

Dance

Yoga

Off-campus

Country Line Dance \$30

YeeHaw! This low-impact class uses foot stompin' music to help build bone density while slowly getting your heart rate up. Learn "Cotton-Eyed Joe," "Slappin' Leather," Boot Scootin' Boogie" and more. Come on in, slap your thigh, and get movin' for an easy-paced workout. No partner needed.

NEWPORT Wellness Center Fitness Facility
Mondays, March 23 - April 27
6:00 - 7:00 p.m.
(6 sessions)

Maureen Profera

Latin Xplosion \$30

Dance off the inches with hot new moves using Latin music. Create some "Xplosive Energy!" Hi/lo cardio. Wear comfortable shoes. Bring your water bottle and your sense of fun! No partner needed.

NEWPORT Wellness Center Fitness Facility
Mondays, March 23 - April 27
7:00 - 8:00 p.m.
(6 sessions)

Maureen Profera

Morning Yoga \$50

A series of postures to improve your core strength, flexibility, and body awareness, ending with relaxation. Bring mat or order one through The Wellness Center.

NEWPORT Wellness Center Fitness Facility
Thursdays, March 26 - May 28
8:30 - 9:30 a.m.
(10 sessions)

Pat Shover



Gentle Yoga \$45

A series of stretches to help you increase your flexibility, firm your body & totally relax. Bring mat or order one through The Wellness Center.

NEWPORT Wellness Center Fitness Facility
Thursdays, April 2 - May 28
5:00 - 6:00 p.m.
(9 sessions)

Alice Morrison



Yoga \$50

A series of postures for all levels to improve your core strength, flexibility, and body awareness, ending with relaxation. Bring mat or order one through The Wellness Center.

NEWPORT Wellness Center Fitness Facility
Thursdays, March 26 - May 28
6:15 - 7:15 p.m.
(10 sessions)

Pat Shover

Troy Parish Hall

Yoga \$50

A series of postures to improve your core strength, flexibility, and body awareness, ending with relaxation. Bring mat or order one through The Wellness Center.

TROY Parish Hall
Tuesdays, March 24 - May 26
6:00 - 7:00 p.m.
(10 sessions)

Pat Shover

Troy Evening Workout \$25/40

Fun, energetic workout includes aerobics, toning, strengthening, and stepping.

TROY Parish Hall
Mondays/Wednesdays, March 16 - April 15
5:45 - 6:45 p.m.
(5 or 10 sessions)

Sally Rivard, Tracey Hinton

Barton/Orleans/
West Burke

Circle Dancing \$21/location

Dances from around the world done to beautiful music. All dances taught each evening. No partner necessary. Three locations to choose from.

ORLEANS Orleans Memorial Building
Wednesdays, April 15, May 20, June 17
BARTON Public Library
Wednesdays, April 1, May 6, June 3
WEST BURKE United Universalist Church/Library
Wednesdays, April 8, May 13, June 10
6:30 - 8:00 p.m.
(3 sessions per location)



Beverly Decker

Orleans Country Club

Introduction to Golf \$60

Golf instruction for the improvement of your game with Horace Archer, PGA pro. All abilities (including beginners) welcome. Maximum: 15 persons

ORLEANS Country Club (www.orleanscc.com)
Saturdays, May 9 - June 20 (no class on June 13th)
9:00 - 10:00 a.m.
(6 sessions)

Horace Archer, PGA pro

To preregister for a class, or for more information, call 334-5566

All classes need at least 6 prepaid participants in order to run