



March

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



Monday

- Sculpt, Stride & Stretch with Katie Smith 9 - 10:30
- Gentle Yoga with Scott Farber 9:15 - 10:45
- Container Gardening and New Beginnings on March 9 with Karen Doyle 9:15 - 11:15
- Jewelry Wire Wrapping Class with Kathy Tengesdahl 10 - 12
- Chair Yoga with Becky Dawson 11 - 12
- 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
- Journal Projects: Creating Page Pockets and Hidden Tucks on March 2 with Liz Monaco 1:30 - 3:30
- Journal Projects: Floral Fodder on March 9 with Liz Monaco 1:30 - 3:30
- Journal Projects: Using Napkins in Your Journals on March 16 with Liz Monaco 1:30 - 3:30
- Journal Projects: Using Book Pages on March 23 with Liz Monaco 1:30 - 3:30
- Journal Projects: Hidden Paper Clips on March March 30 with Liz Monaco 1:30 - 3:30
- Functional Body Strength with Katie Smith 2:15 - 3:15
- Healthy Living Course on March 16 with Sharon Infante 2 - 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
- Fishing on March 31 with Donna Frantz 9 - 11
- Spanish for Beginners with Maria Martinez 10 - 11:30
- Easter Caroling with Abigail Dyer 10:15 - 11:15
- Tai Chi / Qigong with Scott Farber 10:30 - 11:30
- Drawing 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
- Line Dance with Ann Murdock 1 - 2
- Jamming to the Classics - Ukulele / Guitar Combo! with Dennis Fermin 1 - 2:30
- Mah Jongg for Beginners with Marcia Farrell 1 - 3
- Watercolor Landscape Painting with David Ouellette 1:30 - 3:30
- Sound Vibrational Frequency (Sound Bath) with Sharon Infante 2:30 - 3:30



Wednesday

- Fish For Dinner: How to Clean Your Catch on March 4 with Donna Frantz 9 - 10:30
- Watercolor 1 with David Ouellette 9 - 11
- iPhone: Some Surprising Things You Can Do With It with Jim Cargilo 9:15 - 10:15
- Gentle Yoga with Scott Farber 9:15 - 10:15
- Ukulele 2 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 2 for Beginners with Dennis Fermin 11:30 - 1
- Chess as a Mechanism of Happiness on March 11 with Estelle Thibodeau 12 - 1
- Planting the Seeds with Kate Werner 12:30 - 1:30
- STA Strong BHOF (Osteoporosis) on March 11 with Nicole Tristram 1:30 - 2:30
- Tap Dancing Level 3 with Judy Woodruff 1:30 - 3:00
- Book Club on March 4 with Peter Gaspar 2 - 3:30
- Herbs and Nutrition with James Carucci 2:30 - 3:30
- Functional Body Strength with Katie Smith 2:45 - 3:45



Thursday

- Chair Yoga with Becky Dawson 9 - 10
- Belly Dance Basics and Beyond with Gina Marie Newman 9:30 - 10:30
- The Musical World of Henry Mancini with Thomas Hischak 10 - 11:30
- 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 Techniques with Liz Monaco 11 - 1
- 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

