

## Adult Education Classes

The following courses are offered through the Adult Education Program at the Great Neck Social Center:

**Advanced registration is required. There is a mandatory \$5 late fee if you do not sign up within 3 business days of the 1st day of class.**

**Exercise:** Enjoy the benefits of a body that reflects who you are and how you feel—which adds up to a lot more than a number! Sharon Epstein leads an exercise course designed to enhance your physical well-being and positive self-image. There will be specific exercises for balance, flexibility, strength, and endurance. Bring weights and bands, as they are needed for the Thursday class. (Mat, towel/blankets are not necessary).

SHARON EPSTEIN:

### Spring

Session I: **Cardio & Coordination** Seven Tuesdays, March 9 – April 27 (no class 3/30), 10:30–11:30 a.m.

Session I: **Body Shaping** Seven Wednesdays, March 10 – April 28 (no class 3/31), 10:30–11:30 a.m.

Session I: **Strength & Stretching** Seven Thursdays, March 11 – April 29 (no class 4/1), 10:30–11:30

**Yoga** There is emphasis on basic yoga poses and balancing exercises. Started seated as we do breathing techniques to relax and ground. Stretch, warmup and prepare to stand up from a seated position without using your hands and stay standing for the remainder of class. Our standing yoga poses build strength, range of motion, alignment and stamina. Our balancing poses improve balance of course, but also promote flexibility and focus. Forward bends stretch back and hamstring muscles; back bends improve breathing. Twists aid in digestion and tone abs.

**Prerequisite:** Students should be ambulatory without assistive devices and be able to stand for an extended period of time. Please wear comfortable clothing and bring water. Please don't eat one hour before class.

BETH MOHR

### Spring

Session I: Seven Tuesdays, March 9 – April 27 (no class 3/30), 11:30 a.m.–12:30 p.m.

**Yoga: Meditation** Bring together your mind and body in this exciting new class. Learn to focus your mind, relieve stress, and gain relaxation. Build flexibility and strength through balance to improve your physical condition. These techniques will lift your spirits and help you relax.

BONNIE RUBENS

### Spring

Session I: Seven Fridays, March 12 – April 30 (no class 4/2), 11 a.m. –Noon.

**Yogaerobics** A course focused on both seated and standing yoga poses, emphasizing mindful movement and psyche. Emphasis is placed on improving stability, balance, and over-all wellbeing. The goal is to extend the conditioning developed from breath-work, stretching, and strengthening in class, to everyday life. Poses are offered with modifications and supports to accommodate all levels of students. The last segment of class consists of a guided meditation which seals in the benefits of the physical and mental components of the practice.

CAROLYN CARPENTIERE

### Spring

Session I: Seven Wednesdays, March 10 – April 28 (no class 3/31), 11:30 a.m.–12:30 p.m.

**Residents Fee:** \$40/session.

**Non-Residents Fee:** \$65/session.

**\*\*\*Must wear a mask for the duration of the class.**

*The start of Spring Session I has been postponed.*