

# STRATFORD CONTINUING EDUCATION

## FALL 2019 Class Schedule

Location key: **ES MS** = Edgar School / Middle School **SES** = Stratford Elem School

8/15/19

COURSE TITLE	INST	DAY	TIME	X	FEE	DATES	NOTES
<b>ATHENS</b>							
Gentle Yoga	Joanna	TH	6:30 - 7:30pm	10	\$40.00*	9/19 - 11/21	Trinity Lutheran Gym
<b>EDGAR</b>							
Body Weight Burn	Rachel	SU	5:00 - 6:00pm	10	\$45.00*	9/29 - 12/15	ES MS AP/Wrestling Rm
Gentle Yoga	Joanna	SU	6:15 - 7:15pm	11	\$49.50*	9/29 - 12/15	ES MS AP/Wrestling Rm
Zumba	Rachel	T	5:30 - 6:30pm	11	\$49.50	9/24 - 12/10	ES MS AP/Wrestling Rm
Gentle Yoga	Joanna	T	6:40 - 7:40pm	12	\$54.00*	9/24 - 12/10	ES MS AP/Wrestling Rm
<b>LOYAL</b>							
Zumba	Deb	T	5:45 - 6:45pm	10	\$40.00	9/24 - 11/26	Trinity Fellowship Hall
<b>MARSHFIELD AM YOGA</b>							
Yogatone	Cathy T	M	8:30 - 9:30am	13	\$48.50*	9/16 - 12/9	Good Shepherd Church
Chair Yoga	Cathy T	M	10:00-11:00am	13	\$48.50*	9/16 - 12/9	Good Shepherd Church
Gentle Yoga	Cathy T	W	8:30 - 9:30am	13	\$48.50*	9/18 - 12/11	Good Shepherd Church
Mindful Yoga	Chris	W	10:00-11:15am	13	\$57.00*	9/18 - 12/11	Good Shepherd Church
Vinyasa Flow Yoga	Cathy T	F	9:00 - 10:00am	13	\$48.50*	9/13 - 12/13	Good Shepherd Church
<b>MARSHFIELD PM YOGA AND MEDITATION</b>							
Mindful Yoga	Chris	M	5:30 - 6:45pm	13	\$57.00*	9/16 - 12/9	Good Shepherd Church
Vinyasa Flow Yoga	Cathy T	T	5:45 - 6:45pm	10	\$38.00*	10/1 - 12/3	Good Shepherd Church
Loving Kindness Meditation	Jim K.	T	5:45 - 6:45pm	9	\$36.00*	10/8 - 12/3	Christ Lutheran Gym
Vinyasa Flow Yoga	Cathy T	W	5:45 - 6:45pm	10	\$40.00*	9/25 - 12/4	First Presbyterian Gym
<b>MARSHFIELD ZUMBA®</b>							
Zumba®	Kristen	SU	5:15 - 6:15pm	18	\$68.00	9/22 - 1/26	Zion UM Gym
Zumba®	Riya	T	5:45 - 6:30pm**	16	\$48.00	9/17 - 1/14	First Presbyterian Gym
Zumba Gold®	Riya	TH	8:15 - 9:00am**	15	\$45.00	9/19 - 1/16	Christ Lutheran Gym
<b>SPENCER</b>							
HIIT With Heather	Heather	SU	4:00 - 5:00pm	11	TBA	9/29 - 12/8	St. John's Fellowship Hall
Gentle Yoga	Kathy R,	M	6:00 - 7:00pm	11	\$41.50*	9/23 - 12/2	St. John's Fellowship Hall
Painting Workshop – Autumn Barn	Kimi/Roxi	TH	6:15 - 9:15pm	1	\$40.00	10/10	St. John's Fellowship Hall
Painting Workshop – Birch in Autumn	Kimi/Roxi	TH	6:00 - 9:00pm	1	\$40.00	11/7	St. John's Fellowship Hall
Painting Workshop – TBD	Kimi/Roxi	TH	6:00 - 9:00pm	1	\$40.00	12/5	St. John's Fellowship Hall
<b>STRATFORD</b>							
Gentle Yoga	Christine	W	6:30 - 7:30pm	11	\$38.50*	9/25 - 12/4	SES Gym

\*Supplies required (see below) \*\* NOTE: these are 45 minute classes

### COURSE DESCRIPTIONS

#### CREATIVITY

**Painting Workshop** This is a step-by-step painting class appropriate for any experience level. The Painting Workshops are sure to bring out the artist in you! Follow along as the instructor paints 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 10/10 & 11/7 – Barn board

#### FITNESS

**Body Weight Burn** Join Rachel for this energizing workout that will help increase strength, cardiovascular fitness, flexibility and balance. Work out to 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. **NOTE: No class 10/20 & 12/1**

**HIIT with Heather** Join Heather for an exhilarating, 1-hour full-body HIIT (High Intensity Interval Training) workout that will promise to make you sweat, while still allowing you to go at your own pace. Heather's motto is that anyone can work out,

anywhere, anytime, using their own body weight as their resistance. Class will include a series of 45-second workouts, followed by a 15 second rest. There will also be a focus on strength-training and abs. **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: EDGAR TUES 10/22; MARSHFIELD SUN 12/1; TUES 12/24 & 12/31**

**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 11/28, 12/5, 12/26**

## **YOGA & MEDITATION**

**Chair Yoga** This is one of the gentlest forms of yoga available. Students perform postures and breathing exercises sitting (with the aid of a chair) and standing. Experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

**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. **NOTE: No class: EDGAR 12/1**

**Loving Kindness Meditation** This practice provides a method for developing greater compassion in one's self and others by softening the mind and heart as well as opening oneself to deeper levels of the feeling of kindness and pure compassion. **SUPPLIES REQUIRED:** Yoga mat; Water bottle; Notebook/pen; OPTIONAL: Meditation cushion

**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.

**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 WED 11/27 (5:45pm); FRI 11/29 (9am)**

**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/fall2019-marshfield](http://www.ttsu.me/fall2019-marshfield)**

**Athens, Edgar, Loyal, Spencer & Stratford**

**[www.ttsu.me/fall2019-ath-edg-loy-spen-str](http://www.ttsu.me/fall2019-ath-edg-loy-spen-str)**

**WEBSITE :** **[www.stratfordclasses.com](http://www.stratfordclasses.com)**

**FACEBOOK:** **[www.facebook.com/StratfordContinuingEducation](http://www.facebook.com/StratfordContinuingEducation)**