

Easy Does It

Begin your fitness lifestyle with a moderate water workout to good music which targets endurance, muscular strength, range of motion and balance. There is no swimming during these classes. To register, participants must choose and pay for the number of sessions (three, two or one) they will attend each week.

XFW312= \$165 (tuition: \$70; pool fees: \$95)

XFW313= \$110 (tuition: \$45; pool fees: \$65)

XFW314= \$55 (tuition: \$23; pool fees: \$32)

XFW312-083741 **Sept 16-Nov 20***

3 x week M,W,F 10-10:50am

XFW313-083742 **Sept 16-Nov 20***

2 x week M,W or F 10-10:50am

XFW314-083743 **Sept 16-Nov 20***

1 x week M or W or F 10-10:50am

XFW312-083746 **Nov 30-Feb 12***

3 x week M,W,F 10-10:50am

XFW313-083745 **Nov 30-Feb 12***

2 x week M,W or F 10-10:50am

XFW314-083744 **Nov 30-Feb 12***

1 x week M or W or F 10-10:50am

**Class will not meet Sept 28, Dec 21-Jan 1, Jan 18*

Lorrie Hammell, USWFA certified

Aqua Power

This is a rigorous water workout to good music, including weight training. No stress on weight bearing joints. Muscular skeletal strengthening improves posture, balance and endurance. There is no swimming during these classes. To register, participants must choose and pay for the number of sessions (three, two or one) they will attend each week.

XFW309= \$165 (tuition: \$70; pool fees: \$95)

XFW310= \$110 (tuition: \$45; pool fees: \$65)

XFW311= \$55 (tuition: \$23; pool fees: \$32)

XFW309-083733 **Sept 16-Nov 20***

3 x week M,W,F 8-8:50am

XFW310-083734 **Sept 16-Nov 20***

2 x week M,W or F 8-8:50am

XFW311-083747 **Sept 16-Nov 20***

1 x week M or W or F 8-8:50am

XFW309-083735 **Sept 16-Nov 20***

3 x week M,W,F 9-9:50am

XFW310-083736 **Sept 16-Nov 20***

2 x week M,W or F 9-9:50am

XFW311-083748 **Sept 16-Nov 20***

1 x week M or W or F 9-9:50am

XFW309-083733 **Nov 30-Feb 12***

3 x week M,W,F 8-8:50am

XFW310-083738 **Nov 30-Feb 12***

2 x week M,W or F 8-8:50am

XFW311-083749 **Nov 30-Feb 12***

1 x week M or W or F 8-8:50am

XFW309-083739 **Nov 30-Feb 12***

3 x week M,W,F 9-9:50am

XFW310-083740 **Nov 30-Feb 12***

2 x week M,W or F 9-9:50am

XFW311-083750 **Nov 30-Feb 12***

1 x week M or W or F 9-9:50am

Class will not meet Sept 28, Dec 21-Jan 1, Jan 18

Lorrie Hammell, USWFA certified

Personal Interest

Canasta

Socialize and have fun while you play this easy card game. Canasta can be played with 2-4 players and is one of the most widely-played card games in the country. Enrollment is limited.

Tuition and fees: \$25 (A \$2 materials fee is payable to the instructor at the first class.)

XPE701-083923

Oct 1

1 session Th 6:30-9:30pm

Neilia Makadok

Developing Meditative Skills for Balance and Well Being

You know that meditative practices have been shown to improve your health and well-being, but perhaps you just can't sit still, you are intimidated by the idea of meditation, or you just don't find the time. This class will give you simple and practical ideas for getting started. You will learn relaxation techniques and simple exercises to help you quiet your mind. In addition, you will learn the basic concepts of mind-body-spirit, alignment and balance. And you will get some inspiration. Bring a pillow and your own willingness. Ruth Golush is an experienced healer and teacher.

