

STRATFORD CONTINUING EDUCATION

WINTER/SPRING 2018 Class Schedule

Location key: **SHS** = Stratford High **ES** = Edgar School

BOLD = Changes

1/10/18

COURSE TITLE	INST	DAY	TIME	X	FEE	DATES	NOTES
ATHENS							
Gentle Yoga	Gail	T	6:00 - 7:00pm	10	\$40.00*	2/20 - 4/24	Trinity Lutheran Gym
EDGAR							
Gentle Yoga	Jessica	W	6:00 - 7:00pm	14	\$63.00*	1/24 - 5/2	ES AP Room
Body Weight Burn	Rachel	SU	6:15 - 7:15pm	10	\$45.00*	2/25 - 5/6	ES Middle School Gym
LOYAL							
Zumba®	Deb	TH	5:45 - 6:45pm	15	\$60.00*	1/25 - 5/10	Trinity Fellowship Hall
Zumba®	Courtney	T	6:15 - 7:15pm	15	\$60.00*	2/6 - 5/15	Trinity Fellowship Hall
MARSHFIELD YOGA							
Vinyasa Flow Yoga	Cheri	SU	5:30 - 6:30pm	12	\$45.00*	2/11 - 5/6	Good Shepherd Church
Empowerment Yoga	Emily	SU	4:00 - 5:00pm	12	\$45.00*	2/11 - 5/6	Good Shepherd Church
Yogatone	Cathy T	M	8:30 - 9:30am	17	\$58.50*	1/15 - 5/7	Good Shepherd Church
Mindful Yoga	Chris	M	5:30 - 6:45pm	15	\$65.00*	2/5 - 5/14	Good Shepherd Church
Vinyasa Flow Yoga	Helen	M	5:45 - 6:45pm	9	\$36.00*	1/22 - 3/19	First Presbyterian Gym
Mindful Yoga	Chris	T	10:00-11:15am	15	\$65.00*	2/6 - 5/15	Christ Lutheran Gym
Gentle Yoga	Cathy T	W	8:30 - 9:30am	18	\$61.50*	1/17 - 5/16	Good Shepherd Church
Vinyasa Flow Yoga	Cheri	W	5:45 - 6:45pm	14	\$56.00*	1/17 - 5/2	Grant School Gym
Vinyasa Flow Yoga	Helen	W	5:45 - 6:45pm	8	\$32.00*	4/4 - 5/23	First Presbyterian Gym
Yogatone	Cathy T	TH	8:30 - 9:30am	15	\$52.00*	1/18 - 5/24	Good Shepherd Church
Nourishing Yoga	Phil	TH	10:00-11:00am	12	\$45.00*	2/8 - 5/17	Good Shepherd Church
Empowerment Yoga	Emily	TH	5:45 - 6:45pm	12	\$45.00*	3/1 - 5/17	Good Shepherd Church
Vinyasa Flow Yoga	Cathy T	F	9:00 - 10:00am	18	\$61.50*	1/12 - 5/11	Good Shepherd Church
Gentle Yoga	Christine J	SA	10:00-11:00am	13	\$48.50*	2/3 - 5/5	Good Shepherd Church
MARSHFIELD FITNESS & ART							
Zumba®	Kristen	SU	5:15 - 6:15pm	12	\$48.00	2/18 - 5/13	First Presbyterian Gym
Short Circuit	Christine J	M	5:45 - 6:45pm	15	\$60.00*	1/29 - 5/7	Zion UM Gym
Zumba®	Riya	T	5:45 - 6:45pm	14	\$56.00*	2/6 - 5/15	First Presbyterian Gym
Painting Workshop	Wendy	W	6:00 - 8:30pm	1	\$40.00	2/21	Wesley Methodist Church
Short Circuit	Heather	W	5:30 - 6:30pm	10	\$40.00*	3/7 - 5/19	TBA
Painting Workshop	Wendy	W	6:00 - 8:30pm	1	\$40.00	3/14	Wesley Methodist Church
Zumba Gold®	Riya	TH	9:00 - 10:00am	14	\$56.00*	2/8 - 5/17	Christ Lutheran Gym
ROZELLVILLE							
Gentle Yoga	Christine J	SA	8:30 - 9:30am	13	\$52.00	2/3 - 5/5	Town of Day Hall
SPENCER							
RIPPED 60	Heather	SU	4:00 - 5:00pm	14	\$61.00*	1/28 - 5/6	St. John's Fellowship Hall
Painting Workshop	Christine	T	6:30 - 8:30pm	1	\$40.00	1/30	St. John's Fellowship Hall
Gentle Yoga	Kathy R.	M	6:00 - 7:00pm	10	\$38.00*	3/12 - 5/14	St. John's Fellowship Hall
STRATFORD							
Vinyasa Flow Yoga	Jessica H	TH	6:15 - 7:15pm	15	\$55.50*	2/1 - 5/10	Zion Family Center
Painting Workshop	Amanda	T	6:15 - 8:45pm	1	\$40.00	3/27	SHS Commons

