

COURSE OFFERINGS:

ARTS /LEISURE/SELF HELP

ART: WATER COLOR

FEE: *\$65.00*

TUESDAY 6:30-8pm

STARTS FEB 13

AHS A8

Take some time to relax & let go of the stress in your life through the expressive medium of watercolor. We will review basics of color theory, value & composition as well as various watercolor techniques. Work with the class through broken down lessons or choose your own subject matter to explore. All levels welcome, no experience necessary. Supply suggestions will be emailed prior to first class.

INSTRUCTOR: Janelle Mueller

6 WEEKS

CHOCOLATE CREATIONS

FEE: *\$35.00* (Adult with 1 Child)

FOR PARENTS & CHILDREN

\$50.00 (Adult with 2 Children)

TUESDAY 7-9:00pm

STARTS MAR 20

AHS A2

Do you like chocolate? Come have fun dipping & decorating pretzels, cookies, nuts, dried fruits & marshmallows and if time allows chocolate spoons! In addition, we'll create cream-filled centers with fondant and discuss how to color and flavor chocolate. Just imagine what you can do with chocolate! This class is a fun night out with your child that will be most enjoyable! Children ages 5-12 are welcome with parent. Supply fee: \$25.00 per family payable to the instructor at 1st wks class. Maximum 2 children per adult.

INSTRUCTOR: Ellyne Dombro

2 WEEKS

KNITTING: COME ONE COME ALL!



FEE: \$60.00

THURSDAY 7-9:00pm

STARTS FEB 1

AHS B101

This is a mixed group of beginners & knitters with some experience. Beginners will create a hat knit in the round designed by you! We will go over materials needed for the class on the first night. In this class you will learn the fundamentals of knitting & purling, correcting mistakes, materials, pattern reading & design. Experienced knitters will be guided as they work on their own projects. Advanced knitters can receive suggestions ahead of time by going to the knitting shop, HOOKED, in Haddonfield, & can then be ready to start with the first class.

INSTRUCTOR: Elaine Dawson

8 WEEKS

CREATIVE WRITING: FICTION



FEE: \$85.00

WEDNESDAY 7-9:00pm

STARTS MAR 7

AHS B103

Do you have a story to tell but don't know where to start? Have you started but find yourself hitting a wall? Do you want to challenge yourself to write things in a different way? If this is you, then you need to join WRITE CLUB. Whether new to this class or a previous student, this class will strengthen your writing by emphasizing the basics of creative writing: plot, character, structure, style, voice, & point of view. Through lecture, discussions, in-class writing exercises & critique of your work, we will focus on every part of your story from beginning to end & every word in between in a supportive & friendly atmosphere. Former students welcome!

INSTRUCTOR: Chad Meadows, MFA Creative Writing

8 WEEKS

GUITAR – BEGINNER



FEE: \$95.00

WEDNESDAY 8-9:30pm

STARTS FEB 7

AHS A101

Introduces basic guitar techniques to the novice. Learn basic strumming techniques (using chord diagrams), playing single note melodies (by means of tablature, no musical notation), exploring the chord/melody style (a solo guitar style not requiring an accompanist. Again, in tablature, not notation) & finger picking, a technique used in classical & flamenco guitar. Includes various music styles – folk, pop, classical & rock. Structured so that the student plays recognizable melodies from the very beginning & is not bogged down with theory & reading musical notation or unnecessary technical exercises.

INSTRUCTOR: James Schneider

8 WEEKS

QUESTIONS OR CONCERNS?

Please don't hesitate to contact me, either by phone at 856-547-7695, ext 4186, or by email at mmarchiano@audubonschools.org.

