

CERAMICS

Review the supply list and PDF files needed for this class at ScottsdaleAZ.gov and search 'Art Supply'

HOME ACCENTS

(14+) Rev up your house and patio with fireplace sculptures, book shelf decorations, lamps, flower pots, bonsai dishes and more! Students will explore hand building, wheel throwing, texture, decoration, glazing and firing with an emphasis on design and form. Supplies to bring to class: 25lbs Cone 5 clay, basic pottery tools, wood knife, pin tool, cutting wire, rib, sponge, brushes, apron and small bucket. *\$18 non-refundable cash glaze material fee per registered class due to instructor at first class.*

Sa	9:30am-12:30 pm	4/11 (7classes)	GRSC	\$114(R)/\$171(N)	Peterson	22231
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INTRODUCTION TO CLAY

Learn basic clay techniques, including coil, pinch, slab, wheel, and glazing. Students will explore hand building, wheel throwing, texture, decoration, glazing and firing with an emphasis on design and form, as time allows. Bring basic ceramics tools (cutting wire, brushes, sponge, needle tool) and 25 lbs Cone 5/6 clay to first class. *\$18 non-refundable material fee per registered class due to instructor at first class.*

(14+)

M	5:45-8:45 pm	4/6 (7classes)	GRSC	\$114(R)/\$171(N)	Peterson	22234
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(18+)

Tu	9am-12pm	4/7 (7classes)	ELDO	\$104(R)/\$156(N)	Shock	22232
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Th	9am-12pm	4/9 (7classes)	ELDO	\$104(R)/\$156(N)	Shock	22233
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OPEN STUDIO - NO INSTRUCTION

(18+) Studio time for working on your clay projects independently. Equipment available includes electric wheels, slab roller, and staff-fired Cone 5/6 electric kiln, plus slips, glazes, and more. Proficiency in hand-building or wheel-throwing at an intermediate level or above required. You must be able to design, carry out, and complete a project from wet clay to glazing without assistance. Pieces created at Eldorado clay studio are eligible for firing in the studio kilns. *Please bring \$18 (cash) non-refundable material fee per registered class to first meeting. Note: instructor approval is required for this class. If you are not at the appropriate skill level, you will be asked to withdraw and staff will do their best to find a class at the correct level.*

Tu	12:30-3:30pm	4/7 (7classes)	ELDO	\$104(R)/\$156(N)	Shock	22235
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Th	12:30-3:30pm	4/9 (7classes)	ELDO	\$104(R)/\$156(N)	Shock	22236
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INTRO TO POLYMER CLAY

(18+) Have fun working with clay that is NOT wet and does NOT dry out! Such flexibility with these products making it easy for working on multiple projects at once or taking a break from one as you need to brainstorm more! Items we will make are bowls, small sculptures, jewelry and even polymer clay illustrations from your drawings or a photos. We will work on simple cane patterns and blends with rollers and learn rolling options by hand and/or by press.

Tu	9:30am-12pm	4/7 (6classes)	BGPB	\$77(R)/\$116(N)	Godwin	22306
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DIGITAL PHOTOGRAPHY

BEGINNING

(15+) Learn the basics of photography, how to use your camera, and discover what all those buttons really do. Then begin the process to really "see" your subject before clicking the shutter. Mix in weekly photo assignments to apply what you learn and you will leave this class feeling good about your photography while having fun. This class is taught using DSLR cameras. *Please bring your DSLR camera to each class.*

M	6-7:30 pm	4/6 (6classes)	VLSC	\$44(R)/\$66(N)	Bochenek	22266
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ARTS & CRAFTS

Please review the supply list for art classes by visiting ScottsdaleAZ.gov and search 'Art Supply'.

DIVE INTO PAPER COLLAGE AND FIBER ART

(18+) Assorted papers and magazines will be your palette while you explore shape and color forms through hand tearing and cutting of papers! We will also be soaking and pulping paper to make your own if you like. We work from exploring and creating as we go whether it's for a specific subject matter or an abstract vision. Tearing and cutting different papers creates unique shapes and edges for your design. When you visually see how they compliment each other you'll see your project transform into a one-of-a-kind piece of art you created. In addition we will be adding subtle accents into the projects making your piece more unique using paints, thread and objects.

W	9:30am-12pm	4/8 (6classes)	BGPB	\$77(R)/\$116(N)	Godwin	22267
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NEW INTRO TO COLOR THEORY AND INTRO TO DRAWING

(18+) This is a great half day class to dabble and learn with the chance experiencing types of techniques with color and drawing basics. We will go over brushes, papers, pencils, tools, color/ greyscales. For the lessons they will be starting you from the very basics of forms, shading, values, composition, proportion. With this we will go over the fundamentals of Color Theory to help train your eye on how to see in a new way to understand color mixing and color charts.

Th	1-4pm	4/9 (1class)	VLSC	\$25(R)/\$38(N)	Godwin	22910
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INTRO TO DRAWING

(18+) A great class that takes a new approach letting you feel relaxed while creating. You'll be introduced to the fundamentals of drawing. We will work on the basics being forms, shading, values, composition, proportion and some perspective. We will go over types of papers, along with pencil including color pencils, charcoals along with new tools in the market. We will do some still life set-ups and also use pictures of your choice depending on skill levels. We will discuss all this in first class.

Th	5-8pm	4/16 (5classes)	VLSC	\$77(R)/\$116(N)	Godwin	22307
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Th	9:30am-12pm	4/16 (5classes)	BGPB	\$66(R)/\$99(N)	Godwin	22440
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DRAWING

(18+) Focus on the basic fundamentals of drawing, learning various techniques including: perspective, shading, proportion and composition. Enjoy using pencil, colored pencils and charcoal.

Tu	1-4pm	4/7 (7classes)	VLSC	\$106(R)/\$159(N)	Consalvo	22278
Th	9am-12pm	4/9 (7classes)	GRSC	\$84(R)/\$126(N)	Milman	22279

DRAW/PAINT

All levels instruction in drawing, painting and more! Have the freedom to use any medium you choose; pencil, colored pencils, pastels, watercolor, oil and acrylic. Teacher emphasis is on individual attention and projects. \$1 nonrefundable cash supply fee is due to instructor on first day of class. Must be present at first class for orientation and demonstrations.

(14+)

M	9am-12pm	4/6 (7classes)	ELSO	\$83(R)/\$125(N)	Chestney	22269
M	6:30 -9:30pm	4/6 (7classes)	ELSO	\$83(R)/\$125(N)	Chestney	22270
Tu	6:30 -9:30pm	4/7 (7classes)	ELSO	\$83(R)/\$125(N)	Chestney	22271
W	9:30 am-12:30pm	4/8 (7classes)	ELSO	\$83(R)/\$125(N)	Chestney	22272
W	1-4pm	4/8 (7classes)	ELSO	\$83(R)/\$125(N)	Chestney	22273
Th	9:30 am-12:30pm	4/9 (7classes)	ELSO	\$83(R)/\$125(N)	Chestney	22274
Th	1-4pm	4/9 (7classes)	ELSO	\$83(R)/\$125(N)	Chestney	22275

(18+)

Th	9am-12pm	4/9 (7classes)	VLSC	\$106(R)/\$159(N)	Consalvo	22277
Sa	9am-12pm	4/11 (7classes)	VLSC	\$106(R)/\$159(N)	Consalvo	22276

BEGINNING OIL AND ACRYLIC PAINTING

(18+) This class will show that painting is fun! Learn from the basics: Supplies, palette set ups, what to use/not use, color basics, starting a painting fearlessly; what to avoid and what to strive for, application, and more. Students will paint an instructor-chosen picture that will be emailed before first class. I will start the first painting on one student's canvas, and give individual help at each easel. Subsequent paintings will be chosen by student, from approved material. (Good photo reference, doable for beginner).

