



# FAMILY

## CHINESE LANGUAGE & CULTURE FOR CHILDREN

February 14–April 4 8 sessions Saturdays  
Program #09SG45

A fun and interesting celebration of Chinese language and culture for children ages 3-8. Your child will study Mandarin Chinese and experience elements of Chinese culture such as dance, crafts and songs. One half hour is devoted to group activity time, with the second half hour broken down by 3-5 and 6-8 age groups for language instruction tailored to each age group. Parent involvement is encouraged, but not required. Come learn together! **No early bird discount.** Instructor: Rosy Huang, a native of Tian jin, China.

TIME: 10:30-11:30am FEE: \$108/child

LOCATION: Sykesville Middle School

## COMMUNITY YARD SALE

May 16 (rain date 5/23) 1 session Saturday  
Program #09SG46

Join your community yard sale featuring many local residents and vendors in one convenient location. Get your space which includes one long rectangular table. Call Jessica at 410-239-3366 for more details.

TIME: 8am-2pm FEE: \$25

LOCATION: 4Seasons Sports Complex



## EATING HEALTHY FROM CHILD TO TEEN

February 21 1 session Saturday  
Program #09SG47

A parent's guide to eating healthy from child to teen from a Registered Dietitian and working mom of two children. Learn tips and trends for healthy eating and proper nutrition for age specific needs. Learn how to teach nutrition to children, dispelling myths. Question/Answer time included. Instructor: Judith Feola Gordon, RD, LDN

TIME: 11am-12:30pm FEE: \$25

LOCATION: Westminster High School, Room #E-124

## FAIRY HOUSE BUILDING - MOTHER'S DAY

May 3 1 session Sunday  
Program #09SG48

Celebrate Mother's Day with Mom and make her a gift to invite fairies into her garden. Build a beautiful woodland fairy house using all kinds of elements from nature, making a wonderfully inviting miniature house that any fairy would love to call home (mounted on solid oak disk). Workshop is complete with a nature hike and storytelling! Children under 10 must be accompanied by adult. Instructor: Melissa Lizmi

TIME: 1-3pm FEE: \$34/family (1 fairy house only)

LOCATION: Piney Run Park, pavilion 5

## MAKE A CONCRETE BIRDBATH!

June 5 & June 7 2 sessions Friday AND Sunday  
Program #09SG49

Create a beautiful leaf-shaped birdbath using a few simple tools, concrete and real leaves as our forms. Our first session will consist of a short hike to locate our modeling leaf, sand-casting your leaf and spreading the concrete. Once the concrete has cured, we will meet again to remove the leaf from the concrete, seat it and add concrete washes for color.

This fun activity is suitable for all ages; children under 8 must be accompanied by adult. Siblings are welcome to work together on one birdbath! There will be a \$5 materials fee due to the instructor the first class. Instructor: Melissa Lizmi

TIME: 4:30-5:30pm Friday, 3:30-4:30pm Sunday FEE: \$30/per bath

LOCATION: Piney Run Park

## MOTHER/DAUGHTER PRINCESS COOKING FUN & TEA TIME

May 9 1 session Saturday  
Program #09SG50

If your little Princess is interested in learning how to make some tasty snacks and then enjoying them with some new friends at a "royal" tea party, then sign her up for this fun event! Perfect mother/daughter (or father/daughter, or grandmother/granddaughter) outing. Children ages 6-9 will have loads of fun creating some easy, tasty snacks and then participating in a princess dress-up party to enjoy their goodies. Don't forget to bring your favorite dress-up outfit! A parent/guardian is required to attend. Instructor: Janet Maranto

TIME: 10am-12noon FEE: \$25/child

LOCATION: Westminster High School, Room #E-125

# HEALTH & WELLNESS



## AEROBIC DANCING

April 15–June 3 (no 5/25) 14 sessions Mondays AND Wednesdays  
Program #09SG51

Aerobic Dancing by Jackie Sorenson is an international program dating back to 1967, and has been professionally offered in Carroll County for over 30 years. It is an aerobic fitness sport which combines the health and figure benefits of jogging with the fun of dancing. You can exercise at your own level as you firm and tone muscles, strengthen your cardiovascular system, burn calories, reduce stress and have fun socializing with friends. Bring floor mats, hand and leg weights if desired. **No early bird or senior discount.** Instructor: Paulette Greenwalt

