

## COURSE OFFERINGS:

### ARTS /LEISURE/SELF HELP

#### ART: THE BASICS OF DRAWING



FEE: \*\$65.00\*

TUESDAY 6:30-8pm

STARTS SEP 25

AHS A8

Come and get in touch with your creative side, learn the basics of drawing in a relaxed atmosphere. We will discuss and review, drawing from photographic resources as well as from real life, the basics of value which is the key to representational or realistic drawing created from depth and mood, shading and also proportion. Lessons will include still life, landscape, portraits, etc. Pencil, charcoal and or ink can be explored at your desire. No experience is necessary for this class, all levels are welcome! Supply suggestions will be emailed to you prior to the first class.

INSTRUCTOR: Janelle Mueller

6 WEEKS

#### KNITTING: COME ONE COME ALL!



FEE: \$65.00

THURSDAY 7-9:00pm

STARTS SEP 27

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! New knitting students will be required to purchase a kit for \$10.00 at the beginning of the first class. This kit contains everything you need to begin your first project. 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. All knitters, please feel free to bring projects you are already working on to class.

INSTRUCTOR: Elaine Dawson

8 WEEKS

#### CREATIVE WRITING: FICTION



FEE: \$85.00

WEDNESDAY 7-9:00pm

STARTS SEP 26

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 7-8:30pm

STARTS SEP 26

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

#### QUILTING



\*FEE: \$85.00\*

WEDNESDAY 7:00-9:00pm

STARTS SEPT 26

AHS C7

This class is for any level Quilter, whether new or an avid quilter. The only prerequisite necessary for this class is you must be able to sew a straight line. You are also required to bring a portable sewing machine with a walking foot peddle and the regular accessories needed to sew. If new to Quilting, you will learn several basic techniques. A materials list will be provided and you can choose from a variety of sizes for a basic quilt project. If you are an advanced or experienced quilter please feel free to bring your project/UFO to class for any help or support you may need. The Instructor, Ms. Hartranft has over 20 yrs. experience in quilting.

INSTRUCTOR: Eileen Hartranft

8 WEEKS

## COMPUTER CLASSES

### BASIC COMPUTER FOR THE NEW USER



FEE: \*\$55.00\*

TUESDAY 7-8:30pm

STARTS SEP 25

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!

INSTRUCTOR: AHS STAFF

5 WEEKS

### BASIC COMPUTER – THE NEXT STEP

FEE: \*\$55.00\*

TUESDAY 7-8:30pm

STARTS NOV 6

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!

INSTRUCTOR: AHS STAFF

5 WEEKS

## LEARN TO DANCE!

DANCE TIME PRODUCTIONS

COURSES ARE 4 WEEKS

SESSION I:

or 8 WEEKS AS INDICATED

### FITNESS LINE DANCING

(8 WEEKS!)

FEE \$72.50

TUESDAY 7-8:00pm

STARTS SEP 25

AHS CAFETERIA

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: \$72.50

TUESDAY 8-9:15

STARTS SEP 25

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: \$72.50

WEDNESDAY 7-8:00pm

STARTS SEP 26

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 \$32.50

WEDNESDAY 8-9:00pm

STARTS SEP 26

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. Partners are not required – however partners will not be supplied either.

SESSION II:

### JITTERBUG/SWING DANCING

(4 WEEKS!)

FEE: \$32.50

WEDNESDAY 8-9:00pm

STARTS OCT 24

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.

# ONE NIGHT CLASSES/SEMINARS/DAY TRIP

## COOKIE DECORATING CLASSES FOR ADULTS



FEE: \$50.00

WEDNESDAYS 7:00-9:00PM

AHS A2

**EACH CLASS IS 1 WEEK FOR 2 HRS, PLEASE CHOOSE ONE DATE:**

**CLASS DATES ARE SEP 26, OCT 3, OCT 10, OCT 17, OCT 24, OR OCT 31**

Just in time for the Holidays!! Looking for a fun enjoyable evening out, then this class is for you. Come learn the basics of decorating cookies with Royal Icing. The instructor will provide supplies and step by step instructions to create iced cookies. During this 2 hr. class you will be given decorating tips, tricks and plenty of resources to eventually make beautiful cookies at home that look like they were bought from your favorite Bakery! You will also be given recipes to bake and decorate at home to continue the fun. CLASS SIZE IS LIMITED, a maximum of 10 registrants per class per week. When registering please write the date of the class that you will be attending!

