

West York Community Education



Fall Adult Education Classes

West York

2605 West Market Street, York PA 17404

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[email: sstream@wyasd.k12.pa.us](mailto:sstream@wyasd.k12.pa.us)

Basket Weaving

Lazy Susan Snack Tray

There are many uses for this Snack Tray Basket-assortment of cookies, variety of fruits, candy & nuts, veggies and dip, cheese and crackers. Basket has a 13 ½ Diameter and is 3 ¾" tall including wood base. Color reed of your choice may be added. Basket has a wood Lazy Susan base and a divided plastic protector.

Instructor: Melanie Alagood

West York High School, Room 112

Wednesday, September 28, 2016 6:00-9:00 PM

Cost is \$65/per person



Define Yourself

This entry-level strength training class is designed to teach the basics through sets, repetitions, and dumbbells. Abdominal and back conditioning is included with stretching for increased flexibility. The bottom line is a basic strength-training program enabling men and women (even over the age of 50) to add muscle, reduce fat and eat more food. (Please bring your own mat and weights - 2 lbs.-10 lbs. suggested).

Trimmer Elementary School, Cafeteria

Instructor - Darlene Freeman

20 Sessions - Mondays and Wednesdays – September 12,14,19,21,26,28,

October 3, 5, 10, 12, 17, 19, 24, 26, 31 November 2, 7, 9, 14, 16, 2016

6:30 - 7:30 p.m. \$50 (1x/week) \$70 (2x/week)

Fit N Slim

Get results with this 60-minute class! Burn body fat and build lean muscle and boost your metabolism. When combined with healthy eating, Fit-N-Slim can help you manage your weight. Resistance training tones muscle and improves your strength. Please bring 3-5 lb. weights and a mat.

Lincolnway Elementary School, Cafeteria

Instructor-See and Feel the Difference

20 Sessions-Mon/Wed – September 12, 14, 19, 21, 26, 28 October 3, 5, 10,

12, 17, 19, 24, 26, 31, November 2, 7, 9, 14, 16, 2016

6-7 p.m. \$62 (1x week) \$87 (2x week)

Tai Chi for Health

Tai Chi for Health with Lori...a spa for your mind and body. Tia Chi for Health includes smooth, serene, gentle calming movements based on the Sun style Tai Chi. Tai Chi for Health with Lori includes Qi Gong breathing, mindfulness meditation, and laughter wellness. Qi Gong breathing benefits all body systems. Qi is the life energy essential to health and longevity. Mindfulness meditation calms the mind and provides a gentle retreat from daily stress and concerns. Laughter wellness puts a smile on your face. This instructor is certified through the National Arthritis Organization and Tai Chi for Health Institute. Wear comfortable shoes and clothing. Bring water bottle.

WY Middle School, 1st Fl. Atrium, 6th Gr. Wing

Instructor - Lori Edwards

**10 sessions – Mondays, September 12, 19, 26, October 3, 17, 24, 31,
November 7, 14, 21, 2016**

6 - 7 p.m. \$77/person

Yogalates

A fusion of the ancient discipline of Yoga with the modern Pilates techniques, the exercises mix both disciplines to develop core strength, help tone muscles, increase flexibility, and reduce stress. Low impact and easy to learn, the instructor will demonstrate modified positions for those with limitations. For those who like the calming of Yoga and the strengthening of Pilates this class is for you. Class will conclude with a relaxation to calm your mind and body. Yoga mat is required. A small segment of body toning using hand weights will be conducted.

Please bring 2 to 5 lb. weights (Not mandatory).

Trimmer Elementary School, Cafeteria

Instructor – Cindy Strickler

**8 Sessions–Mondays, September 19, 26, October 3, 10, 17, 24, 31 November 7, 2016
5:30- 6:15 p.m. \$55/person**

Zumba Fitness® Class by 2daMax Fitness

Who are we? We are...pretty much the most awesome workout ever. Dance to great music, with great people and burn a ton of calories without even realizing it. Zumba Class. The class that started the dance-fitness revolution and changed the way we look at "workout" forever. It is fun, effective and best of all, made for everyone.

Wallace Elementary School, Gym/Cafeteria (New location)

Instructor - Patti Krigbaum

**10 Sessions: Thursday, September 15, 22, 29, October 6, 13, 20, 27
November 3, 10, 17, 2016**

6:00 - 7:00 p.m. \$37/person

No news is good news!

Confirmations are not sent! If you do not receive your check back, you are registered for the class. On occasion things get lost in the mail, so feel free to give us a call to confirm. Registration forms may be copied so sign up for as many classes as you like!

WEST YORK AREA SCHOOL DISTRICT ADULT
EDUCATION REGISTRATION FORM

FALL SEMESTER 2016

Name _____ Date _____

Address _____

Home
Phone _____

Cell
Phone _____

Email _____

Fee Enclosed \$ _____ Check Number _____

Course Title _____

I fully understand the risks involved in participating in any strenuous activity and I absolve the West York School District from all liability for any personal injury incurred through my participation in any West York Area School District sponsored Community Education program.

(Signature) (Date)

Note: Please make checks payable to West York School District, send to attention Sondra Ream, 2605 West Market St., York, PA 17404.