

EXERCISE, FREE WEIGHTS 8-wks.

Make new friends, and get fit and toned all at the same time.

P207MWF9 4/15 Tues. 9:00-10:00am Pine Stanbridge N/C

GENTLE YOGA 8-wks

Explore the connection between the mind, body & breath to encourage healing and relaxation.

P207W100 4/16 Wed. 10:00-11:00am Pine Ortega N/C

TAI CHI 8- wks

A slow, graceful, rhythmic exercise , which promotes good health and improves balance and concentration.

O207W100 4/16Wed 10:00-11:00am Snow N/C

BEGINNING COMPUTER 8-wks.

This class is for people who are just learning how to spell computer. It is a guide through the maze of understanding computer language along with teaching basic skills from turning on your computer, to using a mouse, to setting up email.

B207W100 4/16Wed 10:00-11:00am Birch Young \$8.00

COMPUTER SMORGASBOARD 8- wks.

A smorgasbord is defined as a collection containing a variety of things. Our smorgasbord will offer a different computer related class each week, including Email, using the Internet, and digital cameras. The curriculum may be specific for a few weeks and then will reflect the needs and desires of the class.

B207T100 4/14Mon 9:00-10:00am Birch Young \$8.00

MICROSOFT WORD 6 classes

This is just a two day class that will be held on the 2nd and 3rd Tuesdays each month. Beginners welcome.

B207T100 4/8Tues 10:00-11:00am Birch Woodard \$7.00

OIL PAINTING-12 wks.

New students welcome. Work one on one with instructor. Learn new techniques.

O207H130 4//17Thurs 1:00-3:00p Oak Loo N/C

WATERCOLOR, BEGINNING 8-wks.

Work one on one with instructor. **Class limited to 10.**

O207M120 4/14Mon 12:00-2:00pm Oak VanOverstratton \$8.00