TIME: 7-8pm FEE: \$42

LOCATION: Piney Ridge Elementary School, cafeteria

## INTERNATIONAL MARTIAL ARTS & BOXING

February 4–May 6 (no 2/11, 3/11, 3/18, 4/8) 10 sessions Wednesdays  
Program #09SG52

Tired of training in the same old karate class? Looking for something new to do? Why not try one of the most comprehensive and functional programs in Maryland. Muay Thai Kickboxing from Thailand, Jiu Jitsu from Brazil and Japan, the weapons art of Eskrima from the Philippines, and the personal martial art of Bruce Lee (Jeet Kune Do) are blended together to form a complete approach to martial arts. Age 10 and up. Instructor: Kevin Lumsden

TIME: 7-8pm FEE: \$50

LOCATION: Liberty High School

## INTRODUCTION TO FENCING

March 5–April 30 (no 4/9) 8 sessions Thursdays  
Program #09SG53

Fencing is one of the oldest and most fascinating sports in the world. The skill and timing that are involved in the successful execution of quick movements is astonishing. The precise maneuvers employed in offense and defense to initiate or avoid attacks from your opponent make this an extremely exciting sport! Matching wits with your competition can be one of the most challenging and satisfying experiences of a lifetime! Class is limited to 10 registrants and is open to ages 12+, all levels welcome. Students will be responsible for providing their own equipment (should not exceed \$110, however, some used equipment may be available on loan or for purchase at low cost). Instructor: Katie McPeak

TIME: 7-9pm FEE: \$75

LOCATION: Mount Airy Middle School

## INTRODUCTION TO REIKI

March 30 1 session Monday  
Program #09SG54

An informal class that introduces students to the concept of energy light in various forms such as auras and chakras. Students will be directed through a "hands on" exercise to become aware of universal energy and the ability to direct energy to oneself or another person without depleting your own energy. Instructor: Linda Kalb

TIME: 6:30-7:30pm FEE: \$20

LOCATION: Westminster Senior Center

## JUMP-START WEIGHT LOSS - A BEGINNER'S GUIDE

March 5–April 16 (no 3/12 & 4/9) 5 sessions Thursdays  
Program #09SG55

Jump-start your weight loss by learning the basics and knowing the facts. A Registered Dietitian teaches this beginner's guide. Learn effective methods for sustainable weight loss. Better food choices, cooking methods, and exercise importance. Understanding the implications of external and internal factors. Program is behavior based that includes calorie counting and food log. There will be group discussion time. REGISTRATION DEADLINE: 2/25/09. Instructor: Judith Feola Gordon, RD, LDN

TIME: 6:30-7:45pm FEE: \$135

LOCATION: Westminster Senior Center



## SOCIAL BALLROOM DANCING – BEGINNER I

10 sessions Mondays OR Thursdays  
**Program #09SG56** Mondays, February 2–April 20 (no 2/16 & 4/13)  
 @ Oklahoma Road Middle School  
**Program #09SG57** Thursdays, February 5–April 16 (no class 4/9)  
 @ West Middle School

Learn the basic steps in various dances including East coast Swing, foxtrot, cha cha, waltz, rumba, and disco. Instructor: Thelma Otto  
**TIME:** 7-9:30pm **FEE:** \$135/couple  
**LOCATION:** Choose above

## SOCIAL BALLROOM DANCING – BEGINNER II

February 3–April 14 (no 2/17) 10 sessions Tuesdays  
**Program #09SG58**  
 This class will pick up on steps taught in the Beginner I class. Steps will add onto the basic steps, including East Coast Swing, foxtrot, cha cha, waltz, and rumba. Instructor: Thelma Otto/Les Debelius  
**TIME:** 7-9:30pm **FEE:** \$135/couple  
**LOCATION:** Oklahoma Road Middle School

## SOCIAL BALLROOM DANCING – INTERMEDIATE

February 4–April 15 (no class 4/8) 10 sessions Wednesdays  
**Program #09SG59**  
 Improve on your basic ballroom dance steps with intermediate steps and styling. This class will pick up on steps taught in our Beginner I & II classes. Instructor: Thelma Otto/Les Debelius  
**TIME:** 7-9:30pm **FEE:** \$135/couple  
**LOCATION:** Carroll Springs School, gymnasium