W	5pm-8pm	4/8 (7classes)	VLSC	\$63(R)/\$95(N)	Fried	22216
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OIL AND ACRYLIC PAINTING

(18+) New and continuing students will focus on developing basic skills, exploring color, style and various techniques in a relaxed environment. Learn techniques using acrylic or oil paints. Learn to develop a portrait, landscape, floral, abstract or non-representational forms.

M	9am-12pm	4/6 (7classes)	VLSC	\$98(R)/\$147(N)	Taylor	22336
Tu	9am-12pm	4/7 (6classes)	VLSC	\$92(R)/\$138(N)	Leonelli	22331
Tu	1-4pm	4/7 (7classes)	GRSC	\$98(R)/\$147(N)	Taylor	22335
W	1-4pm	4/8 (7classes)	VLSC	\$63(R)/\$95(N)	Fried	22334
F	1-4pm	4/10 (7classes)	VLSC	\$106(R)/\$159(N)	Consalvo	22332
Sa	1-4pm	4/11 (7classes)	VLSC	\$98(R)/\$147(N)	Taylor	22337

INTERMEDIATE/ADVANCED OIL PAINTING

(18+) Continuing and Intermediate/Advanced Oil students who painted in oil to these levels, plus new students to this group who meet the criteria. Individual help and guidance on all subject matter of student's choosing, plus instructor will demonstrate on her own paintings advanced techniques and problem solving techniques. Please be currently painting regularly and open to learning new techniques.

M	5-8pm	4/6 (7classes)	VLSC	\$63(R)/\$95(N)	Fried	22333
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PAINT STUDIO

(18+) Focus on the media of your choice: oils, acrylics, watercolors, or mixed media. Enjoy exploring art making and expanding your skills.

M	1-4pm	4/6 (7classes)	VLSC	\$75(R)/\$113(N)	Khamis	22340
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PASTELS

(18+) New and continuing students will learn techniques using Pastels. Learn to develop a portrait, landscape, floral, abstract, or a nonrepresentational form with ease. Color is the magical element that gives feeling & emotion to art. Once you understand the meaning of color, it will help you determine the palette to evoke strong emotional response in your paintings. Come learn how color can help your work!

Th	1-4pm	4/16 (6classes)	VLSC	\$86(R)/\$129(N)	Schneider	22343
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INTRO TO ACRYLIC AND WATERCOLOR WITH UNIQUE TECHNIQUES

(18+) This is a chance for you to learn the basics of Acrylic and Watercolor mediums with non-traditional and traditional techniques. This gives you the freedom to create and make your art unique. We will work on color mixing, creating your palette along with many fun techniques. We will discuss all this in first class along with types of brushes, paints, papers, pencils and tools. Great class for those who want to loosen up and see what happens while you paint. We will work from abstract thinking, still life and also using pictures of your choice depending on skill levels.

Tu	5-8pm	4/7 (6classes)	VLSC	\$91(R)/\$137(N)	Godwin	22305
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WATERCOLOR

(18+) Transparent watercolor for the beginning as well as intermediate student will include basic techniques, color and composition using landscape, still life and portrait. Individual attention with emphasis on learning to see as the artist does.

W	9am-12pm	4/8 (7classes)	VLSC	\$93(R)/\$140(N)	Levine	22435
F	9am-12pm	4/10 (7classes)	VLSC	\$93(R)/\$140(N)	Levine,	22436
M	1-4pm	4/6 (7classes)	GRSC	\$98(R)/\$147(N)	Taylor	22437

SOCIAL SENIORS AT HORIZON PARK

CIRCLE OF STORIES

We are all storytellers. Stories create communities, societies and nations. Share in celebrating each other's stories and gain a deeper understanding of yourself and others. Monthly topics will be introduced to connect us with one another.

2 nd & 4 th Thursday of the Month	10am- 12pm
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FOREIGN LANGUAGE

BEGINNER SPANISH: STEP 1

(15+) Are you starting "from square one"? In this course, you will learn pronunciation, essential vocabulary and enough grammar to communicate basic ideas. Listening and speaking are emphasized along with simple reading and writing. *Please purchase: "Living Language Spanish, Essential Edition: Beginner Course" - includes book and 3 audio CDs with online learning sites ISBN-13:978-0307478580.*

Tu	9:30-11:30am	4/7 (6classes)	HRZN	\$73(R)/\$110(N)	Buettner	22383
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BEGINNER SPANISH: STEP 2

This course is for students who completed Beginner Spanish course. Interactive practice aimed at building vocabulary, conversation, grammar and basic reading. *Please purchase "Easy Spanish Step-by-Step" by Barbara Bregstein.*

M	9:30-11:30am	4/6 (6classes)	HRZN	\$73(R)/\$110(N)	Buettner	22621
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SPANISH: CONTINUING I

(15+) A stress free class for novice students who are already familiar with the basics of gender and verb conjugation. Students will build vocabulary and grammar with interactive, engaging skill drills. Each week includes listening comprehension, speaking and reading to improve communication.

W	6-8pm	4/8 (6classes)	VLSC	\$73(R)/\$110(N)	Buettner	22379
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SPANISH: CONTINUING II

(15+) This class is for students who are familiar with present and past tense verb conjugation from previous experience or instruction. Focus will be on improving listening comprehension, conversation, grammar and reading.

Th	6-8pm	4/9 (6classes)	VLSC	\$73(R)/\$110(N)	Buettner	22380
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SPANISH: LEVEL I

(14+) Learn the fundamentals of the Spanish language. Classes will cover basic grammar, pronunciation and vocabulary. This class will emphasize listening, speaking, reading, and writing.

Th	5-6:30pm	4/9 (7classes)	GRSC	\$58(R)/\$87(N)	Chavez	22381
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SPANISH: LEVEL II

(14+) Continue your study of essential Spanish grammar and vocabulary. Build every day, informal conversation. Move beyond the basics to explore more about the present, past, and future tenses. Practice and develop skills in reading, writing and speaking Spanish. The emphasis of this class will be fluency and accuracy in spoken Spanish.

Th	6:40-8:10pm	4/9 (7classes)	GRSC	\$58(R)/\$87(N)	Chavez	22382
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ITALIAN: CONVERSATIONAL BASICS: LEVEL 1

(14+) This is an introductory class to the Italian language designed for students seeking speaking and listening abilities with minimal emphasis on grammar. In this course, you will be introduced to the Italian alphabet, correct pronunciation of the individual letters and selected letter groups. Students will study basic sentence structure, some grammar rules, basic rules of gender, number agreement, word pronunciation and useful vocabulary and phrases of the Italian language. Students will develop basic speaking, listening, reading, writing and comprehension skills.

