

STRATFORD CONTINUING EDUCATION

Winter/Spring 2020 Class Schedule

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

BOLD = change

1/22/20

COURSE TITLE	INST	DAY	TIME	X	FEE	DATES	NOTES
ATHENS							
Yoga Basics	Joanna	TH	6:30 - 7:30pm	10	\$40.00*	3/5 - 5/14	Trinity Lutheran Gym
EDGAR							
Body Weight Burn	Rachel	SU	5:00 - 6:00pm	13	\$58.50*	1/26 - 4/26	ES – Auditorium Rm
Yoga Basics	Joanna	SU	6:15 - 7:15pm	10	\$45.00*	3/1 - 5/10	ES – Auditorium Rm
Zumba	Rachel	T	5:30 - 6:30pm	13	\$58.50	1/28 - 4/28	ES – Auditorium Rm
Yoga Basics	Joanna	T	6:40 - 7:40pm	13	\$58.50*	1/28 - 4/28	ES – Auditorium Rm
MARSHFIELD 'AM' MIND & BODY							
Yogatone	Cathy T	M	8:30 - 9:30am	17	\$58.00*	1/13 - 5/4	Good Shepherd Church
Gentle Yoga	Cathy T	W	8:30 - 9:30am	17	\$58.00*	1/15 - 5/6	Good Shepherd Church
Gentle Yoga	Cathy T	W	10:00-11:15am	17	\$72.00*	1/15 - 5/6	Good Shepherd Church
TaiChi Movements	Kathy L	TH	9:00 - 10:30am	1	\$12.00	4/16	Good Shepherd Church
Vinyasa Flow Yoga	Cathy T	F	9:00 - 10:00am	17	\$58.00*	1/10 - 5/1	Good Shepherd Church
MARSHFIELD 'PM' MIND & BODY							
Gentle Yoga	Cathy T	M	5:30 - 6:45pm	16	\$68.00*	1/20 - 5/4	Good Shepherd Church
TaiChi Movements	Kathy L	T	5:30 - 7:00pm	1	\$12.00	4/21	Good Shepherd Church
Vinyasa Flow Yoga	Cathy T	TH	5:30 - 6:30pm	16	\$55.00*	1/23 - 5/6	Good Shepherd Church
MARSHFIELD ZUMBA							
Zumba®	Riya	T	5:45 - 6:45pm	13	\$52.00	2/11 - 5/5	First Presbyterian Gym
Zumba Gold®	Riya	TH	8:15 - 9:15am	13	\$52.00	2/6 - 4/30	First Presbyterian Gym
MARSHFIELD CRAFTS							
Intro to Card Making	Gayle	TH	6:30 - 8:00pm	1	\$12.00	2/13	Good Shepherd Church
SPENCER							
HIIT With Heather	Heather	SU	4:00 - 5:00pm	14	TBA	1/26 - 5/3	St. John's Fellowship Hall
Gentle Yoga	Kathy R.	M	6:00 - 7:00pm	10	\$38.00*	3/2 - 5/4	St. John's Fellowship Hall
Painting Workshop – Winter Wonderland	Wendy	T	6:15 - 9:00pm	1	\$40.00	2/4	St. John's Fellowship Hall
Painting Workshop – Bessie's Blossoms	Kimi/Roxi	TH	6:00 - 9:00pm	1	\$40.00	3/26	St. John's Fellowship Hall
STRATFORD							
Gentle Yoga	Christine	W	6:30 - 7:30pm	14	\$45.50*	2/5 - 5/13	SES Gym

*Supplies required (see below)

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. Painting medium is canvas.

Intro to Card Making Join Gayle to make 3 hand-made greeting cards using basic rubber stamping techniques. This class is for beginners who want to learn more about making cards to send to friends and family. Basic techniques will be shown that, once learned, can be expanded to more elaborate cards. All supplies are provided. Class limit 10.

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 Su 4/12**

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. **NOTE: No class Su 4/12**

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 Tu 3/31**

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.

MIND & 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. **NOTE: No class: STRATFORD W 4/22.**

Tai Chi Movements Join Kathy Levac RN MS for easy Tai Chi Qigong movements to maximize self healing and preventive health. These simple repetitive exercises cultivate vitality, and stimulate the relaxation response to reduce stress and inflammation. Make your own natural antioxidants! This 18 movement series uses larger movements to stretch and strengthen the body. **NOTE:** Dress in loose clothes, wear slippers or socks for carpet.

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.

Yoga Basics: This class, with Joanna, includes yoga poses to promote flexibility, balance, strength and relaxation. A warm up will help increase range of motion. Practicing balance develops proprioception - awareness of the position and movement of the body. Also included are challenge options to build strength. Modifications of poses will be shown to accommodate all Yoga abilities. Assists with alternate postures or positioning will be available. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket. **NOTE: No class: EDGAR Su 4/12; Tu 3/31; ATHENS Th 4/9;**

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/wtrspg2020mfld

Athens, Edgar, Loyal, Spencer & Stratford

www.ttsu.me/wtrspg2020ath-edg-loy-spe-str

WEBSITE : www.stratfordclasses.com

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