## TENNIS – ADULT BEGINNER

May 11–June 22 (no 5/25) 6 sessions Mondays  
**Program #09SG60**

A tennis program perfect for adult beginners age 17+. This course will help those new to the sport of tennis develop basic tennis strokes including forehand, backhand, volleying, and overhead. Participants will also learn scoring and boundaries for both singles and doubles play. Equipment provided. No refunds for weather

cancellations or rescheduling. **No early bird or senior discount.** Instructor: Christi Fewster  
**TIME:** 6:30-7:30pm **FEE:** \$65  
**LOCATION:** Westminster City Park, Tennis Courts

## CARROLL COUNTY SPRING FLING TENNIS TOURNAMENT

May 12-May 17 5 days Tuesday-Sunday  
**Program #09SG61**  
 Play is round robin or double elimination format (2 of 3 sets, third set Coman 10 point Tiebreaker) depending on participation. For ages 16+. Please indicate men's or women's singles, men's or women's doubles, or mixed doubles – each player must register and pay per event. No refunds for weather cancellations or rescheduling. **No early bird or senior discount.** Coordinator: Christi Fewster  
**TIME:** Tue-Fri 6-10pm **FEE:** \$23/per player, per event category  
 Sat-Sun 9am-9pm  
**LOCATION:** Westminster City Park, Tennis Courts

## YOGA

Feb. 2-March 30 OR April 20-June 15 8 sessions Mondays  
**Program #09SG62** February 2– March 30 (no class 2/16)  
**Program #09SG63** April 20-June 15 (no class 5/25)  
 Join us for an evening yoga class designed to increase strength and flexibility as well as promote relaxation. In this style of yoga one pose flows into the next with only brief holds. The first class will be gentle and intensity will build gradually from there. All exercises may be modified to suit the participant's fitness and flexibility. Please bring a yoga/sticky mat (required for safety). Instructor: Shawn Essed  
**TIME:** 6:45-7:45pm **FEE:** \$56  
**LOCATION:** Taneytown Senior Center



## TZ SPORTS

**Carrolltowne Mall**  
**6400 Ridge Road,**  
**Suite 206, Eldersburg**  
**443-629-3734**

## ADULT BOOT CAMP CLASS

January 27–February 12 6 sessions Tuesdays & Thursdays  
**Program #09SG64**  
 New Year, New You! Want to get in shape and drop those extra pounds? Come join our dynamic boot camp class. Jump start your metabolism with an athletic trainer in a group setting that is fun, motivating and challenging. This class focuses on exercises to enhance your overall strength, resulting in total body fitness. Men and women of all fitness levels welcome. For those over the age of 40, it is recommended that you receive approval from your physician to participate. **No early bird or senior discount.** Instructor: TZ Sports staff  
**TIME:** 5:30-6:30am **FEE:** \$95  
**LOCATION:** TZ Sports



## HIGH SCHOOL SPORTS PERFORMANCE TRAINING

January 27–February 12 6 sessions Tuesdays & Thursdays  
**Program #09SG65**  
 High School athletes will improve their athletic performance through training programs designed to enhance speed, agility, quickness, strength and flexibility. The program focuses on core and neuromuscular conditioning, re-engineering of movement mechanics, and rapid-response plyometrics, ladder drills and resistance training. After completing the program, athletes are stronger, faster and more explosive. **No early bird or senior discount.** Instructor: TZ Sports staff  
**TIME:** 6-7pm **FEE:** \$95  
**LOCATION:** TZ Sports

## MIDDLE SCHOOL SPORTS PERFORMANCE TRAINING

January 27–February 12 6 sessions Tuesdays & Thursdays  
**Program #09SG66**  
 Middle School athletes will improve their athletic performance through training programs designed to enhance speed, agility, quickness, strength and flexibility. The program focuses on core and neuromuscular conditioning, re-engineering of movement mechanics, and rapid-response plyometrics, ladder drills and resistance training. After completing the program, athletes are stronger, faster, and more explosive. **No early bird or senior discount.** Instructor: TZ Sports staff  
**TIME:** 5-6pm **FEE:** \$95  
**LOCATION:** TZ Sports

