

Senior Center in Central Park

WINTER 2021 SANDS CLASSES



HBSANDS.ORG

On-site Outdoor Classes

Dance



Line Dance, Easy Beginner

Linda Anderson Maarleveld

150450-5A, Tuesday 1:15-2:15pm 1/5-3/16 \$61

Line Dance, Level 1

Linda Anderson Maarleveld

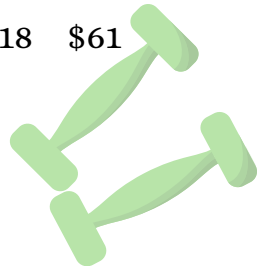
150453-5A, Thursday 3-4pm 1/7-3/18 \$61

Line Dance, Level 2

Linda Anderson Maarleveld

150460-5A, Thursday 1:30-2:30pm 1/7-3/18 \$61

Fitness



Better Life Boxing

Andrew Deming

150820-5A, Monday 8:15-9:15a 1/4-2/8 \$60

150820-5B, Monday 8:15-9:15a 2/22-3/15 \$78

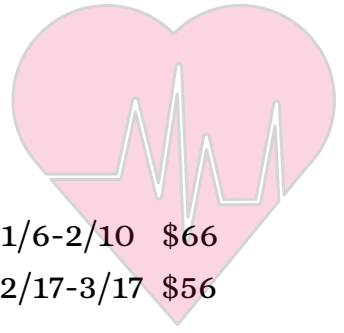
On-site Outdoor Classes Continued

Fabulously Fit as You Age

Rene Burton

151510-5A, Wednesday 10:30-11:30a 1/6-2/10 \$66

151510-5B, Wednesday 10:30-11:30a 2/17-3/17 \$56



Tai Chi Chuan

Shona Howe

150882-5A, Thursday 8:30a-10:00a 1/7-3/11 \$96

Yoga: Senior Center in Central Park

Diane Pavesic

150872-5C, Tuesday 3p-4p 1/5-3/9 \$82



Chair Yoga: Senior Center in Central Park

Diane Pavesic

150866-5C, Monday 3-4p 1/4-3/8 \$76



Zumba Gold & Zumba Toning

Sockhop Fitness

150860-5A, Tuesday 9-9:50a 1/5-3/9 \$65

Zumba Gold Dance Fitness

CS Dance Factory

151514-5A, Wednesday 8:45-9:45a 1/6-2/10 \$66

151514-5B, Wednesday 8:45-9:45a 2/24-3/17 \$46



Virtual Classes

Art



All About Art

Marilyn Oropeza

151643-5A, Tuesday	10-11:30am	1/5-2/2	\$56
151643-5B, Tuesday	10-11:30am	2/16-3/16	\$56

Fitness

Barre Strength and Stretch Online

CS Dance Factory

151527-5A, Monday	10:15a-11a	1/4-1/25	\$36
151527-5B, Monday	10:15a-11a	2/1-2/22	\$36
151527-5C, Monday	10:15a-11a	3/1-3/22	\$46

Breath ATX Total Body Fitness

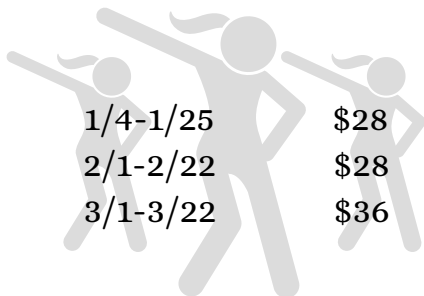
Elizabeth Logue, sponsored by Greater Newport Physicians

151508-5A, Monday	9:30a-10a	1/11-3/29	\$Free
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Chair Dance and Fitness Online

CS Dance Factory

151528-5A, Monday	10:15a-11a	1/4-1/25	\$28
151528-5B, Monday	10:15a-11a	2/1-2/22	\$28
151528-5C, Monday	10:15a-11a	3/1-3/22	\$36



Circuit Training

Marianne Grossman

150816-5A, Friday	9:00-10:00a	1/8-3/19	\$77
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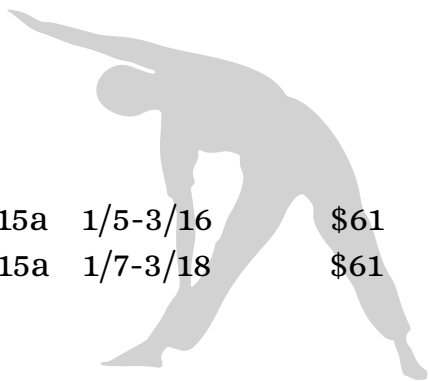
Virtual Classes Continued

