



CLOGGING - BEGINNER I

Nov 30-Feb 22 (no class 12/21, 12/28, 1/18, 1/25, 2/15)

8 sessions Mondays

Program #09WG32

Join this fun contemporary American Folk dance class - no experience required! Learn basic fundamentals working on form, movement, balance, basic sounds and steps, moving on to combine steps into simple dance routines designed especially to incorporate the basic steps. White thin soled canvas tennis shoes are needed. A one-time \$16 material fee is due to instructor at first class. Students usually enroll in Beginner I class for at least one year. Age 8-adult. **No early bird or senior discount.** Instructor: Becky Kishter

TIME: 6:30-7pm FEE: \$35

LOCATION: Sandymount Elementary School, cafeteria

CLOGGING - LEVEL I & II

Nov 30-Feb 22 (no class 12/21, 12/28, 1/18, 1/25, 2/15)

8 sessions Mondays

Program #09WG33 Level I, 7-8pm

Program #09WG34 Level II, 8-9pm

Fun contemporary American Folk dance. Level I=for dancers who have one or more years experience in clog dancing; continuing to build on basic steps/routines, working on synchronized team dancing. Level II=for the experienced clogger, learning intermediate and advanced steps/routines, improving synchronized team dancing. A one-time \$4 materials fee is due to instructor at first class. White clogging shoes w/jingle taps are necessary. Age 8-adult. **No early bird or senior discount.** Instructor: Becky Kishter

TIME: See above FEE: \$45

LOCATION: Sandymount Elementary School, cafeteria

HATHA YOGA

Nov 30-Dec 17 3 sessions Mondays OR Thursdays

Program #09WG35 Mondays, 11/30-12/14, 6:15-7:15pm

Program #09WG36 Thurs, 12/3-12/17, 9:15-10:15am

Come relieve some holiday stress with yoga. Each class will include a flowing series of postures to build strength and flexibility, followed by restorative poses to leave you feeling calm and rejuvenated. Bring a yoga mat. Instructor: Shawn Essed

TIME: Choose above FEE: \$24

LOCATION: Mon-Taneytown Sr Cntr / Thurs-Robert Moton Center

YOGA

8 sessions Tuesdays & Thursdays

Dec 8-Dec 31 OR Jan 5-Jan 28 OR Feb 2-Feb 25

Program #09WG37 12/8-12/31

Program #09WG38 1/5-1/28

Program #09WG39 2/2-2/25

Join "Jo-ga" our Yoga guru, in traditional yoga class. A total mind/body workout that will strengthen and stretch you and leave you feeling relaxed and fit. Age: adult. Instructor: Yoga Joe

TIME: 7:30-8:30pm FEE: \$80

LOCATION: 4Seasons Sports Complex, 2710 Hampstead-Mexico Road



PERSONAL TRAINING & 30-DAY MEMBERSHIP PACKAGE

Begins January 2nd (through February 28th) 30 days

Program #09WG40

Get a 30-day 4Seasons Sports Complex membership—3 Personal Training sessions included! Register anytime between January 2nd and February 28th and call 4Seasons to schedule a times with your personal trainer (personal training must be used in the 30-day membership time frame). Hours are Mon-Thurs 4:30am-10pm, Fri 4:30am-9pm, Sat 6:30am-6pm, and Sun 7am-6pm. Class schedule available; instructors vary per class. Fitness Daycare while you work out (hours: Mon-Thurs 9-11:30am & 5-8:30pm, Fri 9-11:30am & 5:30-8:15pm, Sat 8:45am-11:30am). Age: adult. Instructor: 4 Seasons staff

TIME: See schedule at gym FEE: \$165

LOCATION: 4Seasons Sports Complex, 2710 Hampstead-Mexico Rd



GROUP FITNESS CLASSES FLEX-PACK

Jan 3-Feb 27 16 sessions 7 days a week

Program #09WG41

Descriptions:

BodyJam: A cardio dance workout. An addictive fusion of the latest dance moves and hot music, have fun and break a sweat!