Please purchase: Easy Italian Step-by-Step (Nanni-Tate) ISBN: 978-0071453899

Th	4:15-6:15 pm	4/9 (8classes)	VLSC	\$90(R)/\$135(N)	Keyser	22311
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FRENCH: CONTINUING

(18+) Designed for continuing students wanting to increase their current knowledge in developing conversational skills, practicing pronunciation and learning essential grammatical facts in a supportive and fun environment. Group participation is encouraged.

Textbook to be purchased: French Made Simple, by Haze, 2006 edition, \$13.

Tu	5:30-8pm	4/7 (5classes)	VLSC	\$60(R)/\$90(N)	Gabor	22283
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GERMAN FOR ABSOLUTE BEGINNERS 1

(18+) ABC...and VW, too. A course for the novice with basic topics: alphabet, pronunciation, colors, etc. In short, your 'Kindergarten' of Deutsch. Come, let's play. Spielen wir!?!

Th	10:35am-12:35pm	4/16 (6classes)	VLSC	\$76(R)/\$114(N)	Eggink	22288
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GERMAN FOR ABSOLUTE BEGINNERS 2

(18+) "Kindergarten" graduation, onward and upward. It is elementary, dear Goethe. This is what follows after Absolute Beginners 1.

Th	9-10:30am	4/9 (7classes)	VLSC	\$101(R)/\$152(N)	Eggink	22289
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GERMAN: BEGINNER

(15+) "Guten Tag! Wie geht es Ihnen?" - "Danke, sehr gut! Und Ihnen?" If you understand this dialog, then this is your class. This is a continuation for beginners, who have had some German in an informal or formal setting. We will deepen our understanding of the language and culture. Active participation and interaction are the keystones. This is not a class for absolute beginners.

M	5:30-7pm	4/6 (7classes)	VLSC	\$92(R)/\$138(N)	Eggink	22287
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GERMAN: INTERMEDIATE

(18+) 'Die Sprache der Dichter und Denker' (language of poets and thinkers) is in your ears and in your mind. You already have some fluency for communication in the "awful German" language, although, now and then, it causes you an episode of 'Weltschmerz.' Cure yourself by continuing to expand your vocabulary and your listening/speaking skills with us.

M	9-10:30am	4/6 (7classes)	VLSC	\$92(R)/\$138(N)	Eggink	22290
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REGISTRATION QUESTIONS? 480-312-7957

Call us before FEB. 21 so we can guide you through the process, making registration a breeze!

DANCE

NEW HULA FOR THE FUN OF IT!

(18+) Learn to dance Hula and Polynesian Dances while getting great exercise. No prior experience necessary.

M	6:30-7:30pm	4/6 (7classes)	MMRA	\$40(R)/\$60(N)	Zack	23191
W	2:30-3:30pm	4/8 (7classes)	GRSC	\$40(R)/\$60(N)	Zack	23192

BALLET: BEGINNING

(14+) This class is designed for the beginning student or those with less than two years of Ballet training. This casual and fun class will offer a great workout while learning ballet basics, technique, terminology and ballet combinations. New students welcome.

M	5-5:50pm	4/6 (7classes)	HRZN	\$30(R)/\$45(N)	Pack	22206
Th	10:30-11:20am	4/9 (7classes)	MMRA	\$30(R)/\$45(N)	Pack	22205

BALLROOM DANCE

(18+) Dances may include: Foxtrot, Waltz, Cha-Cha, Tango, Rumba, Swing and much more. No partner needed.

THE BASICS

Learn and improve the dances you need to feel comfortable in any social situation. Dances may include: Foxtrot, Waltz, Cha-Cha, Tango, Rumba, Swing and much more. No partner needed.

Tu	6:10-7:05pm	4/21 (6classes)	VLSC	\$39(R)/\$59(N)	Kuhn	22210
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DANCE PLUS

Are you more than a beginner level dancer, and have had beginning level dance lessons, but not yet ready for an intermediate level class? Brush up and enhance your dances skills in dances like Swing, Fox Trot, Waltz, Latin dances, Tango and more. No partner needed.

W	5:45-6:45pm	4/8 (7classes)	FENP	\$43(R)/\$65(N)	Kuhn	22211
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INTERMEDIATE: SMOOTH DANCES

This smooth dance class will focus on higher level patterns and technique in Fox Trot, Waltz and Tango. A fun continuation for the student who has had at least two to three sessions of Ballroom dance and who have learned 3 to 4 patterns in each of the social ballroom dances. No partner required. Please note, if you are not at the appropriate skill level, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

Tu	7:05-8pm	4/21 (6classes)	VLSC	\$39(R)/\$59(N)	Kuhn	22209
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**BEGINNING BELLY DANCE**

(18+) Have fun and get your core in shape! Finger cymbals, veils and coin hip sashes are provided for you. All dance levels are welcome.

M	9-10am	4/6 (7classes)	MMRA	\$51(R)/\$77(N)	Haag	22750
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INTERMEDIATE BELLY DANCE

(18+) Next level Belly Dancing, expanding on the beginning class. Have fun and get your core in shape! Finger cymbals, veils and coin hip sashes are provided for you.

M	10:15-11:15am	4/6 (7classes)	MMRA	\$51(R)/\$77(N)	Haag	23516
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BOLLYWOOD DANCE FUN & FITNESS

(18+) A blend of East Indian, World and contemporary dance styles set to music from Bollywood films. A fun cardio-dance workout open to all levels.

Tu	10:15-11:15am	4/7 (7classes)	MMRA	\$51(R)/\$77(N)	Haag	22221
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BROADWAY JAZZ: ALL LEVELS

(18+) Challenge your body and mind by learning a variety of jazz techniques and dance styles. Dance to today's modern songs, famous show tunes and more! Learn from the beginning or review basics. New dances will be taught and past dances will be reviewed. New students welcome.

Tu	1-1:50pm	4/7 (7classes)	GRSC	\$32(R)/\$48(N)	Moore	22227
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COUNTRY WESTERN DANCE

(18+) If you enjoy listening to country-western music and wearing cowboy boots, you may get a kick out of country and western dancing. Learn the moves and techniques for dances like Arizona Two-Step, Texas Progressive Two-Step, Country Waltz and Line Dancing. No partner needed.

W	7:15-8:15pm	4/15 (5classes)	GRSC	\$41(R)/\$62(N)	Chapman	22256
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LINE DANCING

(18+) Exercise your mind and body while dancing. Everyone is welcome to join this fun and energizing line dance class. Learn steps and line dances for Country, Latin, waltzes, old standbys and newer dances. No partner is required to enjoy this class and all levels are welcome! Come join the fun. Some dance experience would be helpful.