## YOUTH SPORTS PERFORMANCE TRAINING

January 27–February 12 6 sessions Tuesdays & Thursdays  
**Program #09SG67**  
 Youth athletes ages 8-10 will improve their athletic performance through training programs designed to enhance speed, agility, quickness, strength, and flexibility. The program focuses on core and neuromuscular conditioning, re-engineering of movement mechanics, and rapid-response plyometrics, ladder drills and resistance training. After completing the program, athletes are stronger, faster, and more explosive. **No early bird or senior discount.** Instructor: TZ Sports staff  
**TIME:** 4-5pm **FEE:** \$95  
**LOCATION:** TZ Sports



## **4 Seasons Sports Complex** **2710 Hampstead-Mexico Road,** **Hampstead** **410-239-3366**



### **FITNESS FLEX-PACK**

**9 weeks**                      **Mondays, Tuesdays, Thursdays**  
**January 26–March 26**

**Program #09SG69** - \*8 Class Fitness Flex-Pack

**Program #09SG70** - \*16 Class Fitness Flex-Pack

**March 30–May 28**

**Program #09SG71** - \*8 Class Fitness Flex-Pack

**Program #09SG72** - \*16 Class Fitness Flex-Pack

**June 1–July 30**

**Program #09SG73** - \*8 Class Fitness Flex-Pack

**Program #09SG74** - \*16 Class Fitness Flex-Pack

8 or 16 classes of your choice at 4 Seasons Sports Complex (choose program above). Classes include but are not limited to: Water Fitness (see previous description), Powerflex (using bars and weights) Definitions (upper and lower body using hand weights), Butts & Guts (targets all areas of the lower body). Carroll County Recreation and Parks will issue you a punch card for 8 or 16 classes.

**DAYS & TIMES:** vary according to class you select

**FEE:** \$46-8 class Fitness Flex-Pack / \$90-16 class Fitness Flex-Pack

**LOCATION:** 4Seasons Sports Complex

### **YOGA**

**February 3–February 26**      **8 sessions**                      **Tuesdays & Thursdays**

**Program #09SG75**

Come experience the benefits of yoga as the instructor guides you through movements that will enhance your balance, strength and flexibility. All levels welcome! Instructor: 4Seasons staff

**TIME:** 7:30-8:30pm                      **FEE:** \$105

**LOCATION:** 4Seasons Sports Complex

### **SILVER SNEAKERS - FITNESS FOR SENIORS**

**January 26–March 20**

**16 Sessions**                      **Mondays AND Fridays**

**Program #09SG76**

Groove your way to cardiovascular fitness in the Silver Sneakers Class. Come enjoy music favorites from the Rat Pack, The Beatles, Motown and many others. Class consists of 20-30 minutes of continuous movement followed by strength training. Exercises can be done seated or standing. Enjoy the benefits of increased range of motion, balance and coordination to help you keep your independence!

**TIME:** 8-8:45am                      **FEE:** \$75

**LOCATION:** 4Seasons Sports Complex



### **SILVER SWIMMERS**

**8 sessions**                      **Wednesdays**

**Program #09SG77**      January 28–March 25

**Program #09SG78**      April 1–May 20

**Program #09SG79**      May 27–July 15

Have fun while you boogie to the music from to 50s, 60s & 70s. This class is a low to medium intensity workout. Swimming skills are not required. Don't "sweat" it if you miss a class, registrants of this program will have the opportunity to complete 8 classes over the 9 week time period. Instructor: Jamie Keller

**TIME:** 10:15-11am                      **FEE:** \$46

**LOCATION:** 4Seasons Sports Complex

### **SWIM LESSONS**

**8 sessions**

**Program #09SG80**      February 2–February 26

**Program #09SG81**      March 2–March 26

**Program #09SG82**      April 6–April 30

All participants must be screened prior to class starting. You must have your screening done at least 1 week before classes begin. Screening times are Monday-Wednesday, 5-6pm. Levels and days available listed below.

