

Adult

2010 WINTER PROGRAMS For Willowgrove University Heights Community Association

- *NEW* Feng Shui To Enhance Love, Marriage and Relationships** - Discover how to apply the principles of Feng Shui to enhance your Love, Marriage and Relationships. Learn how to transform a space into a romantic retreat. Feng Shui can help you create a harmonious and balanced oasis that inspires your dreams. *18+ at Mother Theresa school library, Monday 8:00 - 10:00 pm, Jan 24 and Jan 31*
- *NEW* Avoiding Food Battles With Your Kids** - Do you have daily battles with your toddler because he won't eat vegetables or with your preschooler who is a picky eater? Learn how to feed kids using the 'division of responsibility in feeding children' so mealtimes are peaceful and enjoyable and your kids grow up establishing a healthy relationship with food. Practical strategies taught by a Registered Dietician and mother. *For parents, location TBA, Saturday 2:00 - 4:00 pm, Feb 5*
- *NEW* Adult Zumba** - A fresh, fun workout that takes latin dance rhythms and fuses them into an exercise routine to tone up your body and make you feel great! With this fun cardio workout you will tone your arms, stomach, thighs and more! *18+ at a professional studio (location TBA) Wednesdays from 9:00 - 10:00 pm, Jan 19 to Mar 30 (10 classes)*
- *NEW* Introduction to Ballroom Dancing** - You'll learn or touch up on the basics of some of the classic dances such as the Foxtrot, Waltz, Jive and Chacha. Discover the joy of Ballroom and dance confidently at your next social event! *18+ couples at St. Valadymyr School, Thursdays from 8:45 - 9:45 pm, Jan 20 - Mar 24 (10 classes)*
- *NEW* Forever Young Bootcamp** - A new and innovative approach to fitness with focus on key issues and fitness needs of individuals 50 and better. With focus on cardio, core and flexibility, this class will help you to feel young forever! *50+ at Centennial Collegiate Dance Studio, Thursdays from 7:00 - 8:00 pm, Jan 20 - Apr 14 (12 classes)*
- *NEW* Beginner Belly Dancing** - This could be your road to being toned, a medium level aerobic workout that increases core strength and flexibility, and improves posture... while you shake it! *18+ at Sutherland School Gym, Wednesdays from 7:00 to 8:30 pm, Jan 19 - Mar 23 (9 sessions)*
- Men's Basketball** *18+ at Silverspring School Large Gym, Tuesdays from 9:00 - 10:15 pm, Jan 18 - Apr 12 (12 sessions)*
- Co-Ed Floor Hockey** *18+ at Father Robinson School, Sundays from 6:00 - 7:30 pm, Jan 23 - Apr 17 (12 sessions)*
- Co-ed Volleyball** *18+ at Silverspring School Large Gym, Fridays 9:00 - 10:15 pm, Jan 14 - Apr 15 (10 sessions)*
- Bootcamp 1** - An exercise class for all fitness levels focusing on endurance, speed, agility, strength and core. Uses bungees, pylons, agility ladder and body weight to create a workout unlike anything you've tried before. *18+ at Forest Grove School, Tuesdays from 8:00 to 9:00 pm, Jan 18 - Apr 12 (12 sessions)*

Bootcamp 2 18+ at Forest Grove School, Thursdays from 8:00 to 9:00 pm, Jan 20 - Apr 14 (12 sessions)

Beginner Yoga - Intro to the principles of movement, breath and alignment as we build on basic hatha yoga postures (asanas). Emphasis on improving flexibility and strength, and reducing body tension. Through anatomical instruction, greater body awareness is developed. Bring your own yoga mat. Straps and blocks supplied. 18+ at Egnatoff School, Tuesdays from 7:30 - 8:30 pm or 8:35 - 9:35 pm, Jan 18 - Apr 12 (12 classes)

Core Body Yoga I - An entry-level class that focuses on toning and strengthening the mid-section and abdominal muscles that support it. Gain stability, improve balance, strengthen your back. All you need is a yoga mat. No previous experience or shoes necessary. 18+ at Egnatoff School, Mondays from 7:15 - 8:15 pm, Jan 17 - Apr 11 (12 classes)

Core Body Yoga II - Regular attendance in any previous session of Core Body I is a prerequisite. Focus on stability, balance, twisting, side bending, ab work and back strengthening. 18+ at Centennial Collegiate dance studio, Wednesdays from 8:00 - 9:00 pm, Jan 19 - Apr 13 (12 classes)

Flow Yoga - Beginner vinyasa-style class based in ashtanga (i.e. flowing from one pose to another). 18+ at Egnatoff School small gym, Mondays from 8:15 - 9:15 pm, Jan 17 - Apr 11 (12 classes)

Smart Start Stretch & Tone 18+ at Egnatoff School small gym, Tuesdays from 6:30 - 7:30 pm, Jan 18 - Apr 12 (12 classes)

Aerobics - A one-hour cardiovascular workout with your choice of high or low impact, either one or twice a week. 18+ at St. Volodymyr School, Mondays and/or Wednesdays from 7:15 - 8:15 pm, Jan 17 - Mar 23 (9 Monday and/or 9 Wednesday classes)

Beginner Mat Pilates - Focuses on the core postural muscles which help keep the body balanced and which are essential to providing support to the entire spinal column. Be taught awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles. Pilates mats are provided. 18+ at Silverspring School Community Room Mondays from 6:00 - 7:00 pm, Jan 17 - Apr 4 (10 classes)

***NEW* Pilates Intermediate** - Previous pilates experience is recommended for those looking for a more intense class. Pilates mats are provided. 18+ at Silverspring school Community room Mondays from 7:15 - 8:15 pm, Jan 17 - Apr 4 (10 classes)

Beginner Spanish Class - An interactive and fun class that introduces the Spanish language to those interested in travel and latin culture. Work sheets of vocabulary are given out each class. Highly recommended!! 18+ at Silverpsring School Community Room Thursdays from 6:30 - 7:30 pm, Jan 20 - Mar 31 (10 classes)

***NEW* Intermediate Spanish** - An extension of the Beginner Spanish class to enhance your *espanol*/even more! 18+ at Silverspring School Community Room Thursdays from 7:40 - 8:40pm, Jan 20 - Mar 31 (10 classes)

Coupled Salsa Dance - Absolute Beginners - Get a taste of this Latin dance style. You'll learn a variety

of dance steps and techniques. Students can wear whatever they are comfortable dancing in (street clothes are acceptable). Bring clean, non-scuffing shoes and a water bottle. *Couples 18+ at Silverspring School Small Gym, Fridays from 7:15 - 8:15 pm, Jan 14 - Apr 8 (9 classes)*

Standard First Aid/CPR C/AED - A Red Cross certified class. *18+ at Father Robinson School library, 8:00 am - 6:00 pm, Sat/Sun Jan 29-30*

CPR/Level C AED Certification Only - Level C: Covers all CPR Level B course material and includes two rescuer Adult/Child CPR; Adult/Child/Baby CPR - one rescuer; Adult/Child/Baby Choking; Barrier devices/pocket masks; AED where legislation permits. *18+ at Father Robinson School library 9:00 am - 5:00 pm, Sun Jan 23*