

# STRATFORD CONTINUING EDUCATION

## FALL 2018 Class Schedule

Location key: **ES** = Edgar School

**BOLD** = SCHEDULE CHANGE

10/22/18

| COURSE TITLE                           | INST       | DAY      | TIME                 | X         | FEE      | DATES               | NOTES                      |
|--|------------|----------|----------------------|-----------|----------|---------------------|----------------------------|
| <b>EDGAR</b>                           |            |          |                      |           |          |                     |                            |
| Body Weight Burn                       | Rachel     | SU       | 6:15 - 7:15pm        | 9         | \$40.50* | 9/23 - 11/18        | ES Middle School Gym       |
| Gentle Yoga                            | Joanna     | T        | 6:15 - 7:15pm        | 10        | \$45.00* | 9/25 - 11/27        | ES AP/Wrestling Rm         |
| <b>LOYAL</b>                           |            |          |                      |           |          |                     |                            |
| Zumba®                                 | <b>Deb</b> | <b>T</b> | 5:45 - 6:45pm        | <b>10</b> | \$36.00* | <b>10/9 - 12/11</b> | Trinity Fellowship Hall    |
| <b>MARSHFIELD MIND &amp; BODY</b>      |            |          |                      |           |          |                     |                            |
| Yogatone                               | Cathy T    | M        | 8:30 - 9:30am        | 13        | \$48.50* | 9/10 - 12/3         | Good Shepherd Church       |
| Mindful Yoga                           | Chris      | M        | 5:30 - 6:45pm        | 11        | \$52.00* | 9/17 - 12/10        | Good Shepherd Church       |
| Vinyasa Flow Yoga                      | Christine  | M        | 5:45 - 6:45pm        | 10        | \$40.00* | 10/1 - 12/3         | Chestnut Center Ballroom   |
| Mindful Yoga                           | Chris      | T        | 10 - 11:15am         | 12        | \$55.50* | 9/18 - 12/11        | Christ Lutheran Gym        |
| Vinyasa Flow Yoga                      | Emily C.   | T        | 5:30 - 6:30pm        | 10        | \$38.00* | 10/2 - 12/4         | Good Shepherd Church       |
| Gentle Yoga                            | Cathy T    | W        | 8:30 - 9:30am        | 13        | \$48.50* | 9/12 - 12/5         | Good Shepherd Church       |
| Yoga for Vitality                      | Phil       | TH       | 10 - 11:00am         | 9         | \$50.00* | 9/13 - 11/29        | Good Shepherd Church       |
| TaiChi/Qigong/Meditate                 | Kathy L    | TH       | 5:30 - 7:00pm        | 1         | \$12.00  | 9/27                | Good Shepherd Church       |
| TaiChi/Qigong/Meditate                 | Kathy L    | TH       | 5:30 - 7:00pm        | 1         | \$12.00  | 11/1                | Good Shepherd Church       |
| TaiChi/Qigong/Meditate                 | Kathy L    | TH       | 5:30 - 7:00pm        | 1         | \$12.00  | 12/6                | Good Shepherd Church       |
| Vinyasa Flow Yoga                      | Cathy T    | F        | 9:00 - 10:00am       | 12        | \$45.00* | 9/14 - 12/7         | Good Shepherd Church       |
| <b>MARSHFIELD ZUMBA &amp; FITNESS</b>  |            |          |                      |           |          |                     |                            |
| Zumba®                                 | Riya       | T        | 5:45 - 6:45pm        | 12        | \$48.00  | 9/18 - 12/4         | First Presbyterian Gym     |
| Zumba Gold®                            | Riya       | TH       | 9:00 - 10:00am       | 11        | \$44.00  | 9/20 - 12/6         | First Presbyterian Gym     |
| Circuit Training                       | Christine  | M        | 5:45 - 6:45pm        | 10        | \$40.00  | 10/1 - 12/3         | Chestnut Center Ballroom   |
| Zumba®                                 | Kristen    | SU       | <b>5:15 - 6:15pm</b> | 15        | \$60.00  | 10/14 - 1/27        | Zion UM Gym                |
| <b>SPENCER</b>                         |            |          |                      |           |          |                     |                            |
| RIPPED 60                              | Heather    | SU       | 4:00 - 5:00pm        | 11        | TBA*     | 9/23 - 12/2         | St. John's Fellowship Hall |
| Gentle Yoga                            | Kathy R    | M        | 6:00 - 7:00pm        | 10        | \$38.00* | 9/24 - 11/26        | St. John's Fellowship Hall |
| Painting - Americana Barn Quilt Square | Kimi/Roxi  | TH       | 6:00 - 9:00pm        | 1         | \$40.00  | 10/4                | St. John's Fellowship Hall |
| Holiday Painting Painting              | Kimi/Roxi  | T        | 6:00 - 9:00pm        | 1         | \$40.00  | 12/4                | St. John's Fellowship Hall |
| <b>STRATFORD</b>                       |            |          |                      |           |          |                     |                            |
| Vinyasa Flow Yoga                      | Christine  | W        | 6:30 - 7:30pm        | 9         | \$34.50* | 9/26 - 11/28        | Zion Family Center         |
| Painting - Americana Barn Quilt Square | Kimi/Roxi  | TH       | 6:00 - 9:00pm        | 1         | \$40.00  | 10/18               | Community Hall             |