Tu	9:15-10:15am	4/7 (5classes)	VLSC	\$36(R)/\$54(N)	Chapman	22316
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TAP: INTERMEDIATE

(18+) This fast paced intermediate class is for the fun of tapping to a variety of music and styles. Haven't tapped for years and up for a great workout and tap challenge...Let's Tap! Choreography for dances will be taught while learning and building on basic techniques of both Rhythm and Hollywood styles. Tap shoes required. Please note, if you are not at the appropriate skill level, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

Tu	6:15-7:15pm	4/7 (7classes)	MTNV	\$44(R)/\$66(N)	Campi	22410
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CLASS LISTING LEGEND**COURSE TITLE**

The description for this course will be listed in this section. The description may include age restrictions, activities, overview of the class.

W	5:15pm-5:55pm	9/18(12wks)	HRZN	\$57(R) / \$86(NR)	Martin	102812
Day	Time	Start Date & Length	Location	Course Code	Fees, Resident/Non-Resident	Instructor, when applicable

TAP: SENIOR TECHNIQUES

(18+) You can learn all the basic tap steps and beyond! Learning tap technique and terminology for both Hollywood and Rhythm styles. Improve your coordination, memory and balance in this fast-moving workout while enjoying the Art of America's original Folk Dance. Tap shoes will be discussed the first class. If you don't have tap shoes, wear a hard-sole shoe or sneakers. New students welcome.

BEGINNING

Th	3-4pm	4/9 (7classes)	GRSC	\$44(R)/\$66(N)	Campi	22411
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INTERMEDIATE LEVEL I

Th	4-5pm	4/9 (7classes)	GRSC	\$44(R)/\$66(N)	Campi	22412
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INTERMEDIATE LEVEL II

Th	5-6pm	4/9 (7classes)	GRSC	\$44(R)/\$66(N)	Campi	22413
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WEST COAST SWING DANCE

(18+) This is a Level 1, Beginner Basic West Coast Swing class, using the basic six-count patterns of WCS. West Coast Swing can be danced to almost every genre of music, including R&B, blues, and pop. In this series, we will practice the fundamental techniques used throughout the dance. Beginners are welcome!

M	7:15-8:15pm	4/6 (5classes)	GRSC	\$41(R)/\$62(N)	Chapman	22443
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WORLD DANCE MIXX

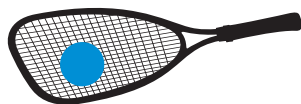
(18+) A MIXX of music and dance styles from around the world to contemporary. A fun cardio-dance workout open to all levels.

Tu	9-10am	4/7 (7classes)	MMRA	\$51(R)/\$77(N)	Haag	22446
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MARTIAL ARTS**AIKIDO**

(14+) Adult Aikido is an introductory class to the Japanese martial art of Aikido for ages 14+. Students will receive step-by-step instruction on various warm up and fundamental self-defense techniques. This class will also help students increase flexibility, balance, core strength, and situational awareness. Please wear loose, athletic clothing.

W	6-6:50pm	4/8 (6classes)	MTNV	\$38(R)/\$57(N)	Barker	22199
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FITNESS & HEALTH**RACQUETBALL CLINIC**

(18+) Learn racquetball as you burn calories while playing the fastest sport in the world. Instruction on rules, strategy, and form while learning so much more about the game. Experience the fast paced fun of racquetball in a safe, social, and fun environment.

Th	5:45-6:45 pm	4/9 (6classes)	SRPK	\$35(R)/\$53(N)	Jacquet	22201
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AEROBICS

(18+) Start your day off right with this 'work at your own pace' cardio class! Warm-up, stretch, hi/low impact cardiovascular activity, muscle toning and stretching exercises are all included. Modifications are provided.

Sa	7:45-8:45am	4/11 (7classes)	VLSC	\$36(R)/\$54(N)	Alfraid	22203
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B. L. T. - BUTT, LEGS AND TUMMY

(14+) Using a stability ball is an incredible way to shape up and get limber with moves that are simple, fun and easy on the joints. This class will condition your abdominals and back, sculpt your legs and shape your butt. Enjoy a relaxing full body stretch that includes yoga poses adapted for the ball.

Th	6-7pm	4/9 (6classes)	CACT	\$35(R)/\$53(N)	Romero	22204
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BARRE ABOVE

(18+) Barre Above is one of the most effective ways to change the shape of your body for a total body workout. This sculpting class blends ballet, strength training, yoga and Pilates to create long and lean muscles to reshape your body. Light weights, small ball and glides will be used as props. No experience necessary.

M	6:30-7:30pm	4/6 (7classes)	CACT	\$39(R)/\$59(N)	Brown	22213
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BODY AND MIND

(18+) Whip your heart, mind, and body into shape while having a great time. This course combines aerobics with yoga & Pilate's providing a full body workout including cardio, strengthening and flexibility.

M W	9:15-10:15am	4/6 (13classes)	GRSC	\$58(R)/\$86(N)	Alfraid	22218
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F	11am-12pm	4/10 (7classes)	VLSC	\$36(R)/\$54(N)	Alfraid	22217
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BODY CONDITIONING

(18+) Exercise class concentrating on enhancing body tone, strengthening and stretching. This will include an educational aspect on fitness and wellness, to incorporate fitness into everyday life. Please bring personal hand weights to use in class.

W	7:45-8:45am	4/8 (7classes)	VLSC	\$39(R)/\$59(N)	Alfraid	22219
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CARDIO-CORE FITNESS

(18+) A fusion of music provides a great cardio workout and lots of fun. Reduce stress, tone your body, strengthen your muscles, increase flexibility and build core strength. Foot movements are modified as needed and everyone is encouraged to work at their own pace.

Tu	7:45-8:45am	4/7 (6classes)	VLSC	\$34(R)/\$51(N)	Robertson	22229
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Th	7:45-8:45am	4/9 (7classes)	VLSC	\$38(R)/\$57(N)	Robertson	22802
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CHAIR REIKI I: SELF HEALING

(18+) Come experience the gentle warmth of Reiki energy! Reiki energy is universal life force that you direct with your hands. It is a simple, natural and safe method of healing that everyone can use. It is effective in treating emotional and physical ailments and works in conjunction with traditional medicine to promote recovery and is offered in many hospitals. Reiki treats the whole person, body, mind and spirit, creating beneficial effects that include relaxation and feelings of well being. There is no touching in this class.

Tu	1-2:15pm	4/14 (5classes)	VLSC	\$41(R)/\$62(N)	Jenkins	22239
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CHAIR YOGA

(18+) Perform exercises while sitting in a chair, or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional exercises.

M	9-10am	4/6 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22242
M	10-11am	4/6 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22246
W	10-11am	4/8 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22245
Th	9-10am	4/9 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22241
F	9-10am	4/10 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22244
F	10-11am	4/10 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22247
F	11am-12pm	4/10 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22243

INTERMEDIATE

(18+) This class is for those with previous yoga or chair yoga experience. Students should be able to walk and stand unassisted, without the support of a walker or a cane.

M	8-9am	4/6 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22249
Th	8-9am	4/9 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22248

CONDITIONING COMBO

(14+) A combination of yoga, pilates, and stretching. This class will help you release stress, increase flexibility, promote core strength and reduce stiffness throughout your entire body. All fitness levels are encouraged to participate.

