

Instructional Classes for Fall & Winter 2009 / 2010

Register for Classes Today!

Registration is open for both Fall (Oct., Nov. & Dec.) and Winter (Jan., Feb. & March) classes. Registration deadline for Fall classes is Tuesday, October 6, 2009. Registration deadline for Winter classes is Tuesday, January 19, 2010.

Personal Well-Being

- Zumba® Gold Workouts -

Starts Oct., Nov., Jan. & Mar. (NNN) ~ Mondays ~ 10:00A

The Zumba Gold Fitness program is an innovative and exciting program designed for the active older adult, the true beginner, and the person not used to exercising. Move to Latin sounds with great dance-like moves.



TUESDAY

- 10:30A Tai Chi - Level I - Oct. & Jan. (HSC)
 11:00A Yoga - All - Oct. & Jan. (BMCC)
 6:00P Tai Chi - Level II - Oct., Nov., Jan. & Mar. (HSC)
 7:00P Tai Chi - Level I - Oct. & Jan. (HSC)

WEDNESDAY

- 10:30A Stretching, Suppleness & Play for Healthy Hearts and Happiness - All - Oct., Nov., Jan. & Mar. (HSC)

THURSDAY

- 11:00A Yoga - All - Oct. & Jan. (BMCC)
 2:00P Yoga - All - Oct. & Jan. (DSC)
 5:00P Meditation 101 - All - Oct., Nov., Jan. & Mar. (BMCC)
 6:00P Tai Chi - Level I - Oct. & Jan. (BMCC)
 7:00P Tai Chi - Level II - Oct., Nov., Jan. & Mar. (BMCC)

- Fit Chicks Workout -

Starts Oct., Nov., Jan. & Feb. (BMCC) 9:00A

Join the newly formed Fit Chicks as they work on a fitness routine that uses the latest in workout equipment - Osteo-Balls and Balance Discs - to become fit and to fight the aging process. **Part I: Osteo Workout:** Make No Bones About It - Bone strength, balance, posture, and continence issues.

Part II: Toning Workout: Toning and Strengthening - Flexibility, cardio and circulation health, and strength training exercises. Choose one or both classes. **Tuesdays & Fridays.**

- NIA Workout -

Neuromuscular, Interactive, Action Dance

Starts Oct. & Feb. (DSC) 10:00A

NIA is a fun cardiovascular, whole-body, conditioning workout that blends elements of yoga, tai chi, martial arts and modern & ethnic dance. **Wednesdays, All levels.**

Computers

TUESDAY & THURSDAY

- 12:15P WORD I - Int. - Oct., Nov., Jan. & Mar (BMCC)
 1:45P Windows I - Beginners - Oct., Nov., Jan. & Mar. (BMCC)



Art

MONDAY

- 10:00A Oil Painting - Int/Adv - Oct. & Jan. (BMCC)
 10:00A Oil Painting: All Day, All Levels, Oct. & Jan. (BMCC)
 1:00P Oil Painting - Beg - Oct. & Jan. (BMCC)
 4:00P Oil Painting/Watercolor - All - Oct. & Jan. (BMCC)

TUESDAY

- 10:00A Oil & Acrylic Painting - Int/Adv - Oct. & Jan. (BMCC)
 Oil & Acrylic Painting - All Day, All levels
 Oct. & Jan. (BMCC)
 2:00P Oil & Acrylic Painting - Beg - Oct. & Jan. (BMCC)

WEDNESDAY

- 9:00A Watercolor - Beg - Oct. & Jan. (BMCC)
 1:00P Watercolor - All - Oct. & Jan. (BMCC)
 4:00P Watercolor - All - Oct. & Jan. (BMCC)

THURSDAY

- 10:00A Advanced Oil Painting - Int/Adv - Oct. & Jan. (BMCC)

FRIDAY

- 10:00A Basic Drawing - Beg - Oct. & Jan. (BMCC)
 11:30A Basic Drawing - Beg - Oct. & Jan. (BMCC)

Money Matters

TUESDAYS

- 6:30P Financial Management Workshops for Women -
 Sept. - Oct. (BMCC)
 Small Steps to Health & Wealth™ - Nov. (BMCC)

WEDNESDAY

- 6:30P Become a Peninsula Saver - Feb. 2010 (BMCC)