ONE NIGHT CLASSES/SEMINARS



INTRO TO ESSENTIAL OILS! by Bijou Blessings

TUESDAY 7:00-9:00PM 2/27 OR 3/27 FEE: \$50.00

Learn the basics plus recipes for the multitude of ways to utilize essential oils in your life! Essential oils are a holistic alternative to mass produced, chemical infused products, from beauty to cleaning. You will get to smell a variety of oils, learn perfumery and aroma blending strategies, and make a product to take home. Cost of oils included in fee (this class is being offered on two different dates please note on reg. form which date you will be attending)

INSTRUCTOR: Julia Pounds

DIY INVESTING



FEE: \$30.00

THURSDAY 7:00-8:30 FEB 15 AHS B103

Yes that is correct!!! Do it yourself Investing, you may have very little choice today, 401K's and IRA Rollovers require a great deal of personal attention. The markets are volatile and the stakes are higher than ever before. Learn how to take the fear out of the investment process and replace it with knowledge and self awareness. There is no "one size fits all" strategy. The only formula that counts is your own. There are many critical questions that can be answered in this class: What investments fit your goals? What are the expected outcomes? What are the risks? How do you measure progress? What are the costs? These and any other questions you may have can be addressed in this class, just write them down and bring them to class! Register now and learn to ask the right questions and how to judge the answers that you receive!

INSTRUCTOR: Richard Bonnette

GREENJEAN GARDENS' DIG INTO SPRING!



TOP TEN TIPS TO GARDEN SUCCESS

FEE: *\$45.00*

TUESDAY 7-9:00pm STARTS MAR 20 AHS B103

Spend less time & money & get more enjoyment from your garden. Class will include information on spring season planted containers, plus a container raffle to one winning class attendee.

INSTRUCTOR: Jeannie Marcucci

Greenjean Gardens, LLC

2 WEEKS

CANINE COUNSELING

Three one-night seminars presented by NAN TALLENO, owner & creator of Peace in the Pack Canine Behavioral Counseling & Peace in the Pack Programs.

Resident Canine Behavioral Expert & Consultant/Pet Reporter for top-rated KYW NewsRadio & hosts "Teacher's Pet", PetLifeRadio.com. She's been rescuing & successfully rehabilitating dogs with highly challenging behavioral issues for over 15 years.

BODY LANGUAGE



FEE: *\$25.00*

THURSDAY 7-9:00pm FEB 15 AHS B105

Learn the subtleties & complexities of the way that canines communicate every day to us and to each other through physical posturing and movement that greatly affects their daily behavior. Understand how they think, feel and relate. Observe how almost every aspect of a canine's body language conveys a message. Learn to "speak canine" by observing, understanding & even mimicking certain stances and postures to ultimately communicate with them in a positive way. This can greatly achieve much more positive behavior and avert or recondition negative ones. This course is excellent for veterinarians and vet techs as well as anyone living with or working with a canine. At the end of our course, you are invited to our highly successful and much requested complimentary Pack Walk as we invite our dogs on a separate day to meet at a specified location. This is extremely effective for reactive dogs. This class is for "humans only" – no pets allowed!!

IN CASE OF BAD WEATHER: Audubon Adult Evening School's closing number is 2618. If Audubon Public Schools are closed, we are closed. If the weather turns bad during the day & you are unsure if your class is meeting, you can call the office until 1:00 PM 547-7695 EXT. 4186. Or listen to KWW News Radio 1060 AM, CBS TV 3, CW Philly or www.kwyschools.com. You will not be called individually.

CANINE CONTINUED:

CANINE'S USE OF SCENT, ENERGY, POSTURING & VOCALIZATION

FEE: *\$25.00*

THURSDAY 7-9:00pm

FEB 22

AHS B105

A follow-up on the Body Language seminar as it expands on how canines fully communicate with us & with each other. This gives us full details on how, when & why they use these particular skills & how we can learn to read their signals, as well as relate back to them in ways that they can understand. This will fully accomplish our goal of achieving more appropriate behaviors in our canine companions. This is a "humans only" class – no pets allowed!!

CANINE COGNITION, EMOTION AND SOCIAL BEHAVIOR

FEE: *\$25.00*

THURSDAY 7-9:00pm

MAR 1

AHS B107

How smart is your best friend? More research is being done to determine the amount of intelligence our dogs truly possess. Learn just how intelligent your dog really is and how utilizing this information can be helpful to determine how to achieve a better bond and connection with your dog, as well as achieving a more positive behavior. Also learn the importance of the emotional and social life of canines and how it greatly affects their interaction with us, each other and their environment. This is a "humans only" class – no pets allowed!!

