

ZUMBA

Betty Mann leads this energetic, music filled free form dance/exercise program. Check out the website for more complete information: www.zumba.com.

Thursdays, December 3-February 25(no class 12/24&31)

6:30-7:30pm

Saturdays, December 5-February 27

8:00-9:00am

10 yrs.-100! Any age can enjoy this program

HCB

\$33 for a 6 session punch card

or

\$7 (checks only) drop in fee per night



YOU ARE MY SWEETHEART

Cary Gawel has creative and fun activities planned to help you celebrate Valentine's Day with your little one.

Thursday, February 11

6:30-7:00pm

Preschool-K w/parent

HCB

\$8 for adult and 1 child

\$3 per additional child



LOCAL SUSTAINABILITY

Join Beth and Paul Losiniecki, owners of Green Heron Alternatives, LLC for a community discussion on local sustainability. As small wind consultants and small wind turbine dealers/distributors, Beth and Paul will be available to discuss small wind and alternative energy as a part of the broader topic of how individual households can become more sustainable. The focus will be on how buying habits impact on sustainability and the local economies.

Tuesday, February 2

7:00pm

adult

HCB

no fee



PEEWEE GYM

This program will provide a great opportunity for the children to burn off some energy. Cary Gawel will provide loosely structured activities for the kids and parents to enjoy together. A large parachute, hula hoops, balls, and other recreational items will be available to play with.

Wednesdays, January 13-February 24

6:00-7:00pm

preschool age children and parent

H-BR Elementary School-gym

\$3 for 1 child & parent(s)

\$1 for each additional child



COUNTRY LINE DANCE CLUB

If you would like the opportunity to practice your dance steps come out and join this fun loving club.

Thursdays, December 17, January 21, February 18

7:30-8:30pm

HS-adult

HCB-auditorium

\$5 / 3 month membership fee



POWER YOGA

Allison Williams offers this dynamic yoga practice. It links movements, strength, balance, and breath. Core strength is developed and concentration is honed through a thoughtful sequencing of strong standing poses, challenging balancing poses, and concentrated seated poses. There is meditation/relaxation at the end of each class. This class is adaptable for all levels of students. Participants should wear loose clothing and bring a mat or blanket.

Wednesdays, December 2-February 24

6:00-7:00pm

HCB

High School-Adult

\$43 for an 8 session punch card

or

\$7 (checks only) drop in fee per night



PERSONAL TOUCH

Jazzercise Instructor Debbie Franciscy will help you kick your work out up a notch. Through the use of weight training and body sculpting you will improve strength and tone muscles. Participants need to bring weights, a mat, and water.

Tuesdays, January 12-February 16

5:30-6:15pm

HCB-auditorium

High School-adult

\$58

JUNIOR JAZZERCISE

Parents take advantage of a couple hours away. Bring the kids out for an evening of crafts, dancing, and games. Small snack and juice will be provided.

Friday, December 11

6:30-8:30pm

HCB

Ages 6-11

\$33 per child

WHO IS VAN GOGH?

This art appreciation program will meet 3 times, with each session focusing on a master artist, his unique life, and his style of painting. The students will then try their hand at creating their very own masterpieces in the style of that day's subject. There will be an Art Exhibit the last day of the program. Parents are encouraged to come and view the paintings the last 10 minutes of class. All supplies will be provided, old clothes are recommended or bring a paint smock or cover-up.

Tuesdays, January 12,19,26

4:00-5:00pm

Grades 4-8

HCB

\$30



CLASS CANCELLATION

If a class must be cancelled due to illness of instructor or weather conditions: registered participants will be contacted by either phone or email.

***Cancellation will also be posted at the meeting site at least one hour before the scheduled class meeting.