

May

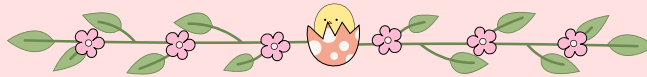
Classes at River House
179 Marine Street, St. Augustine
Please Register Online at
coasjc.coursestorm.com
For more information call
904 209 3655
Monday - Thursday



No classes May 1 & 26

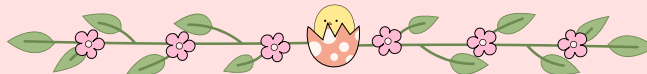
Monday

Sculpt, Stride & Stretch with Katie Smith 9 - 10:30
Gentle Yoga with Scott Farber 9:15 - 10:45
Chess, a Mechanism of Happiness with Estelle Thibodeau 9:30 - 11
Chair Yoga with Becky Dawson 11 - noon
Neurographic Art Meditative Class with Estelle Thibodeau 11:30 - 1
(3 separate classes)
Awake and Heal Within with Sharon Infante 12 - 1
Zumba Gold (Lower Impact) with Angela Engel 12:15 - 1:15
iPhone & iPad Class with Kai Long 12:45 - 1:45
Dance Flex with Judy Woodruff 1:30 - 3
Nutrition, Health and Your Environment on May 5 with Sharon Infante 1:30 - 2:30
Seated Meditation on April 7 with Anne Pogue 2 to 3



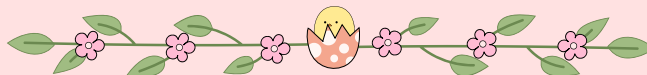
Tuesday

Balance & Stretching with Katie Smith 9 - 10
Know Before You Go Fishing Clinic Series with Donna Frantz 9 - 10:30
Gentle Yoga with Scott Farber 9:15 - 10:15
Independence Day Choir with Abigail Dyer 10:15 - 11:15
Tai Chi / Qigong with Scott Farber 10:30 - 11:30
Spanish for Beginners with Maria Martinez 11 - 12:30
Beginners Ballroom Dance Group Class with Ramona Walter 11:30 - 12:30
Intermediate Ballroom Dance Group Class with Ramona Walter 12:45 - 1:45
Band Jam Class with Dennis Fermin 1 - 2:30
Balancing Your Blood Sugar and Preventing Diabetes on May 20 with Lynn Ringhaver 1:15 - 2:15
Exploration of Acrylic Painting from Beginning to End with Heather Harley-Davidson 1:30 - 3:30
Sound Vibrational Frequency (Sound Bath) with Sharon Infante 2:30 - 3:30



Wednesday

Fishing on May 14 with Donna Frantz 9 - 11
Gentle Yoga with Scott Farber 9:15 - 10:15
Ukulele 1 for Beginners with Dennis Fermin 9:45 - 11:15
Chair Yoga with Becky Dawson 10:30 - 11:30
Art of Meditation with Scott Farber 10:30 - 11:30
Guitar 1 for Beginners with Dennis Fermin 11:30 - 1
Line Dance with Ramona Walter 11:45 - 12:45
We Made it to the Age of Aquarius - Now What? with Kate Werner 12:30 - 1:30
Tap Dancing Level 3 with Judy Woodruff 1:30 - 3:00



Thursday

Chair Yoga with Becky Dawson 9 - 10
Belly Dance Basics and Beyond with Gina Marie Newman 9:30 - 10:30
Tai Chi and Qigong with Sharon Infante 10:30 - 11:30
Belly Dance Basics Level 1 with Gina Marie Newman 10:45 - 11:45
Sculpt, Stride & Stretch with Katie Smith 12 to 1:30
A Journey Toward Your Authentic Self with Kate Werner 12:30 - 1:30
Tap Dancing Level 1 & 2 with Judy Woodruff 2 - 3
Herbal Pharmacy: Herbs and Your Health with James Carucci 2:45 - 3:45

