

West Shore Community College Community Service Classes Winter 2019

| | <u>Instructor</u> | <u>Days</u> | <u>Times</u> | <u>Dates</u> | <u>Fee</u> |
|-------------------------------------|-------------------|-------------|-------------------|-------------------|------------|
| <u>Full Body Flexibility</u> | | | | | |
| Fitness | Renate Stege | M W F | 8:00am - 9:00am | 1/14/19 - 3/1/19 | \$50.00 |
| Fitness | Renate Stege | M W F | 8:00am - 9:00am | 3/4/19 - 4/26/19 | \$50.00 |
| Fitness | Renate Stege | M W F | 8:00am - 9:00am | 4/29/19 - 6/14/19 | \$50.00 |
| <u>Deep Water Aerobics</u> | | | | | |
| Aqua | Renate Stege | MWF | 9:00am - 10:00am | 1/14/19 - 3/1/19 | \$50.00 |
| Aqua | Renate Stege | MWF | 9:00am - 10:00am | 3/4/19 - 4/26/19 | \$50.00 |
| Aqua | Renate Stege | MWF | 9:00am - 10:00am | 4/29/19 - 6/14/19 | \$50.00 |
| <u>Swimnastics</u> | | | | | |
| Aqua | Renate Stege | M W F | 10:00am - 11:00am | 1/14/19 - 3/1/19 | \$50.00 |
| Aqua | Renate Stege | M W F | 10:00am - 11:00am | 3/4/19 - 4/26/19 | \$50.00 |
| Aqua | Renate Stege | M W F | 10:00am - 11:00am | 4/29/19 - 6/14/19 | \$50.00 |
| <u>Aquarobics</u> | | | | | |
| Aqua | Renate Stege | M W F | 11:00am - 12:00pm | 1/14/19 - 3/1/19 | \$50.00 |
| Aqua | Renate Stege | M W F | 11:00am - 12:00pm | 3/4/19 - 4/26/19 | \$50.00 |
| Aqua | Renate Stege | M W F | 11:00am - 12:00pm | 4/29/19 - 6/14/19 | \$50.00 |
| <u>Going Ball-istic</u> | | | | | |
| Fitness | Julie Smith | M W | 4:00pm - 5:00pm | 1/14/19 - 2/27/19 | \$45.00 |
| Fitness | Julie Smith | M W | 4:00pm - 5:00pm | 3/4/19 - 4/24/19 | \$45.00 |
| Fitness | Julie Smith | M W | 4:00pm - 5:00pm | 4/29/19 - 6/12/19 | \$45.00 |
| <u>Swimnastics</u> | | | | | |
| Aqua | Amy Cronk | T R | 9:00am-10:00am | 1/15/19 - 2/28/19 | \$45.00 |
| Aqua | Amy Cronk | T R | 9:00am-10:00am | 3/5/19 - 4/25/19 | \$45.00 |
| Aqua | Amy Cronk | T R | 9:00am-10:00am | 4/30/19 - 6/13/19 | \$45.00 |
| <u>Deep Water Aerobics</u> | | | | | |
| Aqua | Amy Cronk | T R | 10:00am -11:00am | 1/15/19 - 2/28/19 | \$45.00 |
| Aqua | Amy Cronk | T R | 10:00am -11:00am | 3/5/19 - 4/25/19 | \$45.00 |
| Aqua | Amy Cronk | T R | 10:00am -11:00am | 4/30/19 - 6/13/19 | \$45.00 |
| <u>Body Shaping/Weight Training</u> | | | | | |
| Fitness | Patricia Petrus | T R | 9:00am - 10:00am | 1/15/19 - 2/28/19 | \$45.00 |
| Fitness | Patricia Petrus | T R | 10:00am - 11:00am | 1/15/19 - 2/28/19 | \$45.00 |
| Fitness | Patricia Petrus | T R | 9:00am - 10:00am | 3/5/19 - 4/25/19 | \$45.00 |
| Fitness | Patricia Petrus | T R | 10:00am - 11:00am | 3/5/19 - 4/25/19 | \$45.00 |
| Fitness | Patricia Petrus | T R | 9:00am - 10:00am | 4/30/19 - 6/13/19 | \$45.00 |
| Fitness | Patricia Petrus | T R | 10:00am - 11:00am | 4/30/19 - 6/13/19 | \$45.00 |
| <u>Deep Water Running</u> | | | | | |
| Aqua | Beverly Davies | T R | 5:30pm - 6:30pm | 1/15/19 - 2/28/19 | \$45.00 |
| Aqua | Beverly Davies | T R | 5:30pm - 6:30pm | 3/5/19 - 4/25/19 | \$45.00 |
| Aqua | Beverly Davies | T R | 5:30pm - 6:30pm | 4/30/19 - 6/13/19 | \$45.00 |
| <u>WERQ</u> | | | | | |
| Fitness | Cara Mitchell | T 5:30pm | Sat 9:00am | 1/15/19 - 3/2/19 | \$45.00 |
| Fitness | Cara Mitchell | T 5:30pm | Sat 9:00am | 3/5/19 - 4/27/19 | \$45.00 |
| Fitness | Cara Mitchell | T 5:30pm | Sat 9:00am | 4/30/19 - 6/15/19 | \$45.00 |

All current Rec Center members will receive a \$5.00 discount on all Community Service Classes.

No classes on March 25th-29th or May 27th.

Registration for classes begins November 26th 2018.

Please register by going online or call the Recreation Center at (231)-843-5543.

See reverse side for registration instructions.