

# January



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

Jewelry Wire Wrapping Class with Kathy Tengesdahl 10 - 12

Chair Yoga with Becky Dawson 11 - 12

Drawing 1 with David Ouellette 11:30 - 1

Embody Ageless Vitality with Sharon Infante 12 - 1

Zumba Gold (Lower Impact) with Angela Engel 12:15 - 1:15

Ballet with Judy Woodruff 1:30 - 3

Art Journal Project: Creating My Own Color Palette on Jan. 5 with Liz Monaco 1:30 - 3:30

Art Journal Project: Journal Cover Designs on Jan. 12 with Liz Monaco 1:30 - 3:30

Art Journal Project: Hand Lettering and Where to Add It on Jan. 26 with Liz Monaco 1:30 - 3:30

Functional Body Strength with Katie Smith 2:15 - 3:15

Healthy Living Course on Jan. 12 with Sharon Infante 2 - 3



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

Spanish for Beginners with Maria Martinez 10 - 11:30

Singing with Abigail Dyer 10:15 - 11:15

Tai Chi / Qigong with Scott Farber 10:30 - 11:30

Watercolor 1 with David Ouellette 10:45 - 12:45

Zambra Mora Dance Class with Gina Marie Newman 11:45 - 12:45

Intermediate Spanish with Maria Martinez 11:45 - 1:15

Band Jam Class with Dennis Fermin 1 - 2:30

Mah Jongg for Beginners with Marcia Farrell 1 - 3

Bringing Back Your Brain and Restoring Brain Health on Jan. 20 with Lynn Ringhaver 1:30 - 2:30

Acrylic Art Class with Heather Harley-Davidson 1:30 - 3:30

Sound Vibrational Frequency (Sound Bath) with Sharon Infante 2:30 - 3:30



iPhone: 20 Perhaps Surprising Things You Can Do With It with Jim Cargilo 9 - 10

Fishing with Donna Frantz 9 - 11 (2 dates to choose from)

Gentle Yoga with Scott Farber 9:15 - 10:15

Ukulele 1 for Beginners with Dennis Fermin 9:45 - 11:15

Art of Meditation with Scott Farber 10:30 - 11:30

Chair Yoga with Becky Dawson 10:30 - 11:30

Guitar 1 for Beginners with Dennis Fermin 11:30 - 1

Marjorie Kinnan Rawlings' Life on the First Coast on Jan. 14 with Casey Wooster noon to 1

Trust Your Intuition with Kate Werner 12:30 - 1:30

Tap Dancing Level 3 with Judy Woodruff 1:30 - 3:00

The Herbal Pharmacy with James Carucci 2:30 - 3:30

Functional Body Strength with Katie Smith 2:45 - 3:45



Chair Yoga with Becky Dawson 9 - 10

Belly Dance Basics and Beyond with Gina Marie Newman 9:30 - 10:30

Irving Berlin: America's Favorite Songwriter with Thomas Hischak 10 - 11:15

Tai Chi and Qigong with Sharon Infante 10:30 - 11:30

Belly Dance Basics Level 1 with Gina Marie Newman 10:45 - 11:45

Portraits in Colored Pencil with Liz Monaco 11 - 1 (this will continue into Feb.)

Sculpt, Stride & Stretch with Katie Smith 12 to 1:30

Think Differently 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

Wednesday

Thursday