CANINE AGGRESSION

FEE: *\$25.00*

THURSDAY 7-9:00pm

MAR 8

AHS B105

This class analyzes the many aspects & causes of various types of canine aggressive behavior; how it can be rehabilitated & in many cases even averted. We will look at it from a professional behavioral standpoint as well as from the true canine perspective to help you & your dog remain safe. This is a "humans only" class – no pets allowed!!

CANINE PHOBIC BEHAVIORS AND HOW NUTRITION AFFECTS BEHAVIOR

FEE: *\$25.00*

THURSDAY 7-9:00pm

MAR 15

AHS B105

Because of our fast paced world, our dogs reflect us and are much more stressed too! This class defines and restructures certain behaviors that are anomalies in the canine world brought on by extreme stress, fear, trauma, anxiety, confusion and overexcitement. Rehabilitation is essential for focus and a return to a normal life for the canine. This class is useful for anyone living or working with a dog with severe anxiety disorders. We will also cover how nutrition and diet can play a part in your canines rehabilitation. This is a "humans only" class – no pets allowed!!

FINANCIAL SOLUTIONS:

LAURENT W. METZLER, J.D., RFC®

SAVVY SOCIAL SECURITY BOOT CAMP



FEE: \$15.00

WEDNESDAY 7-9pm

FEB 21

AHS B107

Come & learn how to improve your earnings record, apply for benefits at the optimal time, coordinate spousal benefits, minimize income taxes & coordinate benefits with your other retirement plans. We will also address how a divorce or the death of a spouse will affect your entitlement & the amount of your social security benefits.

COLLEGE FUNDING & PLANNING BOOT CAMP

FEE: \$15.00

WEDNESDAY 7-9:30pm

FEB 28

AHS B107

Learn the truth about beating the high cost of your child's education. Discover almost unheard-of strategies a few families are using to save thousands of dollars, inside tips & techniques others do not know about. Learn to avoid costly mistakes & get the most money possible. Topics include: how to... double or even triple your eligibility for financial aid; find scholarships, grants & low-interest loans most other parents don't know about; why the average time it takes a student to complete his or her undergraduate degree program is now 5.8 years & steps you can take to prevent this problem; the best time to start the college planning process (hint: not senior year); how proper use of the tax code can reduce education costs; & why over 90% of parents fill out the financial aid forms incorrectly.

FINANCIAL CONTINUED:

FINANCIAL FREEDOM BOOT CAMP

FEE: \$15.00

WEDNESDAY 7-9:00pm **MAR 7**

AHS B107

Are you 100% certain that you will have a great retirement, or do you have some doubts? Come & learn how you can be debt free in nine years or less, including your mortgage, without spending any more money than you are already spending. Learn how to build a secure retirement, reduce taxes & avoid the Wall Street casino. Don't miss this workshop, it could change your life.

SAVVY IRA BOOT CAMP

FEE: \$15.00

WEDNESDAY 7-9:00pm **MAR 14**

AHS B107

Come and learn 7 strategies for savvy IRA planning, 6 rollover options for your retirement plan funds, 3 common required minimum distribution mistakes, 3 different options for spousal IRA beneficiaries and Roth IRA conversions. We will also address how to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security & financial plans.

ESTATE PLANNING BOOT CAMP

FEE: \$15.00

WEDNESDAY 7-9:30pm **MAR 21**

AHS B107

Did you know... the Federal & New Jersey "taxable estate" includes the value of your residence, vacation & investment properties, jointly titled assets, individually owned assets, all life insurance proceeds, as well as the value of all your retirement plans & annuities? Learn how to plan & protect your estate & your children's legacy from unnecessary taxation, the negative impact of extended estate administration, & the "spend down" of your assets on long-term nursing home care. Wills, trusts, power of attorney & "Living Wills" will also be discussed as they relate to the foregoing. You've worked hard all your life to create an estate – take the time to learn how to protect it!

LONG TERM CARE PLANNING BOOT CAMP



FEE: \$15.00

WEDNESDAY 7-9:30PM **MAR 28**

AHS B107

Did you know that you may NOW BE ELIGIBLE and able to protect your assets under Federal law and receive federal benefits to pay for long-term care? Come and learn how to get the care you need without using all of your assets. Learn the difference between Medicare and Medicaid; your options for financial decisions about your future; where to get the money you need to pay for the costs of an accident or serious injury, and much, much more.