INSTRUCTOR: Roxanne Fletcher

1 WEEK

## GREENJEAN GARDENS' FALL SCAPING YOUR GARDEN



FEE: \$30.00

TUESDAY 7-9:00pm

SEP 25

AHS B105

Do you love fall colors? Would you love to see these colors in your Autumn garden? Then this class is for you!! You will learn about proper plant choices to ensure beautiful fall foliage. This fall foliage will bloom and impact your garden all the way to the first frost and beyond. Ms. Marcucci will also discuss how to set the stage for next years' Garden!! This class is presented by a local garden designer, she is the winner of the PA Horticulture Society Garden of Distinction Award.

INSTRUCTOR: Jeannie Marcucci, Garden Designer

1 WEEK

## 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 17 years.

### BODY LANGUAGE

THURSDAY 7-9:00pm

OCT. 4



FEE: \*\$30.00\*

AHS B107

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!!

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

THURSDAY 7-9:00pm

OCT. 11

FEE: \*\$30.00\*

AHS B107

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: \*\$30.00\*

THURSDAY 7-9:00pm      **OCT 18**      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: \*\$30.00\*

THURSDAY 7-9:00pm      **OCT 25**      AHS B107  
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: \*\$30.00\*

THURSDAY 7-9:00pm      **NOV 1**      AHS B107  
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: \$20.00\*

WEDNESDAY 7-9pm      **OCT 3**      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: \$20.00\*

WEDNESDAY 7-9:30pm      **OCT 10**      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 FREEDOM BOOT CAMP**

\*FEE: \$20.00\*

WEDNESDAY 7-9:00pm      **OCT 17**      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: \$20.00\*

WEDNESDAY 7-9:00pm      **OCT 24**      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: \$20.00\*

TUESDAY 7-9:30pm

OCT 30

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: \$20.00\*

WEDNESDAY 7-9:30PM

NOV 7

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.

## GETTING PAID TO TALK :

MAKING MONEY WITH YOUR VOICE



\*FEE: \$25.00\*

MONDAY 6:30-9:00pm

DEC 10

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](http://www.voicecoaches.com).

INSTRUCTOR: Creative Voice Development Group

1 SESSION

## PALMISTRY



\*FEE: \$35.00\*

THURSDAY 6:30-8:30pm

STARTS NOV 15

AHS B103

Palmistry is both an Art and a Science, it is based on Scientific principals that will be taught during this class. You will learn the meaning of your Life Line, the Head Line, Heart Line and the relationship Line along with many other things. You will obtain an understanding of the palm, its shape, lines and how it affects your life in general. Reading a hand is like reading a book and that book is about you; the most interesting and important book one can read! Bring a magnifying glass and a note book to write down all the interesting facts you are about to learn!

INSTRUCTOR: Kathleen White, Studied Palmistry with Yoga Instructor: Dr. Girish Jagidar from Bombay India.

1 SESSION

## FALL BUS TRIP!!

**SATURDAY, DECEMBER 8, 2018**

**SHOP! SEE A SHOW! VISIT A MUSEUM!**

**DAY IN NEW YORK**



On your own for the day!

**ONLY \$45.00/PERSON!**

*Non-Refundable*

Price includes bus transportation only.



### ITINERARY:

BUS LEAVES AUDUBON HIGH SCHOOL ..... 8:00 AM

ARRIVES IN NEW YORK CITY ..... 10:00 AM

(drop off at 790 8<sup>th</sup> Ave between 48<sup>th</sup> & 49<sup>th</sup> Sts.)

BUS LEAVES NEW YORK CITY (Pick-up at same location as

Dropped off at) ..... 6:00 PM

ARRIVES AT AUDUBON HIGH SCHOOL ..... 8:00 PM

**DEADLINE FOR REGISTRATION: NOVEMBER 19, 2018**

## FITNESS & SPORTS:

**GOLF** taught by Bob Cardea, Head Coach, & The Rutgers Univ. Coaching Staff

CLASSES START SEP 22

7 WEEKS

BEGINNER

\*FEE: \$120.00\*

SATURDAY 10:45-11:45am

**LOCATION: Big Swing Golf Center – 312 Salina Road, Sewell NJ 08080**

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: \$120.00\*

SATURDAY 12 noon-1:00pm

**Big Swing Golf Club as above**

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: \$95.00\*

SATURDAY 2-3:00pm

CLASSES START SEP 22

**Big Swing Golf Club as above**

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 will show you how. Rutgers Univ. has won back-to-back NEAC Conference Championships, & is the first team in school history to qualify for 2 straight NCAA National Championship Finals!

