

STRATFORD CONTINUING EDUCATION

SUMMER 2019 Class Schedule

Location key: **ES** = Edgar School

5/6/19

COURSE TITLE	INST	DAY	TIME	X	FEE	DATES	NOTES
EDGAR							
Body Weight Burn	Rachel	SU	6:15 - 7:15pm	9	\$40.50*	See class dates below	ES MS Gym
Zumba	Rachel	T	5:30 - 6:15pm	10	\$36.00	6/11 - 8/13	ES MS AP/Wrestling Rm
Gentle Yoga	Dawn	T	6:30 - 7:30pm	10	\$45.00*	6/11 - 8/13	ES MS AP/Wrestling Rm
MARSHFIELD AM YOGA							
Yogatone	Cathy T	M	8:30 - 9:30am	10	\$38.00*	6/10 - 8/12	Good Shepherd Church
Chair Yoga 'New'	Kathy R	M	10:30-11:30am	10	\$40.00*	6/10 - 8/12	TBA
Mindful Yoga	Chris	T	10 - 11:15am	10	\$47.00*	6/11 - 8/13	Zion United Methodist
Gentle Yoga	Cathy T	W	8:30 - 9:30am	10	\$38.00*	6/12 - 8/14	Good Shepherd Church
Vinyasa Flow Yoga	Cathy T	F	9:00 - 10:00am	9	\$34.50*	6/14 - 8/16	Good Shepherd Church
MARSHFIELD PM YOGA							
Mindful Yoga	Chris	M	5:30 - 6:45pm	10	\$47.00*	6/10 - 8/12	Good Shepherd Church
Vinyasa Flow Yoga	Josiah	T	6:30 - 7:30pm	10	\$38.00*	6/18 - 8/20	Good Shepherd Church
Vinyasa Flow Yoga	Josiah	TH	6:30 - 7:30pm	10	\$38.00*	6/13 - 8/22	Good Shepherd Church
MARSHFIELD FITNESS							
Zumba Gold®	Riya	M	9:00 - 10:00am	9	\$36.00	6/3 - 7/29	First Presbyterian Gym
Body Weight Burn	Rachel	M	5:30 - 6:30pm	9	\$36.00*	6/17 - 8/12	Zion UM Gym
Zumba®	Riya	T	5:45 - 6:45pm	9	\$36.00	6/4 - 7/30	First Presbyterian Gym
SPENCER							
Canvas Painting Workshop - Patriotic Little Red Truck	Kimi/Roxi	M	6:00 - 9:00pm	1	\$40.00	6/10	St. John's Fellowship Hall
Wood Sign Painting Workshop - 3 design choices	Wendy	T	6:15 - 9:00pm	1	\$40.00	7/9	St. John's Fellowship Hall
STRATFORD							
Gentle Yoga	Christine	W	6:30 - 7:30pm	9	\$34.50*	6/19 - 8/21	Zion Family Center

*Supplies required (see below)

COURSE DESCRIPTIONS

CREATIVITY

Canvas Painting Workshop This is a step-by-step painting class appropriate for any experience level. This workshop is 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

Wood Sign Painting Workshop Create a whimsical wood sign. Workshop includes a stained and prepped board (appx 10X14 - 11X16) ready for painting, paints (your choice of colors) and a choice of 3 stencil designs w/sayings (stencil will be pre-applied onto boards). Boards will be stained in a dark brown or aqua depending on the stencil design you choose. An optional final finish can be applied to board after 24 hours. All supplies are provided except the optional final finish.

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. **EDGAR CLASS DATES:** 6/9, 6/23, 7/7, 7/21, 8/4, 8/11, 8/25, 9/8, 9/22.

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.

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.

YOGA

Chair Yoga “**NEW**” 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: STRATFORD: No class 7/3**

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 THUR 7/4 (6:30pm); FRI 7/5 (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/summer2019-marshfield

Edgar, Spencer & Stratford

www.ttsu.me/summer2019-edg-spen-strat

WEBSITE : www.stratfordclasses.com

FACEBOOK: www.facebook.com/StratfordContinuingEducation



Consider adopting a shelter dog or cat. Our friends at Marshfield Area Pet Shelter (MAPS) have many pets looking for forever homes. Visit the cats today at the MAPS adoption center, located inside Marshfield Mall. Open hours are Monday - Friday from 4:30-6:00 and Saturday from 11:00-2:00.

Visit MAPS website: www.marshfieldpetshelter.org

Like MAPS on Facebook: www.facebook.com/marshfieldareapetshelter