COMPUTER CLASSES

BASIC COMPUTER FOR THE NEW USER



FEE: *\$50.00*

WEDNESDAY 7-8:30pm **STARTS FEB 21**

AHS C110

New computer? Do your children think you're technologically hopeless? Take this computer "basic training" to quickly begin to master Windows 7, accessing the Internet, and emailing. Learn computer basics needed to end the mystery in a fun & relaxed atmosphere. Home access to a computer with Internet is a must! Class will meet 2/21, 2/28, 3/7, 3/14 & 3/21

INSTRUCTOR: AHS STAFF

5 WEEKS

BASIC COMPUTER – THE NEXT STEP

FEE: *\$50.00*

WEDNESDAY 7-8:30pm **STARTS APR 11**

AHS C110

For those who have taken one of our introductory classes, or who have limited knowledge of computers & would like to explore further, a truly unique opportunity to get started with the next step. Topics include internet search tips, social media programs & other common programs such as an introductory overview of Microsoft Office – Word and Excel. Home access to a computer with Internet is a must! Class will meet 4/11, 4/18, 4/25, 5/2, & 5/9

INSTRUCTOR: AHS STAFF

5 WEEKS

HAVE AN IDEA FOR A NEW CLASS? We're always happy to hear from you with new class ideas, whether it's something you'd like us to offer or something you would like to teach, please email mmarchiano@audubonschools.org

GETTING PAID TO TALK :

MAKING MONEY WITH YOUR VOICE

WEDNESDAY 6:30-9:00pm **MAY 21**



FEE: \$20.00

AHS B103

Have you been told that you have a great voice? Explore professional voice-acting for television, radio, audio books, etc. Learn the basics, including how to be successful & earn great income in this exciting field. You'll record a commercial under the direction of our producer! Bring questions! Class is informative, fun, & a great first step for anyone interested in voice-acting professionally. For more information, visit www.voicecoaches.com.

INSTRUCTOR: Creative Voice Development Group

1 SESSION

LEARN TO DANCE!

DANCE TIME PRODUCTIONS

SESSION I:

**COURSES ARE 4 WEEKS
or 8 WEEKS AS INDICATED**

FITNESS LINE DANCING

(8 WEEKS!)

FEE \$70.00

TUESDAY 7-8:00pm

STARTS FEB 6

AHS CAFETERIA

DANCE CLASSES CONTINUED

Join in the fun of "Soul Line Dancing". Something for everyone! Learn line dances that you can enjoy at any party, from the Big Band Era through the millennium. Some favorites are the Cupid Shuffle, Wobble, Electric Slide, Cha Cha Slide & more. Step it up with some Country Line dancing – it's fun & easy to learn (Tush Push, Trashy Women, 16-Step, El Paso, & more).

DANCE TO EXER" CIZE"

(8 WEEKS!)

FEE: \$70.00

TUESDAY 8-9:15

STARTS FEB 6

AHS CAFETERIA

The first step towards good health is to **move your body!** This is not aerobics, but an introduction to the new dance craze that makes exercising **FUN!** This is a safe, fun & easy way to get in an exercise program while learning a variety of different dance moves. The movements are simple enough for beginners, older adults & those who have never before taken a dance or exercise class. Each class includes a warm-up, simple dance step instruction, & then applying them to music. Class does not include jumping, running or strenuous movements.

SOCIAL DANCES FOR WEDDINGS (8 WEEKS!)

FEE: \$70.00

WEDNESDAY 7-8:00pm

STARTS FEB 7

AHS CAFETERIA

Is there a wedding in your future? We'll help you to be comfortable on the dance floor! We start with the basic techniques of dancing. Dance rhythms will include the famous Swing/Jitterbug & Fox Trot and Latin steps. Also included will be the popular line dances. Feel free to come alone, with a friend, or bring your whole wedding party. Come and dance the night away!

SALSA/MERENGUE

(4 WEEKS!)

FEE \$30.00

WEDNESDAY 8-9:00pm

STARTS FEB 7

AHS CAFETERIA

This course is a concentration on just two popular rhythms – Salsa & Merengue. Dances will include beginner to advance moves. Come and join us in the fun of dancing to Latin rhythms. Partners are not required – however partners will not be supplied either.