W	7-8pm	4/8 (7classes)	CACT	\$36(R)/\$54(N)	Alfraid	22253
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CORE AND MORE

(14+) Improve your balance and stability while increasing your stamina. Structured to accommodate all goals and fitness levels, this full body circuit training format, which incorporates cardio activity alongside weight training, is designed to strengthen your entire body. Get your heart rate up and burn calories as you jump from exercise to exercise working your way through each muscle group, with an emphasis on the core muscles (abs, lower back, hips, and butt).

Tu	5:30-6:30pm	4/7 (7classes)	MMRA	\$36(R)/\$54(N)	Teisch	22255
Th	4-5pm	4/9 (7classes)	MMRA	\$36(R)/\$54(N)	Teisch	22254

FIT AND FABULOUS

(14+) This low impact cardio class will give you a jump start to your day! We'll do a warm up, low impact cardio, muscle conditioning, using weights and a cool down stretch.

M	8-9am	4/6 (7classes)	CACT	\$39(R)/\$59(N)	Romero	22281
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MAX TONE AND FITNESS

(14+) This is a non-stop workout class for the person looking for a 'killer' toning class.

W	5:45-6:45pm	4/8 (7classes)	CACT	\$36(R)/\$54(N)	Alfraid	22322
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PERSONAL FITNESS

(18+) Certified Personal Trainer keeps the class fun. Class includes stretching, hand held weights, stretch bands, balance exercises, and chair exercises.

M F	10:30-11:30am	4/6 (14classes)	GRSC	\$72(R)/\$108(N)	Bockal	22346
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PILATES

(14+) This beginning Pilates class will focus on strengthening your body core, stability and balance. All levels of athletic ability are encouraged to attend.

M	10-11am	4/6 (7classes)	CACT	\$39(R)/\$59(N)	Romero	22350
M	10:30-11:30am	4/6 (7classes)	MMRA	\$63(R)/\$95(N)	Nicholas	22352
W	9-10am	4/8 (7classes)	MMRA	\$63(R)/\$95(N)	Nicholas	22353
W	4:30-5:30pm	4/8 (7classes)	CACT	\$39(R)/\$59(N)	Alfraid	22351
W	6-7pm	4/8 (7classes)	HRZN	\$39(R)/\$59(N)	Martin	22354

(18+)

Tu	2:45-3:45pm	4/14 (6classes)	VLSC	\$48(R)/\$72(N)	Yancy	22895
Th	1:30-2:30pm	4/9 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22355

PILATES: GOLF CONDITIONING

(14+) This conditioning program can significantly enhance your golfing experience while extending your years of play. Increasing strength and flexibility and decrease your risk for injury. Building better bodies and minds is the original purpose of Pilates.

Tu	5-5:50pm	4/7 (7classes)	HRZN	\$39(R)/\$59(N)	Martin	22356
Th	5-5:50pm	4/9 (7classes)	HRZN	\$39(R)/\$59(N)	Martin	22357

PILATES GENTLE

(18+) This Pilates class contains all the benefits to a traditional Pilates class, however the style is slower and a more gentle approach. All levels of athletic ability are encouraged to attend.

W	10:30-11:30am	4/8 (7classes)	GRSC	\$42(R)/\$63(N)	Alfraid	22358
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NEW PILATES INTERMEDIATE/ADVANCED

(14+) This Pilates class will focus on strengthening your body core, stability and balance. All levels of athletic ability are encouraged to attend. Three months of Pilates experience suggested.

W	10:10-11:10am	4/8 (7classes)	MMRA	\$63(R)/\$95(N)	Nicholas	22618
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SENIOR STRENGTH TRAINING

(18+) Resistance and strength training can enable senior citizens to regain muscle mass and strength at any age. You're never too old to build a little muscle and fight conditions like osteoporosis. Many of the degenerative diseases experienced in the aging process are related to loss of muscle mass and strength. Focus will be geared to those issues related to senior citizens. This class will utilize basic exercises on machines and with free weights.

M W	11am-12pm	4/6 (14classes)	VLSC	\$75(R)/\$113(N)	Kopp	22364
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SENIOR STRENGTH TRAINING

(18+) Resistance and strength training can enable senior citizens to regain muscle mass and strength at any age. You're never too old to build a little muscle and fight conditions like osteoporosis. Many of the degenerative diseases experienced in the aging process are related to loss of muscle mass and strength. Focus will be geared to those issues related to senior citizens. This class utilizes basic exercises on machines and with free weights.

M Th	9:15-10:15am	4/6 (14classes)	MMRA	\$75(R)/\$113(N)	Kopp	22366
Tu Th	11am-12pm	4/7 (14classes)	VLSC	\$75(R)/\$113(N)	Kopp	22365
Tu Th	2:30-3:30pm	4/7 (14classes)	GRSC	\$75(R)/\$113(N)	Kopp	22367

SHIFT YOUR SHAPE

(18+) Get ready to take on the afternoon after this full body stretch and tone workout! Balance and muscular endurance are promoted. Buttocks, back, thighs, and abdominals are strengthened; exercising at your own pace is encouraged. There is emphasis on increasing flexibility, through various yoga poses and traditional stretches. Most of the exercises are on the mat. Join us in a friendly class to promote long term fitness and flexibility!

Tu Th	11:15am-12pm	4/7 (14classes)	ELDO	\$34(R)/\$51(N)	Reznikoff	22368
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SIT AND GET FIT

(18+) This class will perform exercises while sitting in a chair or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional exercises.

Tu	7:45-8:40am	4/7 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22370
W	9-9:55am	4/8 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22369

STEP AEROBICS

(14+) This class provides the ideal workout for those students who want a challenge and results. It will improve strength, muscle endurance, flexibility and balance. Steps can be adjusted for beginners and advance levels.

Tu	6-7pm	4/7 (7classes)	HRZN	\$32(R)/\$48(N)	Martin	22384
Th	6-7pm	4/9 (7classes)	HRZN	\$32(R)/\$48(N)	Martin	22385

STEP AND STRENGTHEN

(14+) Have a great time getting in shape while following basic step movements and being instructed on strengthening exercises. Basics are covered for those that are new to stepping and modifications are given when needed. Strengthen your legs, upper body and core with low intensity training.

Sa	9:15-10:15am	4/11 (5classes)	HRZN	\$29(R)/\$44(N)	Alfraid	22386
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NEW STRENGTH & STRETCH

(18+) This class is designed to strengthen and stretch your muscles. Utilize your body weight and resistance bands to work all major muscle groups to increase muscular strength and balance. Move into comfortable stretches to improve range of motion, joint health and posture. All levels welcome.

Tu	9-10am	4/7 (7classes)	MMRA	\$47(R)/\$71(N)	Tuttle	22649
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STRETCH IT OUT!

(14+) This class is designed to loosen tight muscles and joints in a slow and gentle pace. Perfect for those suffering from lower back pain due to limited range of motion. Assists in greater range of motion and flexibility.

W	12pm-1pm	4/8 (7classes)	VLSC	\$42(R)/\$63(N)	Alfraid	22387
Th	8-9am	4/9 (7classes)	CACT	\$39(R)/\$59(N)	Romero	22282

**SUP YOGA**

(18+) S.U.P. - Stand Up Paddle Board Yoga. Combine the peace and serenity of the classic art of Yoga with the on-water fluidity of Stand Up Paddleboarding. Your instructor will join the two activities to provide a unique way to challenge your mind and body on the water. The pool is a great place to experience this relaxing and energizing yoga session that will help build your balance, strength, endurance and meditation. No previous paddling skills necessary, just an open mind and willing body. Paddle board will be provided by the instructor.