Class times: Monday 5-6pm, Thursday 9:15-10:15am, Saturday 8:30-9:30am.

BodyFlow: A Yoga/Tai Chi/Pilates workout that builds flexibility and strength. Sure to leave you feeling centered and calm.

Class times: Tuesday 6-6:45pm, Thursday 10:15-11am, Friday & Sunday 9:30-10:15am.

BodyCombat: A highly energetic cardio workout that is inspired by the martial arts. Prepare to strike, punch, kick and kata your way through calories to superior cardio fitness.

Class times: Wednesday 5:30-6:30pm, Saturday 10:30-11:30am.

Age: adult. Instructor: 4 Seasons staff

TIME: varies per class FEE: \$150

LOCATION: 4Seasons Sports Complex, 2710 Hampstead-Mexico Rd

BODY JAM

Jan 4-Feb 27 8 sessions Mondays, Thursdays OR Saturdays

Program #09WG42 Mondays 5-6pm, 1/4-2/22

Program #09WG43 Thursdays 9:15-10:15am, 1/7-2/25

Program #09WG44 Saturdays 8:30-9:30am, 1/9-2/27

A cardio dance workout! An addictive fusion of the latest dance moves and hot music, have fun and break a sweat! A Les Mills fitness program. Age: adult. Instructor: 4 Seasons staff

TIME: Choose above FEE: \$80

LOCATION: 4Seasons Sports Complex, 2710 Hampstead-Mexico Rd

BODY FLOW

Jan 3-Feb 27 8 sessions Tuesdays, Thursdays OR Sundays

Program #09WG45 Tuesdays 6-6:45pm, 1/5-2/23

Program #09WG46 Thursdays 10:15-11am, 1/7-2/25

Program #09WG47 Sundays 9:30-10:15am, 1/3-2/21

A Yoga/Tai Chi/Pilates workout that builds flexibility and strength. Sure to leave you feeling centered and calm. A Les Mills fitness program. Age: adult. Instructor: 4 Seasons staff

TIME: Choose above FEE: \$80

LOCATION: 4Seasons Sports Complex, 2710 Hampstead-Mexico Rd



HEALTH & WELLNESS

(Continued)

BODY COMBAT

Jan 6-Feb 27 8 sessions Wednesdays OR Saturdays

Program #09WG48 Wednesdays 5:30-6:30pm, 1/6-2/24

Program #09WG49 Saturdays 10:30-11:30am, 1/9-2/27

A highly energetic cardio workout that is inspired by the martial arts. Prepare to strike, punch, kick and kata your way through calories to superior cardio fitness. A Les Mills fitness program. Age: adult. Instructor: 4 Seasons staff

TIME: See above FEE: \$80

LOCATION: 4Seasons Sports Complx, 2710 Hampstead-Mexico Rd



AEROBIC DANCING

Jan 4-Mar 31 (no 1/18, 1/25, 2/15, 3/15)

22 sessions Mondays AND Wednesdays

Program #09WG50

A Jackie Sorenson international program dating back to 1967, professionally offered in Carroll County for over 30 yrs. Aerobic fitness which combines health and figure benefits of jogging with dancing. Exercise at your own level as you firm and tone muscles, strengthen your cardiovascular system, burn calories, reduce stress and have fun socializing. Bring floor mats, hand and leg weights if desired. No early bird or senior discount. Instructor: Paulette Greenwalt

TIME: 7-8pm FEE: \$64

LOCATION: Piney Ridge Elementary School, cafeteria

KICKBOXING

Jan 5-Feb 12 12 sessions

Tuesdays AND Fridays

Program #09WG51



Women, men and teens participate in a powerful cardio workout in a fun and relaxed environment. Get fit, increase flexibility and coordination, relieve stress, and boost your stamina while working out to great music. Workouts change with each class - you'll never get bored! Age 15+. Instructor: Master Bun Huor