SESSION II:

JITTERBUG/SWING DANCING (4 WEEKS!)

FEE: \$30.00

WEDNESDAY 8-9:00pm

STARTS MAR 7

AHS CAFETERIA

Whether called the Lindy, Boogie Woogie or Swing, the Jitterbug is a classic American dance. Jitterbug is danced to Big Band, Rock 'n Roll & Country music. Learn timing, basic movements, turns & more. Partners not required.

MAIL YOUR REGISTRATIONS EARLY!

PLEASE DO NOT WAIT UNTIL FIRST NIGHT OF CLASS TO BRING YOUR REGISTRATION OR TRY TO COME TO AHS TO DROP OFF REGISTRATION WE HAVE NO PARKING AND YOU WILL NOT BE PERMITTED IN THE BUILDING DUE TO CONSTANT LOCKDOWN FOR SECURITY. PLEASE MAIL OR COME TO IN PERSON REGISTRATION TO REGISTER FOR CLASS! DON'T RISK A CLASS BEING CANCELED OR FULL BY WAITING UNTIL THE LAST MINUTE.

FITNESS & SPORTS **THOSE TAKING PART IN PHYSICAL ACTIVITY SHOULD USE COMMON SENSE & SET A REASONABLE PACE. CHECK WITH YOUR DOCTOR BEFORE BEGINNING CLASSES.


GOLF taught by RUTGERS UNIVERSITY COACHING STAFF
CLASSES START MARCH 24 **7 WEEKS**
BEGINNER ***FEE: \$115.00***

SATURDAY 10:45-11:45am 8001 S. Crescent Blvd., Pennsauken
 A beautiful time of the year to learn the basics! The Rutgers Coaching staff is prepared to share the latest thinking on fundamentals of the golf swing, the psychological inner game, etiquette, how & where to practice, a list of playing partners & more. Clubs are supplied, if needed, & all the balls you can hit. Teacher/pupil ratio max 8-1. Learning environment is friendly.

SKILL BUILDER ***FEE: \$115.00***

SATURDAY 12 noon-1:00pm 8001 S. Crescent Blvd., Pennsauken
 Need a Fall tune-up? If you've struggled all season & desperately need a pro to look at your swing, this class is for you. Our PGA/USGTF staff will address your swing mechanics to include, but not limit to, the driver, fairway woods, long irons, bunker shots & the short game. A state-of-the-art facility will encourage you to hit every club in the bag.

GOLF: THE SHORT GAME ***FEE: \$90.00***

SATURDAY 2-3:00pm  **CLASSES START MARCH 24** 8001 S. Crescent Blvd., Pennsauken
 Nearly 70% of the shots you hit are less than 150 yds., so sharpen your short game & reduce your scores! Our Rutgers University Golf Team Coaching Staff (formerly known as South Jersey Golf Schools) at the Camden County Golf Academy will show you how. Rutgers University at Camden (which employs only fully certified golf instructors) has won back-to-back NEAC Conference Championships, & is the first team in school history to qualify for 2 straight NCAA National Championship Finals!
 INSTRUCTOR: Rutgers Univ. Coaching Staff **5 WEEKS**

HORSEBACK RIDING: RECREATIONAL  ***FEE: \$175.00***

Available from MAR 24- JUNE 16 Liberty Bell Farm
 Introduction to basic horseback riding & safe horse handling procedures for adults and children 10 years of age and older. You will learn to ride as well as hands-on brushing, saddling, bridling, & care of horse & tack. Long pants, riding boots or sturdy work type shoes with a heel are a must. Helmets provided by the farm, located at 117 Dutch Row Rd., Elmer, NJ 08318. Indoor arena is used for inclement weather. For Scheduling and further information please call Denise Kaelin Bell 856-358-2892.
 INSTRUCTOR: Denise Kaelin Bell **6 1-HOUR SESSIONS**