5 WEEKS

**HORSEBACK RIDING: RECREATIONAL**



\*FEE: \$175.00\*

Available from Sep 22-Oct. 27

Liberty Bell Farm

Introduction to basic horseback riding & safe horse handling procedures for Adults and Children. 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. Call 856-358-2892 to arrange lessons.

INSTRUCTOR: Denise Kaelin Bell

6 1-HOUR SESSIONS

**THE ROYAL FITNESS EXPERIENCE!**



\*FEE: \$65.00\*

AVAILABLE OCT 1-NOVEMBER 26

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

**TENNIS TAUGHT BY MITCH WINKLER**

ALL CLASSES ARE HELD AT WEDGEWOOD SWIM CLUB, 625 Centre St., Haddonfield. ALL CLASSES START SEP 29.

**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**

MON AND/OR WED  
7:15-8:00



**STARTS SEP 24**

**FEE: TWO DAYS \$60.00  
ONE DAY \$32.00  
MAS 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.). If attending one day, please make a notation of which day, **(No class on Oct 8)** 8 WEEKS

### **TABATA TRAINING**

MON AND/OR WED  
6:15-7:00

**STARTS SEP 24**

**FEE: TWO DAYS \$60.00  
ONE DAY \$32.00  
MAS ALL-PURP RM**

**TABATA** is a high intensity interval training (HIIT), but don't let the words "high intensity" scare you...high intensity does not mean high impact, you will be shown high impact and low impact moves for the same exercise, the choice is up to you. 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 not high impact 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 Bring a towel or mat & light hand weights (3-5 lbs.). (If attending one day, please make a notation of which day, **(No class on Oct 8)** 8 WEEKS

### **ZUMBA!**

THURS  
6:30-7:30pm



**STARTS SEP 27**

**FEE: \$45.00**

**MAS ALL-PURP RM**

Want to move your body? 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. Come & Dance the hour away with us!

INSTRUCTOR: Jess Gigantino

8 WEEKS

### **REFIT®**

THURS. 7:00-8:00

**STARTS SEP 27**

**FEE: \$45.00**

**HAS 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

Certified Refit® 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.

### CREATING A MORE BALANCED & STRESS-FREE LIFE FEE: \$62.00

THURSDAY 6:30-8:00pm STARTS OCT 25 HAS GYM

Learn techniques that will bring about better health (mind, body & spirit), a more positive attitude in your everyday living, more strength & flexibility. These tools will enhance your everyday life. **Week 1: The Art of Breath & Yoga Postures.** Develop & create a pattern to handle stress in everyday life. Also we will learn to develop good deep breathing techniques to help calm your mind. **Week 2: The Art of Meditation.** Calm your mind, body & spirit, become more centered & strengthen your intuition, which is a valuable tool to help create more abundance & peace in your life. **Week 3: The Art of Massage.** Learn techniques which have lasting effects on the body. Develop more flexibility, lower blood pressure, relieve stress, headaches, back issues & much more. Bring a blanket or mat & a bottle of water to all classes. 3 WKS

### MEDITATION – BEGINNERS FEE: \$62.00

THURSDAY 6:30-8:00pm STARTS OCT 4 HAS GYM

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

TUESDAY 6:30-8:00pm STARTS SEP 25 HAS GYM  
WEDNESDAY 6:30-8:00pm OR SEP 26 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: \$68.00

MONDAY 6:30-8:00pm STARTS SEP 24 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. (NO CLASS Oct. 8) 8 WEEKS

### CHAIR YOGA

THURSDAY 6:30-8:00pm STARTS NOV 29 MAS STAFF RM. FEE: \$35.00



Come learn to move through seated and standing Yoga poses. This class is designed to increase flexibility, balance, and a range of movements. We will finish with restorative breathing exercises and final relaxation to promote reduced stress and better mental clarity. This class is for all ages and pregnant women as well. 4 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. 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.