COMMUNITY EDUCATION 2022 FALL CATALOG

WILLIAM T. HOAG EDUCATIONAL CENTER

42 SUNSET BOULEVARD ANGOLA, NY 14006

TELEPHONE: 716-926-2270 (OR) 716-926-2480

CHRISTINE STARKS - BUILDING/PROGRAM ADMINISTRATOR

TERESA MAIORANA – BUILDING SECRETARY



REGISTRATION & GENERAL INFORMATION

HOW TO REGISTER:

BY MAIL - ENCLOSE A CHECK/MONEY ORDER/DEBIT/CREDIT CARD (MASTER CARD, VISA, AMERICAN EXPRESS, DISCOVER)
PAYMENT MADE OUT TO LAKE SHORE CENTRAL SCHOOLS ALONG WITH THE REGISTRATION FORM.

MAIL TO W.T. HOAG EDUCATIONAL CENTER/42 SUNSET BLVD/ANGOLA, NY 14006.

BY FAX - 716-549-4391 - 24 HOURS/DAY - 7 DAYS/WEEK. ONLY CREDIT/DEBIT CARD PAYMENTS ACCEPTED BY FAX.

IN PERSON - REGISTRATION WILL BE ACCEPTED MONDAY THRU FRIDAY (8AM – 4 PM) AT THE W.T. HOAG EDUCATIONAL CENTER

**PLEASE NOTE ALL IN-PERSON VISITORS MUST SIGN-IN AND HAVE VALID ID.

**A LINK FOR THE VIRTUAL CLASSES WILL BE PROVIDED AFTER REGISTRATION AND BEFORE THE COURSE START DATE.



REGISTRATION & GENERAL INFORMATION



CREDIT/DEBIT CARD PAYMENTS: WE ACCEPT ALL MAJOR CREDIT CARDS (MASTER CARD, VISA, AMERICAN EXPRESS, DISCOVER).

IF MAILING OR FAXING YOUR PAYMENT, PLEASE INCLUDE YOUR CARD NUMBER AND EXPIRATION DATE.

WE ACCEPT ALL PERSONAL CHECKS AND MONEY ORDERS BY MAIL OR IN PERSON. A \$20 FEE WILL BE CHARGED FOR ANY RETURNED CHECKS. MAKE CHECKS PAYABLE TO: LAKE SHORE CENTRAL SCHOOLS.

LAB FEES: IF THERE ARE ANY LAB FEES RELATED TO YOUR COURSE, THEY WILL BE PAID TO THE INSTRUCTOR THE FIRST DAY OF CLASS. DO NOT INCLUDE THE LAB FEE WITH THE REGISTRATION FEE.

REFUNDS/CANCELLATIONS: THE FULL FEE WILL BE REFUNDED TO YOU BY CHECK OR CREDIT IF YOUR COURSE IS CANCELLED OR IF YOU WITHDRAW FROM THE COURSE A WEEK PRIOR TO THE START DATE.

SCHOOL CLOSINGS: WHEN SCHOOL IS CLOSED DUE TO INCLEMENT WEATHER OR IF AFTER SCHOOL ACTIVITIES ARE CANCELLED, COMMUNITY EDUCATION CLASSES ARE ALSO CANCELLED. PLEASE REFER TO YOUR LOCAL RADIO/TELEVISION STATIONS OR OUR SCHOOL WEBSITE FOR DETAILS.

***AT NO TIME WILL A TELEPHONE REGISTRATION/PAYMENT BE ACCEPTED.

***ONCE YOU ARE SIGNED UP FOR A COURSE, YOU WILL NOT HEAR FROM US UNLESS THERE ARE CHANGES TO YOUR
COURSE. REMEMBER "NO NEWS IS GOOD NEWS!!"

NOTARY PUBLIC TRAINING WITH KAREN O'CONNOR

DO YOU NEED TO BECOME A NOTARY FOR WORK OR IS IT SOMETHING YOU WOULD LIKE TO ADD TO YOUR RESUME? THE (NEW YORK STATE) NOTARY PUBLIC TRAINING COURSE IS AN INTRODUCTORY CLASS WHERE PARTICIPANTS WILL LEARN THE LAWS AND VOCABULARY NECESSARY TO PASS THE STATE TEST AND PERFORM DUTIES ONCE COMMISSIONED. THIS IS A ONE EVENING COURSE FOR BEGINNERS 18 YEARS AND OLDER.

