis, Instructor, Room 49**

## **HEALTH & FITNESS**

Water exercises are known for their therapeutic value. Let the water help to support your weight and take stress off your joints while you exercise to music and improve your physical conditioning. The ability to swim is not required – pool depth is 4 feet. Lifeguard on duty. NOTE: The pool water temperature is set at a level to facilitate interscholastic competition. It is not set at a therapeutic level. Average pool temperature is 81°. Two nights for \$80.

**Peggy Haug, Instructor, Pool**

## **32. AQUACIZES (10 CLASSES)**

**Wednesdays Beginning February 29, 7:30 – 8:30, Cost \$45/Sr. \$25**

Same description as course #31. Lifeguard on duty.

**Peggy Haug, Instructor, Pool**

## **33. ZUMBA (10 CLASSES)**

**Mondays Beginning February 27, 7:00 – 8:00, Cost \$55.00**

Everyone's talking about Zumba, the fastest growing dance-based fitness program in the country. Designed for all shapes, age groups and exercise levels, Zumba uses easy to follow dance and fitness moves to exciting Latin, international and pop music. Peggy Sloane is an experienced Zumba Fitness instructor who will encourage you to ditch the workout and join the party!

**Peggy Sloane - Certified Zumba instructor, Gym North**

## **34. Zumba – Fitness Fun for Beginners! (8 CLASSES)**

**Wednesdays Beginning February 29, 7:00 – 8:00, Cost \$55.00**

Same description as course #33.

**Peggy Sloane - Certified Zumba instructor, Gym North**

## **35. DANCE AEROBICS (10 CLASSES)**

**Mondays Beginning February 27, 6:00 – 7:00, Cost \$50**

Fun and fitness set to lively pop music. A full hour for both men and women including warm up, easy-to-follow, calisthenics for the entire body, cool-down and relaxation. Strengthen your heart, tone muscles, improve endurance and enjoy getting into shape.

**Gail Bingham, Instructor, Cafeteria West**

## **36. DANCE AEROBICS (10 CLASSES)**

**Wednesdays Beginning February 29, 6:00 – 7:00, Cost \$50**

Same description as course #35.

**Gail Bingham, Instructor, Cafeteria West**

## **37. VOLLEYBALL I (10 CLASSES)**

**Mondays Beginning February 27, 7:00 – 9:00, Cost \$50**

All skill levels welcome. You will be teamed with players of a comparable skill level. Games will be played according to national rules and regulations. Wear gym clothes and sneakers. Take both classes for \$90.

**Robert Hibbert, Instructor, West Gym**

## **38. VOLLEYBALL II (10 CLASSES)**

**Wednesdays Beginning February 29, 7:00 – 9:00, Cost \$50**

For those with experience. For advanced players.

**Robert Hibbert, Instructor, West Gym**

## **39. YOGA – MONDAYS, 5:30 – 6:45 (10 CLASSES)**

**Mondays, Beginning February 27, 5:30 – 6:45, Cost \$55**

Yoga offers time tested and scientifically sound, modern methods to combat a tired, tense body, obesity, and insomnia. Exercises are simple, relaxing and can be practiced by anyone from seven to seventy. Wear loose-fitting clothing and bring a blanket or exercise mat (recommended) and towel to each class. Limit 20.

**Denise Quinn, Instructor, Room 300**

## **40. YOGA – MONDAYS, 7:00 – 8:15 (10 CLASSES)**

**Mondays, Beginning February 27, 7:00 – 8:15, Cost \$55**

Same description as course #39.

**Denise Quinn, Instructor, Room 300**

## **41. YOGA – TUESDAYS, 5:30 – 6:45 (10 CLASSES)**

**Tuesdays Beginning February 28, 5:30 – 6:45, Cost \$55**

Same description as course #39.

**Denise Venuto, Instructor, Room 300**

## **42. YOGA – TUESDAYS, 7:00 – 8:15 (10 CLASSES)**

**Tuesdays Beginning February 28, 7:00 – 8:15, Cost \$55**

Same description as course #39.

**Denise Venuto, Instructor, Room 300**

## **43. YOGA – WEDNESDAYS, 5:30 – 6:45 (10 CLASSES)**

**Wednesdays Beginning February 29, 5:30 – 6:45, Cost \$55**

Same description as course #39.

**Denise Quinn, Instructor, Room 300**

## **44. YOGA – WEDNESDAYS, 7:00 – 8:15 (10 CLASSES)**

**Wednesdays Beginning February 29, 7:00 – 8:15, Cost \$55**

Same description as course #39.

**Denise Quinn, Instructor, Room 300**

## **45. PILATES (10 CLASSES)**

**Mondays, Beginning February 27, 7:00 – 8:00, Cost \$55**

Pilates is a safe, sensible exercise system, developed from the techniques of Joseph Pilates, focusing on toning and strengthening the body's core muscles. Pilates builds strength without adding bulk and increases flexibility by using smooth continuous movements. This is a mat program and students will need to bring their own mat.

**Jane Fisher & Karen Cox, Instructors, Cafeteria West.**

## **46. PILATES (10 CLASSES)**

**Wednesdays Beginning February 29, 7:30 – 8:30, Cost \$55**

Same description as course #45

**Paula Klauger, Instructor, Cafeteria West.**