Tuesdays & Thursdays, 8:30-11:30am – For All Levels (all ages)

Tuesdays & Thursdays, 5-6:30pm – For Levels Parent & Me - Beginner 3 (ages 6 months-6+ years)

Mondays & Wednesdays, 5-6:30pm – For Levels 1-5 (ages 7+ years)

**TIMES:** see above                      **FEE:** \$90

**LOCATION:** 4Seasons Sports Complex

### **WATER FITNESS FLEX-PACK**

**9 weeks**                      **Mondays, Tuesdays, Thursdays**

**January 26–March 26**

**Program #09SG83** - \*8 Class Water Fitness Flex-Pack

**Program #09SG84** - \*16 Class Water Fitness Flex-Pack

**March 30–May 28**

**Program #09SG85** - \*8 Class Water Fitness Flex-Pack

**Program #09SG86** - \*16 Class Water Fitness Flex-Pack

**June 1–July 30**

**Program #09SG87** - \*8 Class Water Fitness Flex-Pack

**Program #09SG88** - \*16 Class Water Fitness Flex-Pack

Early bird or night owl, busy schedule, can't commit?? This flexible water fitness program can help you reach your fitness goals. Registrants of this program will have the opportunity to attend 8 classes over a 9 week period \* (program dates stated above) whenever it suits your schedule-WOW! Grab your swimsuit and get geared up for a workout that will get your heart rate going. Classes will use a variety of equipment such as water weights, noodles, hula hoops, kickboards and more. Work at your own fitness level during this medium to high intensity workout. Instructors: Valerie Wittstadt & Peggy Tingley. Carroll County Recreation and Parks will issue you a punch card for 8 or 16 classes.

**DAYS & TIMES:** 8-9am (Mon); 6:30-7:30pm (Tues);

8:30-9:30am & 6:30-7:30pm (Thurs)

**FEE:** 8 Class Fitness Flex-Pack \$46 / 16 class Fitness Flex-Pack \$90

**LOCATION:** 4Seasons Sports Complex

### **OPEN SWIM!**

**January 30-April 24**

**13 sessions**

**Fridays**

**Program #09SG89**

Looking for something to do during those cold months? Parents and kids alike can come participate in an open swim day every Friday. During the winter months lanes are reserved for guest swimmers. Call Jessica at 4Seasons for more details.

**TIME:** 9am-12pm                      **FEE:** \$85

**LOCATION:** 4Seasons Sports Complex



# HEALTH & WELLNESS

## **GOLD'S GYM-WESTMINSTER**

**Town Mall**  
**400 N. Center Street**  
**410-848-5007**

### **BELLY DANCING**

February 4–March 11      6 sessions      Wednesdays  
Program #09SG90

Works muscle groups in the abdomen, pelvis, trunk, spine and neck. There is a wealth of health benefits awaiting those who practice this form of dance. Improved posture and muscle toning, weight loss, preparation for childbirth, and stress reduction. **No early bird or senior discount.**

TIME: 7:30-8:15pm      FEE: \$50

LOCATION: Gold's Gym, Westminster

### **BUTTS & GUTTS**

February 2–March 9      6 sessions      Mondays  
Program #09SG91

An express class designed to work the lower body, burning fat and toning muscles! **No early bird or senior discount.**

TIME: 7:30-8pm      FEE: \$35

LOCATION: Gold's Gym, Westminster

### **FITNESS CHALLENGE - 21 DAYS**

February 2–February 22      6 sessions      Mondays & Fridays  
Program #09SG92

Push your body to the limit in this boot camp style class. A variety of exercises will be given by a certified personal trainer. Show up and perform and you will get results! **No early bird or senior discount.**

TIME: 9:15-10am      FEE: \$125

LOCATION: Gold's Gym, Westminster

### **KISS THOSE WEDDING DAY BLUES GOODBYE!**

February 7–March 14      6 sessions      Saturdays  
Program #09SG93

Fit into that wedding dress (mother of the bride and/or bridesmaids, too)! Get ready for that special day and get rid of those extra pounds quickly. Complete this class for six weeks and you are sure to be ready for that wedding day! All ages and abilities welcome. **No early bird or senior discount.**

TIME: 7:30-8:30am      FEE: \$125

LOCATION: Gold's Gym, Westminster

### **PILATES MAT WORKOUT**

February 5– March 12      6 sessions      Thursdays  
Program #09SG94

Focus on strengthening your core and toning all major muscle groups. This class is designed for all fitness levels and is based on the original workout of Joseph Pilates. Get quick results! **No early bird or senior discount.**

TIME: 4:30-5:15pm      FEE: \$45

LOCATION: Gold's Gym, Westminster

### **LINE DANCING**

February 7–March 14 OR March 21–May 2 (no class 4/11)  
6 sessions      Saturdays

Program #09SG95      February 7-March 14

Program #09SG96      March 21-May 2 (no class 4/11)