\*Supplies required (see below)

### COURSE DESCRIPTIONS

#### **CREATIVITY**

**Painting Workshop – Americana Barn Quilt Square** Paint a “Barn Quilt Square” on etched 12 X 12” boards. There will be 5 designs to choose from. Choose a design and your own color scheme. Practice on paper first. The design is etched onto the wood so no taping and measuring. Just start to paint! A sealer goes over the paint and a stain goes over it and then is rubbed off. And VOILA! Your own barn quilt square that can be used indoors or out. Perfect for a porch, potting shed or on a shelf indoors. Fun and easy for all ages! All supplies are included.

**Holiday Painting Workshop** This is a step-by-step painting class appropriate for any experience level. This workshop, led by certified art instructor (Kimi) accompanied by her assistant (Roxie), is sure to bring out the artist in you. Follow along as Kimi paints a scene step by step providing ample assistance along the way. You will be amazed at how easy it is to create your very own painting! Everyone will go home with a masterpiece ready to hang on the wall! All supplies are provided. Just come and enjoy this painting party!

#### **FITNESS**

**Body Weight Burn** Join Rachel for this energizing workout that will help increase strength, cardiovascular fitness, flexibility and balance. There will be a mix of moves inspired by boxing, yoga, pilates and more, using nothing but your own bodyweight. Modifications to exercises will be offered. **SUPPLIES REQUIRED:** Exercise mat, water.

**Circuit Training** This class is a total body workout! Christine will use resistance and cardio training techniques to improve endurance and help build strength. Circuit training fits a wide variety of movements into a workout-- meaning a full body challenge, and none of the boredom that can come with repetitive exercises. Plus, circuit training has all the metabolism and mood boosting benefits of standard resistance training-- just in a quicker format. **SUPPLIES REQUIRED:** Exercise mat; Hand weights (your choice of weight); water.

**RIPPED 60** This total body workout will focus on burning fat and altering metabolism. Each of Heather's workouts will be efficient, yet effectively designed to strengthen and tone all the major muscle groups and get the heart pumping. Five minutes of flexibility will complete the workout. Modifications to exercises will be offered. **SUPPLIES REQUIRED:** Exercise mat; Hand weights (your choice of weight); water.

**Zumba®** This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements! The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt the body while burning fat. Add some Latin flavor and international zest and you've got Zumba®! **SUPPLIES REQUIRED:** Water; Cross training or aerobic style shoes. **NOTE: No class: MARSHFIELD SUN 11/25**

**Zumba® Gold** Zumba® Gold takes the popular Latin-dance inspired workout of Zumba® and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. It is low impact - joint & knee friendly. Zumba® Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. Zumba® is known for zesty Latin music, like salsa, merengue, cumbia and reggaeton, the exhilarating, easy-to-follow moves and an invigorating, party-like atmosphere. It's a dance-fitness class that feels friendly, and most of all, fun. **SUPPLIES REQUIRED:** Water; Cross training or aerobic style shoes. **NOTE: No class 11/22**

## **MIND AND BODY**

**Gentle Yoga** This Hatha yoga style class will include breathing techniques to reduce stress and promote relaxation, poses to promote flexibility, balance and strength and relaxation exercises to provide self-awareness. A slow flow Vinyasa style will synchronize movement with breathing. Special focus will be placed on alternate postures or positioning. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket.