*Supplies required (see below)

COURSE DESCRIPTIONS

ART/CREATIVITY

Painting Workshop This workshop is sure to bring out the artist in you! Follow along as the instructor paints a scene, step by step, providing ample assistance along the way. Everyone will go home with a masterpiece ready to hang on the wall. No prior painting experience necessary. 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. **NOTE: No class 4/1**

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. **NOTE: No class SPENCER SU 4/1**

Short Circuit Short Circuit combines conditioning and toning to improve endurance, cardiovascular fitness and muscular strength. This course will include high-intensity work periods with short rest periods in an alternating set or circuit format that is easy to follow. Work at your own fitness level. Short Circuit builds muscle and gives the sought after benefits of resistance training, and fat-melting interval training. **SUPPLIES REQUIRED:** Yoga 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 SU 4/1; T 3/27; LOYAL TH 3/29**

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 3/29**

YOGA

Empowerment Yoga This practical approach to the healing art of yoga increases self-confidence, self-love and the ability to be present. Emily will include breathing techniques, asanas (poses), relaxation exercises, a weekly self affirmation, as well as a deep guided meditation. Each class is about opening the self, strengthening the self, and empowering the self to be, and to become, its best self. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket. **NOTE: No class SU 4/1**

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 W 2/14; ROZELLVILLE SA 2/24**

Mindful Yoga Join Chris Tipping, Yoga Alliance teacher, for a relaxing and energizing yoga practice. The class is appropriate for true beginners, experienced students, or for people with minor injuries or physical limitations. The overall pace is slow and steady, with gentle warm-ups, attention to the details of each posture and a focus on connecting to the inner body experience of yoga. Develop a calmer mind, relaxed body and reap the secondary benefits of improved strength, flexibility, balance and posture. **SUPPLIES REQUIRED:** Yoga mat; cotton or wool blanket

Nourishing Yoga In this course, beginners will learn the foundations of the practice from Phil, a Yoga Alliance Teacher. Experienced Yogis will deepen their practice through a closer study. All participants will learn a specific roadmap for nourishing their well-being. A Yoga practice can cultivate positive body awareness, promote functional mobility, quiet the mind and calm the nervous system. This 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. **No class 3/1; 4/5; 5/3**

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; strap; blanket. **NOTE: No class MARSHFIELD SU 4/1; W 2/14, 4/18; SA 2/24**

Yogatone Cathy combines the classic principles of yoga with light hand weights for this course. 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 TH 2/1; 3/1; 4/5; 5/3**

TO SIGN UP FOR A CLASS:

Marshfield Yoga

www.ttsu.me/wtrspg2018-mfld-yoga

Marshfield Fitness & Art

www.ttsu.me/wtrspg2018-mfld-fitness-art

Athens, Edgar, Loyal, Rozellville, Spencer, Stratford

www.ttsu.me/wtrspg2018-ath-edg-loy-spe-str

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

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