TIME: Tuesdays meets 8:30-9:30pm FEE: \$99

Fridays meets 7:30-8:30pm

LOCATION: Sykesville Tae Kwon Do Academy, 1532 Liberty Road

BEGINNER/INTERMEDIATE HATHA YOGA

Jan 5-Feb 23 8 sessions Tuesdays

Program #09WG52

Come learn, grow and experience the whole body benefits of yoga. We will be learning asanas and breathing techniques that benefit the bodies' mental and physical health including digestion and muscle pain. Beginning-Intermediate levels. Bring a yoga/sticky mat, and a yoga strap or long flexible skinny towel (some extras will be available on borrow). Instructor: Amy Clark

TIME: 6:30-7:30pm FEE: \$50

LOCATION: Robert Moton Center, 300 S. Center Street



ZUMBA FITNESS!

Jan 5-Feb 24

8 sessions Tuesdays OR Wednesdays

Program #09WG53 Tues., 7:30-8:30pm, West. Senior Center

Program #09WG54 Wed., 9:30-10:30am, Robert Moton Center

Get ready to join the fitness party that has swept over 30 countries!

A multi-cultural dance-exercise experience that fuses Latin dance moves together with energizing original music for an awesome fat-burning, core-conditioning workout! Easy to follow - all abilities are welcome! The most fun you'll ever have working out! Ditch the workout - join the party - its exercise in disguise! Age 13+. No early bird or senior discount. Instructor: Lynette Stupi

TIME: Choose above FEE: \$40

LOCATION: Choose above



BELLY DANCING

Jan 5-Feb 25 8 sessions Tuesdays OR Thursdays

Program #09WG55 Tuesdays, 11am-12pm, Robert Moton Center

Program #09WG56 Thursdays, 7-8pm, Westminster Senior Center

This Middle Eastern ancient art form promotes the health of the body, mind and spirit. It focuses on the isolation and manipulation of the ribcage, arms, belly and pelvis; and uses all of the major muscle groups in the body. As one progresses through each move, the whole body's coordination improves allowing students to move with grace and confidence. This is a dance form not only for the eye to appreciate, but for the body's well being. Women of all ages, shapes and ability levels are invited to enjoy this opportunity to create a connection to the power in your body through movement in an atmosphere of encouragement and support. Wear comfortable clothing. Age: 16+. Instructor: Khandi Ranlet

TIME: Choose above FEE: \$60

LOCATION: Choose above



BELLY DANCING II

Jan 5-Feb 25 8 sessions Tues OR Thurs

Program #09WG57 Tuesdays, 12-1pm, Robert Moton Center

Program #09WG58 Thursdays, 8-9pm, Westminster Senior Center

Now that your body is more flexible and has a greater awareness of how it can move, this class will present an opportunity to go beyond those basic moves established in the beginner class. More complicated combinations and choreographies will be explored. Progress beyond technique and shimmy your way into dance. For women who have participated in the beginner class or who have had previous belly dance experience. Instructor: Khandi Ranlet

TIME: Choose above FEE: \$60

LOCATION: Choose above

SUNRISE YOGA

Jan 6-Feb 24 8 sessions Wednesdays

Program #09WG59

Wake up with "Jo-ga" our Yoga guru. A total mind/body workout that will strengthen and stretch you and leave you feeling relaxed/fit and ready for your day. Age: adult. Instructor: Yoga Joe

TIME: 6-7am FEE: \$80

LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road

HEALTH & WELLNESS

(Continued)



BEGINNER PILATES

Jan 6-Feb 24 8 sessions Wednesdays
Program #09WG60

Discover the benefits of Pilates! A beginner level class that introduces the basic principles of Pilates. Learn the proper execution of the classic mat exercises that increase core muscle power, improve posture and mental focus. Lengthen and strengthen muscles without joint stress! Please bring Pilates/Yoga mat. Age 13+. **No early bird or senior discount.** Instructor: Lynette Stupi
TIME: 10:40-11:30am FEE: \$40
LOCATION: Robert Moton Center, 300 S. Center Street