Sa	7:30-8:30am	4/25 (1class)	MMRA	\$64(R)/\$96(N)	REI	22388
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TAI CHI

(18+) Learn the Yang Style Long Form, a slow, graceful, rhythmic exercise, which promotes good health and improves balance, memory and concentration. The Yang Style Long Form is a series of postures which are broken into three sections. Beginning class will cover positions from the first section.

BEGINNING

Beginning class will cover positions from the first section

M	10:30am-12pm	4/6 (7classes)	GRSC	\$50(R)/\$75(N)	Isaacson	22407
Tu	10:30-11:30am	4/7 (5classes)	VLSC	\$30(R)/\$45(N)	Grevtsev	22406
W	10-11am	4/8 (7classes)	VLSC	\$37(R)/\$56(N)	Navarro	22400
W	11am-12pm	4/8 (7classes)	VLSC	\$37(R)/\$56(N)	Isaacson	22399
W	5:30-7pm	4/8 (7classes)	GRSC	\$50(R)/\$75(N)	Isaacson	22398
Th	9-10:30am	4/9 (7classes)	GRSC	\$50(R)/\$75(N)	Isaacson	22403
Th	10:30am-12pm	4/9 (7classes)	VLSC	\$50(R)/\$75(N)	Navarro	22404
F	9-10am	4/10 (7classes)	VLSC	\$37(R)/\$56(N)	Navarro	22401
Sa	8:45-10:15am	4/11 (7classes)	PNCC	\$45(R)/\$68(N)	Isaacson	22402
Sa	11:15am-12:15pm	4/11 (7classes)	MMRA	\$37(R)/\$56(N)	Grevtsev	22405

INTERMEDIATE

All students must be proficient in positions from the first section

M	1-2:30pm	4/6 (7classes)	VLSC	\$45(R)/\$68(N)	Navarro	22409
W	11am-12pm	4/8 (7classes)	VLSC	\$33(R)/\$50(N)	Navarro	22408

THAI CHI [CONT....]

ADVANCED

All students must be proficient in positions from the first and second section

F	9-10:30am	4/10 (7classes)	VLSC	\$45(R)/\$68(N)	Isaacson	22395
W	10-11am	4/8 (7classes)	VLSC	\$33(R)/\$50(N)	Isaacson	22397
Sa	10:30am-12pm	4/11 (7classes)	PNCC	\$45(R)/\$68(N)	Isaacson	22396

THE TOTAL WORKOUT

(18+) Energize your body and mind with this total body workout. Improve your cardiovascular system with gentle aerobic exercise and muscular strength using light hand weights and your own body weight as resistance. Improve posture and balance. Cool down with gentle stretching and deep breathing. Working out in your comfort zone is encouraged.

F	9:15-10:15am	4/17 (4classes)	GRSC	\$25(R)/\$38(N)	Alfrid	22414
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TONE AND STRETCH

(18+) Start your day off right with this 'work at your own pace' cardio and toning class! Warm-up, stretch, hi/low impact cardiovascular activity, muscle toning, stretching and mat work exercises are all included in this total body workout. Class ends with a cool-down and a guided meditation. Modifications are provided. Please bring your own hand weights.

M	7:45-8:45am	4/6 (7classes)	VLSC	\$38(R)/\$57(N)	Robertson	22415
F	7:45-8:45am	4/10 (7classes)	VLSC	\$38(R)/\$57(N)	Robertson	22535

TOTAL BODY WORKOUT

(14+) This ultimate body work out is designed to push you outside your comfort zone. Tone muscles, sculpt your body into a new you. Workouts will consist of interval-based fitness including cardiovascular training, muscle conditioning, and plyometric training.

Th	5:30-6:30pm	4/9 (7classes)	MMRA	\$36(R)/\$54(N)	Teisch	22423
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TOTALLY TONING

(14+) Strengthen and tone your major muscle groups using weights, bands, body bars and gravity. Learn how to use equipment properly for the results you want. Have fun while strengthening your body. Target problem areas and increase your metabolism with more muscle.

Tu	9-10am	4/7 (7classes)	CACT	\$39(R)/\$59(N)	Romero	22424
Th	9-10am	4/9 (7classes)	CACT	\$39(R)/\$59(N)	Romero	22425

VITAL STRETCH

(14+) This class is a combination of static and rhythmic movements designed to increase flexibility and stability for improved range of motion. Must be able to sit on floor and get up from seated position.

M	9-10am	4/6 (7classes)	CACT	\$39(R)/\$59(N)	Romero	22434
Tu	6-7pm	4/7 (7classes)	CACT	\$39(R)/\$59(N)	Romero	22433

WEIGHT BUSTERS

(14+) Weight loss is the goal and purpose of Weight Busters, as it is designed for individuals with 30+ lbs. to lose. Using a combination of weight training, cardio, and core work the program is proven to help shift your body composition, dropping fat, increasing metabolism and changing your life. The program starts gradually to avoid injury, while maximizing weight loss.

Tu	7-8pm	4/7 (7classes)	CACT	\$39(R)/\$59(N)	Romero	22441
Th	7-8pm	4/9 (6classes)	CACT	\$35(R)/\$53(N)	Romero	22442



ZUMBA

ZUMBA is a fusion of Latin and International music & dance themes to create a dynamic, exciting and effective fitness system! The routines feature salsa, meringue, cumbia, samba and many more steps presented as aerobic/fitness interval training combining fast and slow rhythms to tone and sculpt the body. It is this mixture of body sculpting movements in easy to follow dance steps and the principals of fitness interval and resistance training that allow Zumba participants to maximize their caloric and fat burning output for total body toning.

(14+)

M	6:30-7:30pm	4/6 (7classes)	VLSC	\$38(R)/\$57(N)	Roth	22481
Tu	5:45-6:45pm	4/7 (7classes)	GRSC	\$38(R)/\$57(N)	Pena	22480

(18+)

W	6:30-7:30pm	4/8 (7classes)	VLSC	\$55(R)/\$83(N)	Brown	22482
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YOGA & MEDITATION

ALL LEVELS

Find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. Release tension, restore vitality and improve posture. This time is used to find ways to relax, release stress and create a better awareness of the body.

(14+)

M	6:45-8pm	4/6 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22449
W	6:30-8pm	4/8 (7classes)	MMRA	\$77(R)/\$116(N)	Yancy	22450

(18+)

M	5:30-7pm	4/6 (7classes)	GRSC	\$61(R)/\$92(N)	Chesterfield	22448
W	9:15-10:45am	4/8 (7classes)	MMRA	\$61(R)/\$92(N)	Stewart	22467
Th	6:30-8pm	4/9 (7classes)	ELDO	\$65(R)/\$98(N)	Sikes	22451

YOGA (CONT....)

BEGINNING

Find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. Release tension, restore vitality and improve posture. This time is used to find ways to relax, release stress and create a better awareness of the body.