Beginners through advanced, men and women, learn the latest popular dances, old favorites, country western, a little bit of funk and a whole lotta soul! Some examples of the dances learned by participants will be: El Paso, 16-Step, Cut-A-Rug, This Little Light, and Bartenders Stomp. This class is great for balance, coordination, and freedom of movement. Have fun while exercising your body and mind. Enrollment is limited to 20. **No early bird or senior discount.** Instructor: Irene Eddy

TIME: 1-2pm      FEE: \$45

LOCATION: Gold's Gym, Westminster

### **RESTORATIVE EXERCISE FOR SENIORS**

February 4–March 11      6 sessions      Wednesdays  
Program #09SG97

Active stretching techniques combined with core and joint strengthening movements. **No early bird or senior discount.**

TIME: 11:30am-12:15pm      FEE: \$45

LOCATION: Gold's Gym, Westminster



### **SOCIAL BALLROOM DANCING FOR BEGINNERS**

February 7-March 14 or March 21-May 2  
6 sessions      Saturdays

Program #09SG98      The Waltz, February 7–March 14

Program #09SG99      Fox Trot, March 21–May 2 (no 4/11)

For both men and women learn how to lead and how to follow with assurance and grace. Included are the basic steps and several variations. We will work on correct posture, frame, footwork, timing, balance, and smooth performance.

Please – no spike heels or black-marking shoes. Individuals welcome. **No early bird or senior discount.** Instructor: Irene Eddy

TIME: 2-3pm      FEE: \$45/person

LOCATION: Gold's Gym, Westminster

### **SPEED, AGILITY AND QUICKNESS TRAINING FOR TEENS**

February 6–March 13      6 sessions      Fridays  
Program #09SG100

Teens age 13-17 will develop and enhance athletic performance. Ages 13 through 17 are viewed as the most ideal ages to develop speed, strength and power. Areas of focus will be on motor skills, agility, coordination, flexibility, speed and strength. Class will also provide some nutritional guidelines. Program will be all about fun, but it is designed to develop and enhance athletic performance and to help build better self esteem. Class size limited to 10. **No early bird or senior discount.**

TIME: 4-5pm      FEE: \$85

LOCATION: Gold's Gym, Westminster

### **YOGA FOR ALL**

February 3–March 10      6 sessions      Tuesdays  
Program #09SG101

A fitness class designed to focus on strength, posture, balance and breathing to improve well-being. Bring a yoga mat. **No early bird or senior discount.**

TIME: 7:30-8:30pm      FEE: \$50

LOCATION: Gold's Gym, Westminster





**Experience professional tennis  
at it's best  
during a trip to the  
US Open 2009!**

Keep your eye out on our website at [www.ccgovernment.carr.org/recreation](http://www.ccgovernment.carr.org/recreation) for information on an upcoming trip to the **US Open 2009** in Flushing Meadows, New York. Tentative trip plans include transportation, lodging, some meals, and two day passes. See all of the top world players competing for a Grand Slam title!



# HEALTH & WELLNESS

## **WESTMINSTER FAMILY CENTER** 11 Longwell Avenue 410-751-5501

### **FLOW YOGA**

8 sessions Saturdays  
Program #09SG102 January 31-March 21  
Program #09SG103 March 28-May 16

Connects movement with the breath in a series of flowing yoga postures. Through awareness and intention, we will use the flow of postures as a vehicle to enhance the body/mind/spirit connection. By moving with the breath, the mind becomes calm and the body responds by reaching deeper states of relaxation, balance and flexibility. Prior yoga experience is helpful, but not necessary; please arrive on time. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: 10-11am FEE: \$56



### **CARDIO CHISEL FUSION**

January 27-March 20 8 sessions  
Program #09SG104 Tuesdays @ 6-7am  
Program #09SG105 Wednesdays 9:30-10:30am  
Program #09SG106 Thursdays 6-7pm  
Program #09SG107 Fridays 9:30-10:30am

A mixture of aerobic training for heart health and calorie burning, followed with a body sculpting segment. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: Choose program above FEE: \$56

### **STEP/CHISEL INTERVAL**

January 26-March 19 8 sessions  
Program #09SG108 Mondays @ 9:30-10:30am  
Program #09SG109 Mondays 7-8pm  
Program #09SG110 Wednesdays 6-7pm  
Program #09SG111 Thursdays 6-7am

