



Classes at River House  
179 Marine Street, St. Augustine  
Please Register Online at  
[coasjc.coursestorm.com](http://coasjc.coursestorm.com)  
For more information call  
904 209 3655  
Monday - Thursday

**No classes June 9 & 19**



## Monday

Sculpt, Stride & Stretch with Katie Smith 9 - 10:30  
Gentle Yoga with Scott Farber 9:15 - 10:45  
Chair Yoga with Becky Dawson 11 - noon  
Awake and Heal Within with Sharon Infante 12 - 1  
Zumba Gold (Lower Impact) with Angela Engel 12:15 - 1:15  
Dance Flex with Judy Woodruff 1:30 - 3  
Nutrition, Health and Your Environment on June 2 with Sharon Infante 1:30 - 2:30  
Creating a Junk Journal with Liz Monaco 1:30 - 3:30



## Tuesday

Balance & Stretching with Katie Smith 9 - 10  
Fish For Dinner: How to Clean Your Catch on June 3 with Donna Frantz 9 - 10:30  
Fishing on June 24 with Donna Frantz 9 - 11  
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  
Mah Jongg for Beginners with Marcia Farrell 1 - 3  
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

Watercolor 1 with David Ouellette 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  
Beginning Acrylic Oceanscape Painting with Jenny Keyser 11:30 - 1:30  
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  
Basic Sign Language with Regina McCary Zoske 1 - 2  
Tap Dancing Level 3 with Judy Woodruff 1:30 - 3:00  
Collage Workshop with Jenny Keyser 2 - 4



## Thursday

Chair Yoga with Becky Dawson 9 - 10  
Drawing 1 with David Ouellette 9 - 10:30  
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  
Watercolor Doodles Plus with Liz Monaco 11 - 1 (3 separate classes)  
Sculpt, Stride & Stretch with Katie Smith 12 to 1:30  
A Journey Toward Your Authentic Self with Kate Werner 12:30 - 1:30  
Colored Pencil Art with Liz Monaco 1:30 - 3:30  
Tap Dancing Level 1 & 2 with Judy Woodruff 2 - 3  
Herbs and Nutrition with James Carucci 2:45 - 3:45

