

# SUMMER COMMUNITY CLASSES AUGUST

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CLASS		TEACHING ARTIST	TIME	DATES	STUDIO	COST
<b>MONDAY</b>						
Pilates	Open level	Ryoko Kudo	8:00-9:00 AM	Ongoing	C	Drop In / Class Pass
Cardio Groove Combo + Stretch	All Levels	Mimi Rosenblatt	9:00-10:30 AM	Ongoing	A	
Modern Open Level	Experienced Beginners+	Bettina Montano	6:30-8:00 PM	through 8/21	B	
Tai Chi	All Levels	Berkshire Tai Chi	6:30-8:00 PM	Ongoing	C	Per Instructor
<b>TUESDAY</b>						
Dancer Within	Beginner +	Bettina Montano	9:30-11:00 AM	Ongoing	B	Drop In / Class Pass
<b>WEDNESDAY</b>						
Cardio Groove Combo + Stretch	All Levels	Mimi Rosenblatt	9:00-10:30 AM	Ongoing	A	Drop In / Class Pass
Pilates	Open level	Ryoko Kudo	5:15-6:15 PM	Ongoing	C	
Zumba	Beginner+, 13+	Lindsey Berkowitz	6:30-7:30 PM	Ongoing	A	
Scottish Country Dance	All Levels	Various	7:15-9:15 PM	Ongoing	C	\$7 / Class
<b>THURSDAY</b>						
Modern	Beginners +	Ryoko Kudo	9:30-11:00 AM	Ongoing	B	Drop In / Class Pass
<b>FRIDAY</b>						
Cardio Groove Combo + Stretch	All Levels	Mimi Rosenblatt	9:00-10:30 AM	Ongoing, no class 8/25	A	Drop In / Class Pass
Tai Chi	All Levels	Berkshire Tai Chi	10:30-12:15 PM	Ongoing	C	Per Instructor
<b>SATURDAY</b>						
Zumba	Beginner+, 13+	Lindsey Berkowitz	10:30-11:30AM	Ongoing	A	Drop In / Class Pass

## MEMBERSHIP RATES:

\$17 Drop-in, \$150 for 10 Class Pass, \$240 for 20 Class Pass

Tuition assistance available – please inquire!

Monday, August 14, 2017