**Mindful Yoga** Join Chris Tipping, Yoga Alliance teacher, for a relaxing and energizing yoga practice; This hatha yoga course starts with basic foundational poses. The pace of the class is steady but never rushed allowing students to do as much or as little as suits their needs. Alignment and modifications are emphasized. Accessible variations are provided for those who need more challenge. Seated meditation and yogic breathing are part of most classes. **SUPPLIES REQUIRED:** Yoga mat; cotton or wool blanket. Optional: yoga block; strap **NOTE: No class MON 10/29, 11/19; TUES 11/27;**

**Tai Chi/Qigong/Meditation** Join Kathy Levac RN MS for easy Tai Chi Qigong movements to maximize self healing and preventive health. Tai Chi and Qigong are ancient practices that cultivate the Qi or Chi (chee) -- life energy that flows through the body's energy pathways. Classes Includes movement, deep breathing, focusing, self massage, and guided simple meditation. **THEMES: 9/27 – Vitality QiGong** includes simple moves, deep breathing and deep movements. These powerful Qi (Chi) exercises open the meridians and energy points of the body, allowing Qi energy to flow freely **11/1 – Tai Chi Movements** – This 18 movement series uses larger movements to stretch and strengthen the body. **12/6 - Tai Chi Easy** includes movement forms plus opening and closing movements. These are done in a sitting, standing, and walking posture to make them easier to learn and do.

**Vinyasa Flow Yoga** "Vinyasa" means "breath-synchronized movement" or moving from one pose to the next on an inhale or an exhale. This class offers basic yoga postures in a flowing sequence leading into balance poses and relaxing stretches. Vinyasa has both mental and physical benefits. Physically, the flowing portion expels toxins and re-energizes the body. Mentally, the synchronized breathing relaxes the mind and helps to release any blockage of energy flow throughout the body. If you like to focus on the power of breathing and flowing movement through poses, you will enjoy Vinyasa. Prior Yoga experience is helpful but not required. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; blanket. **NOTE: No class MARSHFIELD FRI 11/23; STRATFORD W 10/24**

**Yoga for Vitality** Join Phil, a Yoga Alliance Teacher, and learn to grow/preserve vitality while aligning yoga with best current methods. A yoga practice can cultivate positive body awareness, promote functional mobility, quiet the mind and calm the nervous system. Class includes quiet sitting to draw awareness inward, pre-yoga exercises to activate specific muscle groups, a warm-up flow of poses, traditional standing, seated and prone poses that are held long enough to achieve benefit. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; strap; cotton or wool blanket. **NOTE: No class 10/4, 11/1, 11/22**

**Yogatone** Cathy combines the classic principles of yoga with light hand weights. The addition of weights to a yoga program has fantastic benefits for those with low bone density conditions such as osteoporosis. Weight-bearing exercises can help in growing denser and stronger bones, over time. Yoga increases flexibility and mobility of the joints. The added weights increase the resistance of the exercise to help improve muscle tone and strength. Yogatone offers the best of both exercises in one session. The outcome is great body tone, longer leaner sculpted muscles, and extra flexibility. **SUPPLIES REQUIRED:** Yoga Mat; Hand weights (your choice of weight); Water.

 **TO SIGN UP FOR A CLASS:**

**Marshfield**

[www.ttsu.me/fall2018-marshfield](http://www.ttsu.me/fall2018-marshfield)

**Edgar, Spencer & Stratford**

[www.ttsu.me/fall2018-edg-loy-spen-str](http://www.ttsu.me/fall2018-edg-loy-spen-str)

**Website :** <http://www.stratfordclasses.com> **Facebook:** <http://www.facebook.com/StratfordContinuingEducation>