A cardiovascular workout that consists of alternating Step aerobics and resistance training to create a complete workout. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: Choose program above FEE: \$56

### **RIP 'N CHISEL**

January 26-March 19 8 sessions  
Program #09SG112 Mondays @ 6-7am  
Program #09SG113 Mondays @ 6-7pm  
Program #09SG114 Tuesdays @ 10-11am  
Program #09SG115 Thursdays @ 10-11am

A total body sculpting class designed to contour, tone, and strengthen from head to toe. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: Choose program above FEE: \$56

### **CARDIO CHISEL FUSION**

March 24-May 15 8 sessions  
Program #09SG116 Tuesdays @ 6-7am  
Program #09SG117 Wednesdays 9:30-10:30am  
Program #09SG118 Thursdays 6-7pm  
Program #09SG119 Fridays 9:30-10:30am

A mixture of aerobic training for heart health and calorie burning, followed with a body sculpting segment. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: Choose program above FEE: \$56

### **STEP/CHISEL INTERVAL**

March 23-May 14 8 sessions  
Program #09SG120 Mondays @ 9:30-10:30am  
Program #09SG121 Mondays 7-8pm  
Program #09SG122 Wednesdays 6-7pm  
Program #09SG123 Thursdays 6-7am

A cardiovascular workout that consists of alternating Step aerobics and resistance training to create a complete workout. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: Choose program above FEE: \$56

### **RIP 'N CHISEL**

March 23-May 14 8 sessions  
Program #09SG124 Mondays @ 6-7am  
Program #09SG125 Mondays @ 6-7pm  
Program #09SG126 Tuesdays @ 10-11am  
Program #09SG127 Thursdays @ 10-11am

A total body sculpting class designed to contour, tone, and strengthen from head to toe. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: Choose program above FEE: \$56



# HOME & GARDEN

### **AHHHH SPA - PAMPERING EVENING**

March 11 1 session Wednesday  
Program #09SG128

Treat yourself to an Herbal Facial Steam you will concoct with herbs and essential oils, especially designed for your skin type. This health and beauty evening will include a clay mask, toner and moisturizer in your treatments. Enjoy a hand soak, ending with a lemon sugar scrub for really soft hands. Share refreshments and fun. Bring a towel and hair band. A \$10 materials fee is due to instructor at beginning of class. Ages 16+. Instructor: Sharon Marie Birnie

TIME: 7-8:30pm FEE: \$20

LOCATION: Westminster High School, Room #E-125

### **CHAIR SEAT WEAVING**

February 25-April 1 6 sessions Wednesdays  
Program #09SG129

Do you love that antique caned chair? However, cannot enjoy sitting on it because it needs work. Now is the time to start enjoying it while proudly displaying your newly gained skill. Learn the art of woven cane, pressed cane, flat cane or rush. Bring your project to the first class and purchase your supplies from the instructor for less than \$20 typically. Maximum enrollment is 10. Instructor: Linda Lantz

TIME: 7-9pm FEE: \$65

LOCATION: Westminster High School, Room #E-113

### **HISTORY OF TEA**

March 6-March 20 OR May 22-June 5 3 sessions Fridays  
Program #09SG130 March 6-March 20  
Program #09SG131 May 22-June 5

Come enjoy learning about the history and geography of tea and the many types of tea. During our second session enjoy a tea tasting, and on the third night finish up with a full tea party where you will enjoy a menu to include scones, tea sandwiches, fresh fruit, desserts, and, of course, tea! This program is for adults. Visit [www.gypsys-tearoom.com](http://www.gypsys-tearoom.com). No early bird or senior discount. Instructor: Lora Andrews

TIME: 6-8pm FEE: \$60

LOCATION: Gypsy's Tearoom, 111 Stoner Avenue, Westminster

### **MASTER GARDENER SERIES: GROWING ORGANIC VEGETABLES**

April 28 OR May 5 1 session Tuesday  
Program #09SG132 April 28  
Program #09SG133 May 5

Pick pest-free and pesticide-free produce from your very own garden by learning how to easily grow vegetables the "organic way." No early bird or senior discount. Instructor: Lou Boulmetis, Nationally Syndicated Columnist and Master Gardener

TIME: 7-8:30pm FEE: \$20

LOCATION: South Carroll Senior and Community Center