THE ROYAL FITNESS EXPERIENCE!  ***FEE: \$60.00***

AVAILABLE JAN 29 THRU MARCH 30
 This is your chance to find out what Royal Fitness is all about! You are invited to try any of their state-of-the-art facilities over the course of your 10 visits. Try our indoor saltwater pool, ideal for lap swimming or just relaxing in the Jacuzzi. You may also attend Aqua Dynamics classes offered throughout the week. These are an ideal form of physical conditioning recommended for those with limitations such as arthritis, heart disease & high blood pressure. Use our gym equipment or choose from any of our Senior Fit classes – Stretch, Tai Chi, low impact/intensity group exercise classes. Call 856-547-3326 for more information.
 ROYAL FITNESS, 50 E. Gloucester Pk., Barrington **10 VISITS**

REFIT®  **FEE: \$45.00**

THURS. 7:00-8:00 **STARTS FEB. 8** **HAV ALL- PURP RM**
 Refit® is a life-changing group fitness experience that rocks your body, heart and soul with powerful moves and positive music to inspire you from the inside out. Powered by human connections, we turn boring have to workouts into a can't miss community fitness experience! This class will propel you into your best self through dance, toning, balance and flexibility. This easy to follow formula is perfect for both beginners and fitness enthusiasts. This workout is designed for everyone, regardless of age or ability.
 INSTRUCTOR: Amber Gager **6 WEEKS**
 Certified Refit® Instructor

TENNIS TAUGHT BY MITCH WINKLER

*Classes are held at a local facility. At the time of publication final arrangements had not been made. You will be advised of this location as soon as plans are finalized. **ALL CLASSES BEGIN MARCH 24, 2018 & will meet 3/31,4/7,4/14,4/21**

FUNDAMENTALS

SATURDAY 8:30-9:30am

FEE: \$55.00

This program is designed for "first time" players thru those with less than TWO seasons of playing. Stroke production, practice & basic game positioning will be the focus. Tennis rackets required. 5 WEEKS

SKILL BUILDERS

SATURDAY 9:30-10:30am

FEE: \$55.00

players that have at least TWO SEASONS of play and a basic understanding of mechanics will benefit from this accelerated program. Stroke refinement, shot making and sequence drills will form the foundation. Tennis rackets required. 5 WEEKS



JUNIORS (AGES 6-8)

SATURDAY 10:30am-11:15am

FEE: \$55.00

This program is designed to teach children the fundamental skills used in tennis. Both ground strokes & volleys will be covered. Although junior rackets are requested, loaner rackets will be available if needed. 5 WEEKS

JUNIORS (AGES 9-13)

SATURDAY 11:15-12 noon

FEE: \$55.00

This program will focus on introducing the forehand, backhand, volley & serve & using these strokes in point play. Although junior rackets are requested, loaner rackets will be available if needed. 5 WEEKS

TONE AND SHAPE WITH A PROFESSIONAL TRAINER!

EILEEN McCLERNAN, INSTRUCTOR

CIRCUIT TRAINING



FEE: TWO DAYS \$58.00

MON AND/OR WED

ONE DAY \$30.00

6:15-7:00pm

STARTS FEB 5

HAV ALL-PURP RM

Circuit training is a form of physical exercise combining strength exercises, or weight training, with endurance exercises, or cardiovascular training. YOU WORK YOUR WHOLE BODY IN 1 SESSION. Helps improve mobility, strength, stamina & (along with a healthy diet) you will lose weight. You do short bursts of resistance exercises using moderate weight & frequent repetitions followed quickly by another burst of exercise. It works because it makes you keep pushing your body. If you're coming one day only, please specify day. Bring a towel or mat & light hand weights (3-5 lbs.). 8 WEEKS

TABATA TRAINING

MON AND/OR WED

7:15-8:00

STARTS FEB 5

HAV ALL-PURP RM

TABATA is a high intensity interval training (HIIT). The system is easy to remember: 20 seconds of work, followed by 10 seconds of rest, and repeat. This is one set, we will complete 8 sets for each exercise that we do. The short rest intervals force the body to keep moving before it actually recovers from the previous set and leads to significant aerobic and anaerobic gains. Tabata or High Intensity Training is beneficial for your body, but there is a catch YOU HAVE TO PUSH YOURSELF – REALLY PUSH YOURSELF WITH EVERYTHING YOU GOT!!! You will not reap the strength and cardio benefits from leisurely going through the movements. Also another benefit from HIIT training is the almighty "after burn affect," this means you will keep burning calories hours after your quick workout ends. Please bring a mat or towel for the floor and water! 8 WEEKS



FEE: TWO DAYS \$58.00

ONE DAY \$30.00

ZUMBA!