(14+)

M	6:15-7:45 pm	4/6 (6classes)	MTNV	\$58(R)/\$87(N)	Sikes	22455
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(18+)

Th	10:30am-12pm	4/9 (7classes)	GRSC	\$61(R)/\$92(N)	Chesterfield	22452
W	10:30am-12pm	4/8 (7classes)	CACT	\$65(R)/\$98(N)	Sikes	22453
M	10:30-11:45 am	4/6 (7classes)	VLSC	\$56(R)/\$84(N)	Phillips	22454
Th	10:30am-12pm	4/9 (7classes)	VLSC	\$66(R)/\$99(N)	Phillips	22543

INTERMEDIATE

(18+) Intermediate requires yoga experience, with knowledge of the alignment principles of yoga for the basic postures. Find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. Release tension, restore vitality and improve posture. This time is used to find ways to relax, release stress and create a better awareness of the body. Please note, if you are not at the Intermediate skill level, for your safety, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

M	9-10:15am	4/6 (7classes)	VLSC	\$56(R)/\$84(N)	Phillips	22464
Th	9-10:30am	4/9 (7classes)	VLSC	\$66(R)/\$99(N)	Phillips	22544

GENTLE

(18+) This slower paced, restorative class is designed to focus on breathing, relaxation and gentle stretching and balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. Release tension, restore vitality and improve posture. This time is used to find ways to relax, release stress and create a better awareness of the body.

Tu	9-10:30am	4/7 (7classes)	GRSC	\$61(R)/\$92(N)	Vershure	22457
W	8:30-10am	4/8 (7classes)	GRSC	\$61(R)/\$92(N)	Kayatt	22458
Th	9-10:30am	4/9 (7classes)	GRSC	\$61(R)/\$92(N)	Chesterfield	22459
F	8:30-10am	4/10 (7classes)	GRSC	\$61(R)/\$92(N)	Kayatt	22460

GENTLE/RESTORATIVE

(18+) This slower paced, restorative class is designed to focus on breathing, relaxation and gentle stretching. Find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. Release tension, restore vitality and improve posture. This time is used to find ways to relax, release stress and create a better awareness of the body. All levels welcome.

Tu	8:45-10:15am	4/7 (7classes)	VLSC	\$77(R)/\$116(N)	Yancy	22463
Th	2:30-4pm	4/9 (6classes)	VLSC	\$77(R)/\$116(N)	Yancy	22462

NEW SELF CONNECTION YOGA

(18+) Ease movements for flexibility, deep breathing to be still and mind/body connection. Meditation to immerse into the present moment.

Sa	9:30-10:30am	4/11 (7classes)	MMRA	\$33(R)/\$50(N)	Jain	22650
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YOGA - YIN

Enhance your flexibility with Yin Yoga. This slow, meditative practice is ideal for beginners or experienced students who want to feel more openness and flexibility in their joints, especially the hips and lower back. Most poses are done on the floor from a seated position or on the back. Alternate poses are offered for anyone who has a challenge with the knees or ankles.

(14+)

Sa	9-10:30am	4/11 (7classes)	GRSC	\$54(R)/\$81(N)	Andrade	22466
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(18+)

W	5:30-7pm	4/8 (8classes)	GRSC	\$60(R)/\$90(N)	Andrade	23180
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YOGA FOR A HEALTHY BACK

(18+) This class is for anyone wanting to maintain a healthy spine or relieve back strain. It is focused on improving posture and alignment, strengthening core and back muscles, and increasing spinal flexibility. Learn yoga poses and exercises that stretch and strengthen not only core and back muscles, but also legs and arms to better support the back, hips, and neck. Learn relaxation techniques to relieve back pain, reduce stress, and quiet the mind. If you have any serious back issues, check with your doctor to be sure that a yoga class is appropriate for you. All levels welcome but you must be able to get up from your mat without assistance. No restrictions on registering late.

Tu	10:45am-12pm	4/7 (7classes)	GRSC	\$61(R)/\$92(N)	Vershure	22468
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YOGA IN THE PRESERVE

(14+) Embrace the outdoors in this new all levels yoga class held near Scottsdale's McDowell Sonoran Preserve Gateway Trail Head. Meet at the trail head and take a short walk to our open air outdoor classroom. This is a great way to first experience yoga for those who have not practiced or can add a new dimension to your current practice. Please bring your own mat, sun protection, and water.

Su	8:30-9:30am	4/19 (5classes)	GWTH	\$42(R)/\$63(N)	Yancy	22470
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MEDITATION: BEGINNING

(18+) Meditation calms the body and soothes the mind. It is also a great way to relieve stress and improve overall health and well-being. Come join us for this meditation and relaxation class. We will explore various forms of meditation and relaxation methods. Through regular practice, you will begin to experience renewed peace and inner calm in your daily life.

Tu	10:30-11:30am	4/7 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22323
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MEDITATION: INTERMEDIATE

(18+) This class is for those that have taken the Beginning Meditation class or have prior Meditation experience. Meditation calms the body and soothes the mind. It is also a great way to relieve stress and improve overall health and well-being. Come join us for this meditation and relaxation class. We will explore various forms of meditation and relaxation methods. Through regular practice, you will begin to experience renewed peace and inner calm in your daily life. Please note, if you are not at the appropriate skill level, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

F	12:30-1:30pm	4/10 (7classes)	VLSC	\$55(R)/\$83(N)	Yancy	22324
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NEW MINDFUL EMPOWERMENT WORKSHOP

(18+) Are you finding yourself going through the motions of life and lacking a focus? Do you want to improve upon your own sense of purpose and lead a happier, more meaningful life? This workshop will teach you how to fine tune your inner goals and desires and learn to set them into motion with positive affirmations and visualization techniques. You will learn how to develop an easy to follow daily routine to keep you focused on your inner life goals and develop a more purposeful life. Participants will also learn healthy breathing and relaxation & visualization techniques to allow our minds to be in a more receptive state for making these positive changes. EmPOWERed yourself with this dynamic workshop!

Tu	2-3:30pm	4/7 (1class)	VLSC	\$24(R)/\$36(N)	Ginsberg	22479
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SAFETY**CPR & FIRST AID COMBO**

(14+) This class is intended for community members who do not work in the healthcare field, but are required to/or just desire to have CPR, Basic First Aid & AED knowledge and skills. CPR instruction will include infant, child and adult. Basic First Aid is ideal for employee emergency response teams, school bus drivers, adult residential care personnel, child care workers, teachers, parents and babysitters.

Sa	8:30am-12:30pm	5/2 (1class)	SPFD	\$45(R)/\$45(N)	Scottsdale Fire	22881
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CPR PROFESSIONALS

(18+) This class is for healthcare providers, first responders and professional rescuers or individuals needing professional level basic life support training as a job requirement.

