

Dance Yoga Off-campus Swimming

Pre-registration for all classes is appreciated

Brazilian Grooves \$40

Fast-paced, aerobic dance workout done to Hot Latin music. Burn calories and help tone your body while having a lot of fun! Movement and steps are taught in the first few classes, then move on to exciting Brazilian Grooves. No partner needed!

NEWPORT Wellness Center Fitness Facility
Mondays, January 4 - February 22
6:15 - 7:15 p.m.
(8 1-hour sessions)

Maureen Profera

Country Line Dance \$50

This low-impact class uses foot stompin' music to help build bone density while slowly getting your heart rate up. No partner needed.

NEWPORT Wellness Center Fitness Facility
Tuesdays, January 5 - March 9
6:15 - 7:15 p.m.
(10 sessions)

Suzette Campbell

Dance Classes \$72/couple

Learn basic steps of WALTZ, FOX-TROT, CHA-CHA, RHUMBA. Lead & follow tips. First 1/2 hr. for basic steps and review; last hour for additional steps and practice time.

NEWPORT Wellness Center Fitness Facility
Fridays, January 8 - March 12
6:30 - 8:00 p.m. (no class Feb. 19 & 26)
(8 1 1/2-hour sessions)

Sandra Chaplin



Prenatal Yoga \$30

Join our network of mothers to learn stretches that help aid pregnancy, labor, and the post-partum period. Yoga will teach you how to tune into your body, bond with your growing baby, and how to breathe through pregnancy and labor. It will make getting back in shape easier by toning the deep abdominal muscles stretched by pregnancy. Bring mat or order one through The Wellness Center.

NEWPORT Wellness Center Fitness Facility
Saturdays, January 16 - February 20
9:45 - 10:45 a.m.
(6 sessions)

Emmi Chapdelaine

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. For all levels.

TROY Parish Hall
Tuesdays, January 5 - March 9
6:00 - 7:00 p.m.
(10 sessions)

Pat Shover

Movement Melange \$50/80

Join Sally and Tracey for an ever-changing variety of workouts: weight training, stepping, dancing, high and low impact moves...A sort of "workout du jour."

TROY Parish Hall
Mondays/Wednesdays, January 4 - March 10
5:45 - 6:45 p.m.
(10/20 sessions)

Sally Rivard, Tracey Hinton

Yoga at the Wellness Center

Morning Yoga \$50/80

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. For all levels.

NEWPORT Wellness Center Fitness Facility
January 4 - March 11
Mondays, 10:30 - 11:30 a.m.
Thursdays, 8:30 - 9:30 a.m.
(10/20 sessions)

Pat Shover



Swimming at IROC

Child Swim Lessons \$50

Classes will be divided into groups at the first session, and each group will be assigned a class time. Red Cross certification upon completion of requirements. For 5, 6, 7, 8, 9, 10, 11, 12, 13 year olds.

Saturdays, January 16 - March 20
9:00 a.m. IROC Pool
(10 1/2-hour sessions)



Janice Smith

Gentle Yoga \$50/80

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
Tuesdays/Thursdays, Jan. 5 - March 11
4:00 - 5:00 p.m.
(10/20 sessions)

Alice Morrison



Parent & Child Swim \$50

A fun way to introduce your child (6 months to 5 years old) to water in a relaxed, safe way.

Wednesdays, January 13 - March 17
6:30 - 7:00 p.m. IROC Pool
(10 1/2-hour sessions)



Janice Smith

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

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