

WINTER 2019 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Hanna Somatic Exercise - \$130 Instructor: Akiko Ko-Taiano 6:00-7:30pm (7 wks – 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4) Room: HS Aerobics Room</p>	<p>Beginner/Intermediate Sewing- \$150 Instructor: Tina Doyle 7–9pm (6 wks – 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26) Room: MS Faculty Lounge</p>	<p>Mah Jongg - \$100 Instructor: Rose Asprea 5:30–7:30pm (5 wks – 1/30, 2/6, 2/13, 2/27, 3/6) Room: HS Faculty Lounge</p> <p>Adult Modern Dance - \$50 CANCELLED Instructor: Jessica Goldberg 6:00–7:00pm (4 wks – 1/9, 1/16, 1/23, 1/30) Room: HS Aerobics Room</p> <p>Adult Jazz Dance - \$50 Instructor: Jessica Goldberg 6:00–7:00pm (4 wks – 2/6, 2/13, 2/20, 2/27, 3/6) Room: HS Aerobics Room</p> <p>A Thousand Years of Music - \$100 Instructor: Richard Hoffman 6:30–8:30pm Room: HS205 <u>Course 3: Composers You've Never Heard Of</u> (4 wks – 2/6, 2/13, 2/20, 2/27, 3/6)</p> <p>Mindful Yoga: Beginner Plus - \$70 Instructor: Suzanne Cohen 7:15–8:45pm (5 wks – 1/30, 2/6, 2/13, 2/20, 2/27, 3/6) Room: HS Aerobics Room</p> <p>Drum Circle/Therapy - \$75 Instructor: Ed Bettinelli 7:30-8:30pm (6 wks – 1/30, 2/6, 2/13, 2/27, 3/6, 3/13) Location: The Art of Drumming, Palisade St</p> <p>How to Read and Interpret a Work of Art - \$85 Instructor: Suzanne Altman 6:30-8:00pm (5-wks – 2/6, 2/13, 2/27, 3/6, 3/13) Room: TBD</p>	<p>Italian for Beginners - \$100 CANCELLED Instructor: Antonia De Gennaro 6:30–7:30pm (8 wks – 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7) Room: MS107</p> <p>Italian Intermediate - \$100 Instructor: Antonia De Gennaro 7:30–8:30pm (8 wks – 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7) Room: MS107</p> <p>Intro to Drawing - \$150 Instructor: Susan Rowe Harrison 7:00–9:00pm (6 wks – 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7) Room: MS112</p>	<p>Argentine Tango Beginner - \$100 Instructor: Kathy Cressent 6:00-7:00pm (8 wks – 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8) Room: HS Aerobics Room</p>	<p>Zumba - \$100 Instructor: Gabriela Quezada 8:30–9:30am (8 wks – 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/16) Room: HS Aerobics Room</p> <p>Gentle Yoga Flow - \$100 Instructor: Carmilla Tan 10:00–11:00am (8 wks – 1/12, 1/19, 1/26, 2/2, 2/9, 2/23, 3/2, 3/9, 3/16) Room: HS Aerobics Room</p> <p>How Computers Work - \$30 Instructor: Daniel Sabol 9:00–11:00am 1/19 Room: TBD</p> <p>Keeping Yourself Safe Online - \$30 Instructor: Daniel Sabol 9:00–11:00am 1/26 Room: TBD</p> <p>Microsoft Office- \$90 Instructor: Daniel Sabol 9:00–11:00am (3wks 2/2, 2/9, 2/16) Room: TBD</p>