Sa	8:30am-12:30pm	4/4 (1class)	SPFD	\$45(R)/\$45(N)	Scottsdale Fire	22882
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**PETS****PET CPR & FIRST AID: BE READY!**

(14+) In this one day workshop learn to assess Pet's Vitals, Bleeding & Shock Management, Choking Management, Heat Emergencies, Pets & Disaster Safety Checklist, Bites & Stings, Restraining & Muzzling, Primary Assessment (know what actions to take in the first 15-25 seconds), Rescue Breathing & CPR. *No pets allowed.*

Sa	9:30am-12:30pm	4/18 (1class)	VLSC	\$38(R)/\$57(N)	AER	22347
AER (American Emergency Response)						

DOG OBEDIENCE: TEACH FIDO MANNERS

(16+) Do you want your furry family member to have manners at home, with guests and out in public? Learn simple methods to teach your dog manners within your life. Training can begin at 20 weeks to senior age. You'll have tail waggin' good time! Reactive or aggressive dogs are better suited for private sessions and not permitted in the class setting. No retractable leashes.

Sa	6:15-7:15pm	4/25 (1class)	CHAP	\$24(R)/\$36(N)	Strauss	22268
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MUSIC**GUITAR**

(16+) This class covers notes on the first three strings and then we add 6-8 chords to songs. Students use their own guitar. Acoustic or electric 6 string guitars welcome, but no amplifiers.

M	1-1:45pm	4/6 (5classes)	CHAP	\$43(R)/\$65(N)	Fahy	22801
M	6-6:45pm	4/6 (5classes)	CHAP	\$43(R)/\$65(N)	Fahy	22291

INTERMEDIATE GUITAR

(16+) This class covers reading music, notes on all 6 strings, 11-15 chords, emphasis on smooth chord transitions and individual strumming/picking techniques. Note: If you are not at the appropriate skill level, you will be asked to withdraw and join the Beginning Adult Guitar class.

M	7-7:45pm	4/6 (5classes)	CHAP	\$43(R)/\$65(N)	Fahy	22304
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PIANO/KEYBOARD TEEN/ADULT

(13+) From Santana to Sinatra and Streisand; from the Beatles to Bach and Beethoven; from Broadway hits such as Phantom of the Opera and Cats; to movie themes from the Titanic, Star Wars, James Bond and Lord of the Rings. This unique award winning method teaches keyboard skills on real songs you know and love! The program uses brilliantly conceived visual tools that show students how music works. Learn to read music on the treble clef in a lead sheet format and play chords using our exclusive chordometer. Keyboards are provided for each student for classroom use; and all music materials are included at no extra charge.

W	6:30-7:30pm	4/15 (6classes)	HRZN	\$119(R)/\$179(N)	Elements Music	22348
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GAMES

BRIDGE: BEGINNING

(18+) Develop a grounding to play successful bridge. This class starts with the basic terminology, seating, dealing, sorting suits, scoring, etc. You will learn the importance of counting high card and distributional points. We'll cover opening bids and responses, no trump calls, overcalls, preempts, etc.. Most important, there will be a great deal of hand play. Weekly review and open discussion will help players develop communications skills with their partners.

Tu	9:30-11:30am	4/7 (6classes)	BGTB	\$54(R)/\$81(N)	Bigham	22224
W	9-11am	4/8 (7classes)	VLSC	\$62(R)/\$93(N)	Bigham	22223

BRIDGE: INTERMEDIATE

(18+) This class is a continuation of the beginning class dealing with the play of the hand as declarer and as defender as well as further instruction in bidding. The most common conventions, e.g. Stayman, Blackwood limit raises; 4 types of doubles; forcing bids; bidding hands of exceptional strength, weakness or shape; slam bidding; requirements for gam bid; responsibility for continuing or ending the bidding; and other techniques as requested will be explained. Much of the class time will be spent on supervised practice. *Please note, if you are not at the appropriate skill level, you will be asked to withdraw and staff will do their best to locate a class at the correct level.*

W	11:15am-1:15pm	4/8 (7classes)	VLSC	\$62(R)/\$93(N)	Bigham	22225
Th	9:15-11:15 am	4/9 (6classes)	BGPB	\$54(R)/\$81(N)	Bigham	22226

CHESS

(18+) Learn the fundamentals of Chess. Have you ever wondered about opening theories, pins, forks, castles and endgames? How about Chess piece names, values and pawn promotions? Each class is designed to expand your knowledge of chess from the board up. You'll practice new tactics and strategies in a fun and inclusive environment.

F	9-11am	4/10 (7classes)	VLSC	\$62(R)/\$93(N)	Bigham	22250
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MAH JONGG

BEGINNING

(18+) Learn the American version of an ancient Chinese game that challenges memory skills and expands social networks. Game fundamentals are taught in short presentations followed by tile exercises and practice games.

M	12:45-2:45pm	4/6 (6classes)	VLSC	\$61(R)/\$92(N)	Weiner	22317
Th	9:45-11:45am	4/16 (5classes)	HRZN	\$61(R)/\$92(N)	Weiner	22318

INTERMEDIATE: ADVANCED

(18+) Classes will expand the skills of the basic Mah Jongg player by focusing on the strategic and competitive elements of the game, including preparation for tournament play. This class is for people who have played Mah Jongg American Version continuously for at least 6 months. A fun "mini-tournament" will be held at the final class of the session. Please note, if you are not at the appropriate skill level, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

M	3-5pm	4/6 (6classes)	VLSC	\$61(R)/\$92(N)	Weiner	22319
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**TABLE TENNIS: PONG 4 YOU!****BEGINNING**

(16+) The purpose of this course is to introduce students to basic skills and knowledge associated with the game of table tennis. By applying these principles through active participation, students develop the necessary skills and knowledge to pursue the game of table tennis as a lifetime activity. Former table tennis professional with over 50 years of experience coaching. Ideal for beginners and improvers.

Th	4:30-6pm	4/9 (6classes)	VLSC	\$46(R)/\$69(N)	Altman	22484
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INTERMEDIATE/ADVANCED TABLE TENNIS

(16+) Learn body and arm coordination, multi ball drilling, topspin power shots, serves and receiving the ball. Former table tennis professional with over 50 years of experience coaching.

Th	6:10-7:45 pm	4/9 (6classes)	VLSC	\$46(R)/\$69(N)	Altman	22483
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SPECIAL INTEREST

NEW AZ RESIDENTS: TAX AND TRUST LAWS

(21+) You need to attend this class if you are a new Arizona resident or have not updated your estate plans since you moved to Arizona. Explore Arizona community property, trusts, wills, powers of attorney, estate & gift taxes, and how title to your assets affects your estate plans. We begin the class by exploring unique aspects of Arizona's income tax laws.

Th	6:15-7:45pm	4/9 (2classes)	HRZN	\$14(R)/\$21(N)	Shellander	22329
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TRUSTS, WILLS AND ESTATE PLANNING

(21+) Unravel the mystery surrounding trusts, wills, powers of attorney and other estate planning instruments. Learn how title to your assets and how community property can save on income taxes. Discover what only an Attorney and CPA with 30 years of experience in estate planning can tell you about estate planning and common mistakes to avoid.

Tu	6:15-7:45pm	5/5 (2classes)	HRZN	\$14(R)/\$21(N)	Shellander	22432
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POETRY

(18+) Study poetry and its forms from all periods of history. Each week we will discuss students' work. Handouts and open conversation will assist in understanding. The class does not censor subject matter or language of poetry.

Tu	9am-12pm	4/7 (7classes)	GRSC	\$53(R)/\$80(N)	Dillard	22359
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