November & December

River House is closed to the public Nov. 11, 23, 26 & Dec. 24, 25 and all Fridays, Saturdays, and Sundays

No classes Nov. 3, 24, 25 and Dec. 14 to 17, 21, 22, 23, 28 to 31

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

Mat Pilates for Active Aging with Cindy Domino 9:00 - 10:00
Gentle Yoga with Scott Farber 9:15 - 10:15
Broadway Musicals of the 1960s with Thomas Hischak 9:30 - 11:00
Advanced Jewelry Wire Wrapping with Kathy Tengesdahl 10:00 - noon
Tai Chi/Qigong with Scott Farber 10:30 - 11:30
Chair Yoga with Becky Dawson 11:00 - noon
Art of Meditation with Scott Farber 11:45 - 12:45
Zumba Gold (Lower Impact) with Angela Engel 12:15 - 1:15
Strengthen and Lengthen with Katie Smith 1:30 - 3:00
Collage Art with Liz Monaco 1:30 - 3:30

Tuesday

Chair Pilates for Active Aging with Cindy Domino 9:00 - 10:00
Fish for Dinner: How to Clean Your Catch on Nov. 17 with Donna Frantz 9:00 - 10:30
Fishing on Nov. 10 with Donna Frantz 9:00 - 11:00
Fishing on Dec. 8 with Donna Frantz 9:00 - 11:00
Gentle Yoga with Scott Farber 9:15 - 10:15
Spanish for Beginners with Maria Martinez 10:00 - 11:30
Christmas Caroling with Abigail Dyer 10:15 - 11:15
Tai Chi / Qigong with Scott Farber 10:30 - 11:30
Intermediate Spanish with Maria Martinez 11:45 - 1:15
Zambra Mora - Level 2 (Prerequisite: Level 1 and Teacher Approval) with Gina Marie Newman 11:45 - 12:45
Jamming to the Classics with Dennis Fermin 1:00 - 2:30
Line Dance with Ann Murdock 1:00 - 2:00
Mah Jongg for Beginners with Marcia Farrell 1:00 - 3:00
Sound Vibrational Frequency (Sound Bath) with Sharon Infante 2:30 - 3:30

Wednesday

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 3 for Beginners with Dennis Fermin 11:30 - 1:00
Better Balance & Mobility with Katie Smith noon - 1:00
Planting the Seeds with Kate Werner 12:30 - 1:30
Jewelry Wire Wrapping for Beginners with Kathy Tengesdahl 1:00 - 3:00
Strengthen and Lengthen with Katie Smith 1:30 - 3:00
Tap Dancing Level 3 with Judy Woodruff 1:30 - 3:00
STA Strong BHOF (Osteoporosis) on Dec. 2 with Nicole Tristram 1:30 - 2:30
Book Club on Nov. 4 with Peter Gaspar 2:00 - 3:30
Book Club on Dec. 2 with Peter Gaspar 2:00 - 3:30

Thursday

Chair Yoga with Becky Dawson 9:00 - 10:00
Belly Dance Basics and Beyond with Gina Marie Newman 9:30 - 10:30
Belly Dance Basics Level 1 with Gina Marie Newman 10:45 - 11:45
Watercolor Doodles with Liz Monaco 11:00 - 1:00
Zambra Mora Dance - Level 1 Foundations (Beginner) with Gina Marie Newman noon - 1:00
Intro to the Fundamentals of Golf with Joe Monaco noon - 2:00
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 2:00 - 3:00
Cardio & Sculpt with Katie Smith 2:30 - 3:30

COA Council on Aging