WOMEN'S STREET SMART AWARENESS AND SELF DEFENSE

January 9 1 session Saturday
Program #09WG65

A program specifically designed for women and girls age 12+. Not only will the most comprehensive self defense techniques be covered, we will teach you how to avoid and diffuse potentially dangerous situations in the first place. This is a great program to take with a friend! Instructor: Master Bun Huor
TIME: 1-4pm FEE: \$25
LOCATION: Sykesville Tae Kwon Do Academy, 1532 Liberty Road

INTERNATIONAL MARTIAL ARTS & BOXING

Jan 6-Mar 10 10 sessions Wednesdays
Program #09WG61

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: Westminster Senior Center



FENCING

Jan 13-Mar 3 8 sessions Wednesdays
Program #09WG66

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 exciting sport! Matching wits with your competition! Students are responsible for providing their own equipment (should not exceed \$100, however, some used equipment is available on loan or for purchase at a low cost). A \$10 material fee for gloves is due to instructor first night of class. Age: 12+, all levels welcome. Instructor: Katie McPeak
TIME: 7-9pm FEE: \$75
LOCATION: (New) South Carroll Sr. Center, Mineral Hill Road

ZUMBA FITNESS

Jan 7-Feb 11 OR Feb 18-Mar 25 6 sessions Thursdays
Program #09WG62 1/7-2/11
Program #09WG63 2/18-3/25

Mambo - Calypso - Merengue - Salsa! Get ready to join the fitness party that has swept over 30 countries! A multi-cultural dance-exercise experience that fuses Latin dance together with energizing music for an awesome fat-burning, core-conditioning workout! Easy to follow - all abilities welcome! The most fun you'll ever have working out! Ditch the workout - join the party - its exercise in disguise! Age 13-adult. **No early bird or senior discount.** Instructor: Yvette Castillo
TIME: 7:30-8:30pm FEE: \$24
LOCATION: Taneytown Senior Center

STABILITY BALL WORKOUT

Jan 7-Feb 25 8 sessions Thursdays
Program #09WG64

Do you have one of these balls and it's just sitting around your house? Or, maybe you've never used one before?... then this is the class for you! Stability ball workout challenges the entire body by conditioning core strength, balance, flexibility, muscle tone, and mental focus - a fun, easy way to increase overall fitness. All abilities are welcome; please bring your own stability ball and a mat. Age 13+. **No early bird or senior discount.** Instructor: Lynette Stupi
TIME: 10:40-11:30am FEE: \$35
LOCATION: Robert Moton Center, 300 S. Center Street



HATHA YOGA

Jan 14-Feb 25 7 sessions Thursdays
Program #09WG67

Increase your strength, flexibility and balance with this flowing series of postures that's sure to leave you feeling calm and rejuvenated. All poses can be modified to suit participants' needs. Bring a yoga mat. Instructor: Shawn Essed
TIME: 9:15-10:15am FEE: \$56
LOCATION: Robert Moton Center, 300 S. Center Street



HATHA YOGA

Jan 25-Feb 22 (no 2/15) 4 sessions Mondays
Program #09WG68

Increase your strength, flexibility and balance with this flowing series of postures that's sure to leave you feeling calm and rejuvenated. All poses can be modified to suit participants' needs. Bring a yoga mat. Instructor: Shawn Essed
TIME: 6:15-7:15pm FEE: \$32
LOCATION: Taneytown Senior Center



HEALTH & WELLNESS

(Continued)



SOCIAL BALLROOM DANCING — BEGINNER I

Feb 22-May 10 (no 4/5, 4/26) 10 sessions Mondays
Program #09WG69

Learn the basic steps in various dances including East coast Swing, foxtrot, cha cha, waltz, rumba, and disco. **No senior discount.**

