# West York
# Community Education

## Spring Adult Education Classes

West York
2605 West Market Street, York PA 17404
717.792.2796 ext. 1010
email: slream@wyasd.k12.pa.us

### *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**
**18 Sessions - Mondays and Wednesdays – March 28, 30, April 4, 6, 11, 13, 18, 20, 25, 27, May 2, 4, 9, 11, 16, 18, 23, 25, 2016**
**6:30 - 7:30 p.m. $47 (1x/week) $67 (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**
**16 Sessions-Mon/Wed – March 28, 30, April 4, 6, 11, 13, 18, 20, 25, 27, May 2, 4, 9, 16, 18, 23, 2016**
**6-7 p.m. $53 (1x week) $73 (2x week)**

### *Gentle Yoga*

This class is great for beginners (newbies welcome) as well as practicing students to come and unwind after a busy day. The class focuses on building strength, yogic breathing and relaxation through warm ups, a mixed series of postures as well as incorporating a mini gentle flow. This class calms, gently stretches and strengthens the body. De-stress from the world around you and end on a meditative note that is a perfect way to end the night. Please bring a yoga block and yoga mat.

**Lincolnway Elementary School, Cafeteria**
**Instructor – Karen Dietrich**
**7 Sessions–Mondays** (minimum of 6 students) – **April 11, 18, 25, May 2, 9, 16, 23, 2016**
**7:30 - 8:45 p.m. $60/person**

## Qigong and Tai Chi Class

Blending two ancient Chinese Practices, Qigong (Qi Gong) and Tai Chi, this class is focused on the Healer Within. Reduce stress and anxiety, improve balance and coordination, Increase energy and build stamina, heal and prevent disease, relieve chronic pain, improve sleep and improve mood and support inner peace. You will feel rejuvenated after this class. Men and women of all fitness levels welcomed. Wear comfortable clothes.

**WY005 Lincolnway Elementary School, Cafeteria**
**Instructor – See and Feel the Difference**
**8 Sessions – Tuesdays, March 29, April 5, 12, 19, 26, May 3, 10, 17, 2016**
**6:00-7:00 p.m. $61 per person**

## *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, mindfulfulness 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**
**16 sessions - Mon/Wed., March 14, 16, 21, 23, 28, 30, April 4, 6, 11, 13, 18, 20, 25, 27, May 2, 4, 2016**
**6 - 7 p.m. $117/person (2xwk), $77/person (1xwk)**

## Yogalates New!

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, March 7, 21, 28, April 4, 11, 18, 25, May 2, 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**
**8 Sessions: Thursday, March 31, April 7, 14, 21, 28, May 5, 12, 19, 2016**
**6:00 - 7:00 p.m. $33/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

SPRING 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.