



# JULY



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



## 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**  
**Creating a Junk Journal with Liz Monaco 1:30 - 3:30**



## Tuesday

**Balance & Stretching with Katie Smith 9 - 10**  
**Fishing on July 8 with Donna Frantz 9 - 11**  
**Fishing on July 29 with Donna Frantz 9 - 11**  
**Gentle Yoga with Scott Farber 9:15 - 10:15**  
**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

**Gentle Yoga with Scott Farber 9:15 - 10:15**  
**Ukulele 2 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 2 for Beginners with Dennis Fermin 11:30 - 1**  
**Line Dance with Ramona Walter 11:45 - 12:45**  
**Tap Dancing Level 3 with Ginny Wirzbicki**  
**Cooking with Herbs: What to Cook When It's Just Too Hot to Cook on July 23 with James Carucci 2 - 3**



## 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**  
**Watercolor Doodles Plus with Liz Monaco 11 - 1 (5 separate classes)**  
**Sculpt, Stride & Stretch with Katie Smith 12 to 1:30**  
**Colored Pencil Art with Liz Monaco 1:30 - 3:30**  
**Eat Your Yard: Foodscaping and the Sustainable Backyard on July 10 with James Carucci 2 - 3**