Instructor: Thelma Otto

TIME: 7-9:30pm FEE: \$135/couple

LOCATION: Oklahoma Road Middle School, cafeteria

SOCIAL BALLROOM DANCING — BEGINNER II

Feb 23-April 27 10 sessions Tuesdays
Program #09WG70

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. **No senior discount.** Instructor: Thelma Otto/Les Debelius

TIME: 7-9:30pm FEE: \$135/couple

LOCATION: Oklahoma Road Middle School, cafeteria

SOCIAL BALLROOM DANCING — INTERMEDIATE



Feb 24-April 28 10 sessions Wednesdays
Program #09WG71

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. **No senior discount.** Instructor: Thelma Otto/Les Debelius

TIME: 7-9:30pm FEE: \$135/couple

LOCATION: Carroll Springs School, gymnasium



HOMESCHOOL

HOMESCHOOL UNCOMMON CENTS: FINANCIAL LITERACY

Jan 4-Feb 8 (no class 1/18) 5 sessions Mondays
Program #09WG72

A fun and inventive program which encourages participation discussing the difference between needs and wants, and why it is important to set money aside for emergencies. We demonstrated that, by saving money, we may purchase things that we would like to have, and the usefulness of saving money in a savings bank so that it can grow. By using magic, youth see how their money can multiply by saving it on a consistent basis. Students learn about the concepts of saving, spending and sharing or donating money. Age 6-10. Instructor: David Felzenberg, Bubbles the Clown

TIME: 10:30-11:30am FEE: \$50

LOCATION: Robert Moton Center, 300 S. Center Street

HOMESCHOOL: CRAZY CARTOONS

Jan 5-Feb 9 6 sessions Tuesdays
Program #09WG73

Practice techniques that encourage creativity using pencils, colored pencils, and markers. 2 projects will be completed: An animation character illustration & a story/comic book cover illustration. Focus on using your imagination and transferring it to paper. Especially designed for our young future cartoon and/or fantasy story-book illustrators. A \$20 materials fee is due to instructor on first day of class. Age: 6th grade and up. Instructor: Vivian Davis

TIME: 9:45-11am FEE: \$70

LOCATION: Robert Moton Center, 300 S. Center Street



HOMESCHOOL: PAINTING & DRAWING

Jan 5-Feb 9 6 sessions Tuesdays
Program #09WG74

Youth will work on structured age appropriate visual art projects focusing on creativity through such subjects as color theory, famous artists, still life, landscape, painting and drawing using pencil acrylic pastel, water color and other various media. A \$15 materials fee is due to instructor at first class. Age 5+. Instructor: Carla Gray

TIME: 11am-12pm FEE: \$60

LOCATION: Studio on the Hill, 2251 Pennview Drive, Manchester



HOMESCHOOL GYM CLASS

Jan 5-Feb 26 8 sessions Tuesdays OR Fridays
Program #09WG75 Tuesdays, 1/5-2/23

Program #09WG76 Fridays, 1/8-2/26

Come play some of your favorite sports along with 2 swim days per session! Age 6+. Instructor: 4 Seasons staff

TIME: 1-2:30pm FEE: \$45

LOCATION: 4Seasons Sports Comp., 2710 Hampstead-Mexico Rd

HOMESCHOOL: INTRO TO POTTERY

Jan 12-Feb 2 4 sessions Tuesdays
Program #09WG77

Fun for those 8 years up to adults! Come out and try the wheel! A great opportunity to take a class together! You will have access to the wheel during class. Each person will receive 20lbs of clay and use of studio tools and equipment. Complete 4 projects and learn the art of wheel pottery with hands-on, easy to learn instruction. A \$30 materials fee is due to instructor at the first class - firing/glazing included. Instructor: Abigail Dion

TIME: 10:30am-11:30am FEE: \$60

LOCATION: Glazed to Perfection, 2030 Liberty Road, Eldersburg