Flex and Stretch

Marianne Grossman

150817-5A, Tuesday 10:30-11:15a 1/5-3/16 \$61

150817-5B, Thursday 10:30-11:15a 1/7-3/18 \$61



Pilates Barre with Cardio

HB Pilates

150855-5A, Tuesday 8-8:45a 1/5-3/16 \$171

Pilates Mat

HB Pilates

150811-5A, Tuesday 9:15a-10a 1/5-3/16 \$171

Pilates Chair

HB Pilates

150879-5A, Tuesday 10:15-11a 1/5-3/16 \$171



Yoga: Senior Center in Central Park

Diane Pavesic

150872-5A, Thursday 10a-11a 1/7-3/11 \$82

Chair Yoga

Diane Pavesic

150866-5A, Monday 10-11a 1/4-3/8 \$76

Yoga

Susan Holden

150892-5A, Tuesday 10:15-11:15p 1/12-2/9 \$54

150892-5B, Thursday 10a-11a 1/14-2/11 \$54



Virtual Classes Continued

Zumba Gold and Zumba Gold Toning

Sockhop Fitness

150860-5B, Friday 10a-10:50a 1/8-3/12 \$68

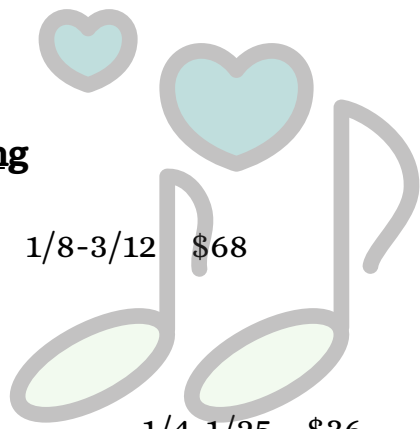
Zumba Gold Online

CS Dance Factory

150456-5A, Monday 9a-10a 1/4-1/25 \$36

150456-5B, Monday 9a-10a 2/1-2/22 \$36

150456-5C, Monday 9a-10a 3/1-3/22 \$46



Technology

Creating Custom Photo Books

Patrice Rutledge

150243-5A, Tuesday 10a-11a 3/2-3/16 \$42

Digital Photo Organizing & Editing

Patrice Rutledge

150238-5A, Thursday 3p-4p 1/7-1/28 \$54



Facebook Essentials

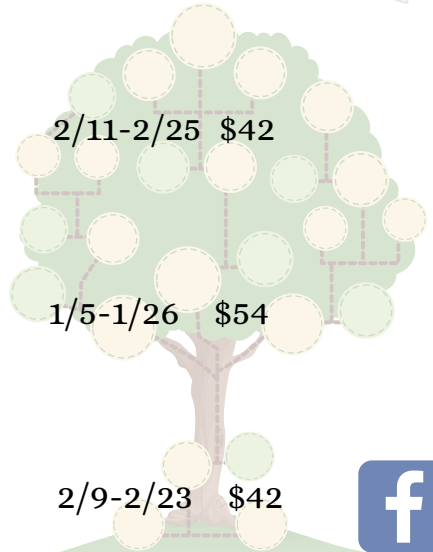
Patrice Rutledge

150240-5A, Thursday 3p-4p 2/11-2/25 \$42

Online Genealogy Basics

Patrice Rutledge

150235-5A, Tuesday 10a-11a 1/5-1/26 \$54



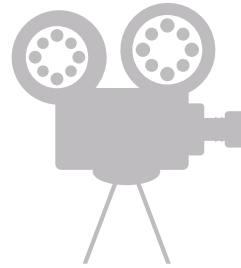
Popular Applications for Seniors

Patrice Rutledge

150242-5A, Tuesday 10a-11a 2/9-2/23 \$42



Virtual Classes Continued



Special Interest

Behind the Classics

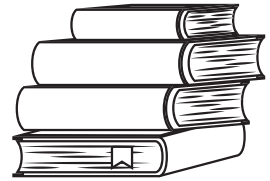
Theo Siegel

150627-5A, Tues 8-9p 1/19 & 1/26 Sunset Blvd \$10

150627-5B, Tues 8-9p 2/16 & 2/23 The Graduate \$10

150627-5C, Tues 8-9p 3/9 & 3/16 Network \$10

Education



Writing Your Life Story

Sharon Fleming

151121-5A, Thursday 10am-12pm 1/14-3/4 \$100

HQAC Lectures



Healthy Eating for your Kidneys

153408-5A, Monday 1:30-2:30pm 1/11 \$Free

The Early Stages of Dementia

153435-5A, Monday 1:30-2:30pm 2/1 \$Free

Nutrition Rainbow for your Heart Health

153434-5A, Monday 1:30-2:30pm 2/23 \$Free

Depression, Anxiety, and Memory

153433-5A, Monday 1:30-2:30pm 3/2 \$Free

*Virtual
Classes Continued*

HQDG Lectures cont.



Mindfulness as Medicine

153412-5A, Monday 1:30-2:30pm 3/8 \$Free

How to Prevent a Stroke

153426-5A, Tuesday 1:30-2:30pm 3/16 \$Free