Tuition and fees: \$25

XPE206-083873

Oct 3

1 session Sa 10:30am-1pm

Ruth A. Golush, Ph.D., experienced healer and wellness consultant

Mastering Change: Live Your Life by Design/Not by Default

Oftentimes, particularly in challenging and swiftly changing times, we feel underequipped and somewhat powerless to deal effectively with the circumstances of our lives or to make changes in our lives. Changing times, and even planned and desired change, require new strategies, new paradigms of thought, perception, and action. This workshop is designed to have you take an authentic look at the important areas of your life, to clearly articulate where you would like to be, and then to begin designing road maps and action plans for creating the life you want. You will challenge old ways of thinking and you will explore what stops you and what it would take to move you forward. You will leave with the tools to "Live by Design/Not by Default™," empowered to live as the Director in the movie called "My Life".

Tuition and fees: \$72

XPE226-083609

Oct 19-Nov 9

4 sessions M 6:30-8:30pm

Natasha Sherman, Certified Empowerment Coach

Massage for Relaxation

Learn techniques for providing a relaxing massage to a partner, friend, or family member. Each session will include a brief “relaxation/connecting to your massage partner” segment followed by massage techniques for a specific area of the body. Learn the contraindications of providing a massage, as well as how to correctly position and support the massage recipient. Each participant will have the opportunity to give and receive massage. **Sign up in pairs. Bring a pillow for each person to sit on the first night of class and wear loose comfortable clothing.**

Tuition and fees: \$120 per pair
XLR305-083611 **Oct 27-Nov 17**
 4 sessions Tu 6:30-8:30pm
Lydia Carbone



There Is No Time for Me

Are you tired of making everyone happy except you? Do you feel like a robot on an assembly line that is always doing things for others? When we concentrate on others and neglect ourselves, our stress level builds and we feel overwhelmed. In this practical workshop with Helen Burton, the Love Yourself Coach, you discover how to create time for yourself to think about forgotten goals or to do absolutely nothing but relax.

Tuition and fees: \$20
XPE234-083943 **Nov 10**
 1 session Tu 6:30-8pm
Helen Burton, Certified Empowerment Coach

Certificate in Gerontology

See pg. 40 for course descriptions.

- Introduction - Process of Aging
- The Adult Lifespan: Maturity to Old Age
- Dealing with Functional Loss and Change
- Pharmacologic Issues in the Elderly
- Cognitive Impairment/Memory Loss

Wine Regions of the World

(Participants must be 21 years of age and be prepared to show ID.)

Wine Appreciation

Enjoy learning about wines from all over the world. You will be studying their regions, characteristics, buying, how to pick the right bottle and much more. Each class will be concluded with a wine tasting. Tuition and fees: \$105 (includes \$30 for materials fee and licenses)
XPE150-083730 **Sept 9-Sept 30**
 4 sessions W 6:30-8:30pm
Bruce Smith, wine enthusiast and educator



Wines Regions of Spain NEW!

We will spend two nights discussing Spain’s more renowned regions of Rioja and Ribera del Duero and also discover new and emerging regions such as Navarra, Priorat and others. We will discuss the history of wine making, native grape varieties, geography, climate, wine styles, better producers and food pairings. Each session will conclude with tasting of some of the best Spain has to offer. Tuition and fees: \$65 (includes \$42 materials fee and licensing)
XPE115-083731 **Oct 21-Oct 28**
 2 sessions W 6:30-8:30pm
Bruce Smith, wine enthusiast and educator

“Singing the Blues” NEW!

We will taste a variety of blue cheeses such as Stilton, Gorgonzola with a variety of wines such as sauternes and port. We will discuss the array of aromas, flavors and textures in this cheese category and see which wine works best. Of course, we will discuss the characteristics of each wine as well as its background. Tuition and fees: \$38 (includes \$22 materials fee and licensing)
XPE126-083732 **Nov 4**
 1 session W 6:30-8:30pm
Bruce Smith, wine enthusiast and educator

