

Focus on Adult Education Spring 2018

AEROBICS

Beth D'Allesandro

Tuesdays & Thursdays: 6:30 - 7:30 p.m.
8 weeks beginning February 27, 2018
Location: HS Wrestling Room

Fun, low impact aerobics set to Top 40 music focusing on raising the heart rate and burning fat. You will incorporate major muscle groups including quads, glutes, and chest followed by a floor workout of abdominals and legs, then finally a cool down and stretch. Please bring a mat or towel to class.

CANNING

Tammy Lindley

Thursdays: 6:00 – 8:30 p.m.
8 weeks beginning March 1, 2018
Location: HS Room 124

In this class you will learn hands-on how to prepare homemade canned goods. You will also learn the difference between pressure and hot water bath canning. Kitchen equipment is provided and a Ball Blue Book will be provided to those who do not already have one. Please be prepared to bring in assigned ingredients weekly. We will be learning how to prepare and can jams, syrups, relishes, pickles, and meat. We will have a good time sharing stories and recipes, and you can take home at least one jar of what we have prepared in class. Hope to see you there!

WOMEN'S SELF-DEFENSE CLASS

Cheryl Speer

Mondays: 6:30 – 7:30 p.m.
8 weeks beginning February 26, 2018
Location: HS Wrestling Room

Pittsburgh Martial Arts presents Women's Self-Defense Class. This class is a fun way to build your confidence and learn real life ways to protect yourself and your family in a variety of self-defense situations. The Women's Self-Defense Class is for women of all body types – it does not require physical fitness, flexibility or strength. You will learn to use leverage based techniques to neutralize the larger, stronger attacker. You will learn these life-saving skills in a caring and supportive environment. Come on your own or bring a relative or friend!

ZUMBA

Marci Antion

Mondays: 7:30 – 8:30 p.m.
8 weeks beginning February 26, 2018
Location: MS Gym

Sweat it out without the “work” of a workout to Latin, World, and current pop music with basic dance rhythms like the salsa, cumbia, meringue and reggaeton. Benefit from exercise in disguise: all elements of fitness – interval cardio training, muscle conditioning, balance, flexibility, and boosted energy are included. No dance experience is necessary. Be sure to wear loose, comfortable clothes and supportive cross-trainer sneakers.