TUE 6:30-7:30pm



STARTS FEB 6

HAV ALL-PURP RM

FEE: \$40.00

Want to party? Try this dance-inspired workout! Listen to Latin musical rhythms & move to create a fun & exciting workout. Routines feature fast & slow rhythms & resistance training to tone & sculpt your body while burning fat. If you're coming 1 day only, please specify day. Come & party with us!

INSTRUCTOR: Donna Koenig

Licensed Zumba Instructor

8 WEEKS

STRESS MANAGEMENT & WELLNESS

All classes taught by KATHLEEN MARIE WHITE, NJ Licensed Body Work Therapist, AOBTA & ABMP-Certified Practitioner, Certified Yoga Instructor & Owner of HANDS OF WHITE HEALING CENTER. Kathleen has been studying and teaching Yoga & Shiatsu for 25 years.

MEDITATION – BEGINNERS

FEE: \$59.00

THURSDAY 6:30-8:00pm

STARTS MAR 8

AHS B103

Learn the art of Meditation. The practice of meditation has a cumulative effect & benefits can be felt almost immediately, including a sense of detachment from the pressures of life, lasting peace of mind, increased concentration & awareness, & a strengthening of intuition. We will use visualization techniques, sounds, breathing & gentle stretching. Classes are led by an experienced mediator & teacher who will gently guide you & answer your questions. Classes will appeal to both beginners & experienced students. Wear loose cotton clothing & don't eat for at least 2 hours before class. Bring a blanket or pillow.

3 WEEKS

YOGA – BEGINNER

FEE: \$66.00

TUESDAY 6:30-8:00pm

STARTS FEB 6

HAS GYM

WEDNESDAY 6:30-8:00pm

OR FEB 7

HAS GYM



Create a more balanced & stress-free life. Reduce stress through stretching exercise & mental concentration. You will learn the basic Yoga postures. Get in touch with your intuition & positive energy through various relaxation techniques. Set long-range goals for a balanced, abundant life. Wear comfortable clothing & bring exercise mat or layered cloth. Please choose Tues or Wed. If you have never taken yoga, it is recommended you take the Wed. class.

8 WEEKS

For our more experienced students: Yoga can be gentle; or very vigorous. It strengthens the body & mind while it creates flexibility & a peaceful attitude...

YOGA – INTERMEDIATE

FEE: \$66.00

MONDAY 6:30-8:00pm

STARTS FEB 5

HAS GYM

If you've taken Beginner Yoga & have an understanding of the postures & breathing, this class is for you. We'll work on holding the postures for a longer period of time & work toward developing more strength & flexibility through the 8-week series.

8 WEEKS

WOOD WORKING

FEE:*\$50.00*(Adult with 1 child)

FOR PARENTS AND CHILDREN

\$65.00 (Adult with 2 Children)

THURSDAY 7-8:00pm

STARTS FEB.22

AHS C6

This Class is an introduction to Woodworking which enables students and a parent to prepare wood projects together that can be used at home. All projects will be assembled using hammers, no power tools or harsh chemicals will be used, All Projects will be cut by the instructor prior to the class. Projects could include a Tick Tac Toe board game, Napkin Holder, a fancy Key Holder, a Spice Caddy and possibly more if time allows. Children must be over 11 years of age.

INSTRUCTOR MIKE CHAZEN

5 WEEKS

YOU WILL NOT BE CONTACTED WHEN WE RECEIVE YOUR REGISTRATION! If you want to know if we received your check you are welcome to call 856-547-7695 ext. 4186 or email mmarchiano@audubonschools.org. You will only be contacted if the class is canceled or full, or if there is a change in the class's location, time or date.

The Audubon Community Education Adult Evening Classes and Sr. Citizen Discount (62+) are open to all Adults 18+ and you do not have to be Audubon Resident to participate.

SENIOR CITIZEN DISCOUNT: Senior Citizens (62+) may take some courses for a 25% reduction. **NO DISCOUNT FOR COURSES MARKED WITH ASTERISK *(FEE)*.** No refund will be made if discount isn't taken on original registration.