

STRATFORD CONTINUING EDUCATION

SUMMER 2018 Class Schedule

Location key: **ES** = Edgar School

5/14/18

COURSE TITLE	INST	DAY	TIME	X	FEE	DATES	NOTES
EDGAR							
Gentle Yoga	Dawn	M	6:00 - 7:00pm	10	\$45.00*	6/18 - 8/27	ES Middle School Gym/AP
Body Weight Burn	Rachel	T	6:30 - 7:30pm	10	\$45.00*	6/19 - 8/21	ES Middle School Gym
TBT -Total Body Toning	Joanna	W	6:30 - 7:30pm	10	\$45.00*	6/20 - 8/29	ES Middle School Gym
MARSHFIELD MIND & BODY							
Mindful Yoga for Seasoned Bodies	Chris	SU	5:30 - 6:45pm	8	\$38.00*	6/24 - 8/19	Good Shepherd Church
Yogatone	Cathy T	M	8:30 - 9:30am	11	\$42.00*	6/11 - 8/27	Good Shepherd Church
Gentle Yoga	Kathy R	M	11:15-12:15am	11	\$42.00*	6/11 - 8/27	Good Shepherd Church
Mindful Yoga	Chris	M	5:30 - 6:45pm	9	\$43.00*	6/25 - 8/20	Good Shepherd Church
Vinyasa Flow Yoga	Helen	M	5:45 - 6:45pm	10	\$40.00*	6/11 - 8/27	First Presbyterian Gym
Gentle Yoga	Cathy T	W	8:30 - 9:30am	10	\$38.00*	6/13 - 8/29	Good Shepherd Church
Vinyasa Flow Yoga	Christine	W	5:45 - 6:45pm	10	\$40.00*	6/13 - 8/22	TBA
Yoga for Vitality and Longevity	Phil	TH	10:00-11:00am	9	\$45.00*	6/14 - 8/30	Good Shepherd Church
Tai Chi / Qigong Workshop	Kathy L	TH	5:45 - 7:45pm	1	\$15.00	6/21	Good Shepherd Church
Vinyasa Flow Yoga	Cathy T	F	9:00 - 10:00am	11	\$42.00*	6/15 - 8/24	Good Shepherd Church
MARSHFIELD ZUMBA							
Zumba®	Kristen	SU	6:00 - 7:00pm	10	\$40.00	6/10 - 8/26	First Presbyterian Gym
Zumba®	Riya	T	5:45 - 6:45pm	9	\$36.00	6/19 - 8/28	First Presbyterian Gym
Zumba Gold®	Riya	TH	8:30 - 9:30am	9	\$36.00	6/21 - 8/30	First Presbyterian Gym
MARSHFIELD OTHER							
Take a Walk on the Wild Side - Herb Walk	Sue	W	6:00 - 7:30pm	1	\$12.00	7/18	Wildwood Park
Take a Walk on the Wild Side - Herb Walk	Sue	SA	10:00-11:30am	1	\$12.00	7/21	Wildwood Park
SPENCER							
Painting - Americana Barn Quilt Square	Kimi/Roxi	M	6:30 - 8:30pm	1	\$40.00	6/25	St. John's Fellowship Hall
STRATFORD							
Vinyasa Flow Yoga	Christine	W	6:15 - 7:15pm	9	\$34.50*	6/20 - 8/29	Zion Family Center

*Supplies required (see below)

COURSE DESCRIPTIONS

CREATIVITY & LEARNING

Painting Workshop – Americana Barn Quilt Square Paint a “Barn Quilt Square” on etched 12 X 12” boards. There will be 4 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.

Take a Walk on the Wild Side – Herb Walk Walk with Sue and learn about the medicinal plants that grow in our area. We will discuss how plants are identified, identify plants that literally grow right outside our doors and go over ideas for their use as food and medicine. Then we will venture into the under story to learn about the medicinal plants that inhabit this cool and inviting environment. Lots to see, taste and touch. **SUPPLIES REQUIRED:** Insect repellent; water; hat; walking shoes

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.

TBT - Total Body Toning: Looking for a total body, heart pumping, aerobic and strength conditioning workout? TBT is for you! Increase your flexibility and balance while warming up all large muscle groups, strengthening smaller muscle groups and working up a good sweat! This class includes cardio sets, strength sets, stretching, balance and a cool down. Fun, fast paced hour set to great music! **SUPPLIES REQUIRED:** Exercise mat; Hand weights (your choice of weight). **NOTE: No class 7/4**

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: SUN 7/29, 8/5; TUES 7/31, 8/7**

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 8/2, 8/9**

YOGA, TAI CHI/QIGONG

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 MARSHFIELD MON AM 8/6; WED 7/4, 8/8; EDGAR: M 7/2**

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

Mindful Yoga for Seasoned Bodies Yoga is not about self-improvement. Yoga is about self-care and acceptance. Join Chris Tipping, Yoga Alliance teacher, for this restful, calming class which includes mindful, measured movement to prepare the body for active, passive and supported poses. A slower pace allows time to modify each posture to best suit *your* body. We'll focus on listening to the body and giving it what it needs. Each class will include a yogic breathing (pranayama) and meditation practice. We all need to take it easy sometimes, so be bold and go gentle. Your body will thank you. **SUPPLIES REQUIRED:** Yoga mat; cotton or wool blanket. Optional: yoga block; strap **NOTE: No class 8/5**

Tai Chi/Qigong Workshop 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. Dr Oz and Harvard doctors recommend Qigong for healthy aging. Class includes movement, deep breathing, focusing, self massage, and guided simple meditation. **SUPPLIES REQUIRED:** Optional: Yoga mat

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. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; blanket. **NOTE: No class MARSHFIELD M 7/30, 8/6; W 7/4; STRATFORD W 7/4, 7/18**

Yoga for Vitality and Longevity 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 7/5, 8/2, 8/9**

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. **NOTE: No class 8/6**

 **TO SIGN UP FOR A CLASS:**

Marshfield

www.ttsu.me/summer2018-marshfield

Edgar, Spencer & Stratford

www.ttsu.me/summer2018-edg-spencer

Website : <http://www.stratfordclasses.com>

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