

Spring In Your Step 2010

April 5 – April 30

(schedule subject to change)

Day/Time	Class	Instructor	Description/ Pricing/ Class Notes
Mondays, 7 – 8:30 p.m.	Cooking With Honey	Keren Gosselin	Lesson on sweeteners/high fructose corn syrup. Learn to make healthy sweets and snacks using honey. Cost \$5 for supplies.
Tuesdays, 2 – 3 p.m.	Walk the Sanctuary	Erica Arszman	Walk the sanctuary for exercise while enjoying good fellowship.
Tuesdays, 7 – 7:30 p.m.	Kid's Dance Class	Kara Mahone	For kids ages 3 – 8. Learn basic steps to Tap, Irish, Scottish and Jazz dance.
Tuesdays, 7 – 7:30 p.m.	Aerobic Workout Video	Nicki Jo Baker	All ages and levels welcome to do a video workout.
Wednesdays, 6:30 – 7:30 p.m. (4/7 and 4/21)	Health Talk with a Doc	Dr. Scott Gosselin	Topics: Three keys to beating fatigue – and – Are your prescription drugs more harm than help?
Thursdays, 2 – 3 p.m.	Walk the Sanctuary	Erica Arszman	Walk the sanctuary for exercise while enjoying good fellowship.
Thursdays, 7 – 7:45 p.m.	Beginning Karate	Lucas Hitch	All ages and levels welcome to learn karate basics.
Thursdays, 7 – 8 p.m.	Scottish Dance	Kara Mahone	Ages 9 and older. Learn the Scottish Sword dance and a fun group dance.
Friday, 7 – 8 p.m. (4/9)	Biggest Loser group	Brad Large	Weight loss competition. Includes a full fitness exam by a personal trainer, including body measurements and body fat percentages. Also, tailored workouts to help reach your fitness goals. Cash prize for winner, and entry is \$10.

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