WHO: 18 AND OVER WHEN: THURSDAY (1 SESSION)

WHERE: WILLIAM T HOAG EDUCATIONAL CENTER DATE: OCTOBER 20, 2022

TIME: 6:00 PM - 8:30 PM **COST:** \$60



DEFENSIVE DRIVING WITH DONNA JEFFERS

A SIX HOUR COURSE PERTAINING TO SAFE DRIVING THAT CAN REDUCE POINTS ON YOUR LICENSE AND SAVE 10% OFF CAR INSURANCE FOR 3 YEARS.

YOU MUST HAVE A VALID DRIVER'S LICENSE.

THE COURSE WILL BE COMPLETED IN 2-THREE HOUR SESSIONS FROM 5:30 PM - 8:30 PM.

WHO: ANYONE WITH A VALID DRIVER'S LICENSE WHEN: TUESDAY & WEDNESDAY (2 SESSIONS)

WHERE/HOW: VIRTUAL - VIA ZOOM - THE LINK WILL BE SENT PRIOR TO THE COURSE START DATE

DATES: OCTOBER 4 & 5, 2022 **TIME:** 5:30 PM — 8:30 PM **COST:** \$35



HOLISTIC ARTS WITH JESSE WICHER

CLASS: EMOTIONAL RELEASE FOR INNER PEACE

FEAR, ANGER, AND SORROW CAN DISRUPT THE FLOW OF ENERGY IN OUR BODIES AND SABOTAGE OUR INNER PEACE.

THIS SINGLE EVENING COURSE WILL TEACH SIMPLE YET EFFECTIVE TECHNIQUES FOR GETTING IN TOUCH WITH, UNDERSTANDING, ACCEPTING, AND RELEASING THE EMOTIONS THAT KEEP US FROM OURSELVES. COME LEARN TO REST IN THE PEACEFUL STATE OF LOVING ACCEPTANCE THAT IS OUR TRUE NATURE.

WHO: 18 AND OVER WHEN: MONDAY (1 SESSION) WHERE/HOW: VIRTUAL VIA ZOOM – THE LINK WILL BE SENT PRIOR TO THE COURSE

DATE: MONDAY, SEPTEMBER 26, 2022 **TIME:** 6:30 PM – 9 PM **COST:** \$40



CLASS: SELF-GROWTH & THE ART OF SINGING

PROFESSIONAL SINGER, VOICE TEACHER, AND HOLISTIC HEALTH PRACTITIONER, JESSE WICHER, WILL SHARE WITH YOU LIFE LESSONS THROUGH THE STUDY OF SINGING.

YOU WILL EXPLORE THE PROFOUND RELATIONSHIP BETWEEN THE BREATH, BODY, VOICE, AND PERSONAL GROWTH. WITH THIS 1 NIGHT COURSE YOU CAN LEARN WHAT GOOD SINGING CAN TEACH ABOUT GOOD LIVING...NO SINGING REQUIRED!!

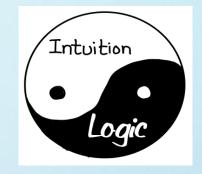
WHO: 18 AND OVER WHEN: MONDAY (1 SESSION) WHERE/HOW: VIRTUAL VIA ZOOM – THE LINK WILL BE SENT PRIOR TO THE COURSE START DATE

DATE: MONDAY, DECEMBER 5, 2022 **TIME:** 6:30 PM – 9 PM **COST:** \$40



HOLISTIC ARTS WITH JESSE WICHER

CLASS: MEDITATION FOR RELAXATION AND PERSONAL HEALING (INTRODUCTORY CLASS)



SUFFERING FROM STRESS, ANXIETY, SLEEPLESSNESS, HIGH BLOOD PRESSURE, OR HYPERTENSION?

MEDITATION CAN HELP A MIND THAT NEVER STOPS. IT IS A SIMPLE, EASY TO LEARN PRACTICE THAT INVOLVES FOCUSING THOUGHTS AND BREATHING TO HELP RELAX INTO THE PRESENT MOMENT.

GET INSIGHT AS TO HOW TO EMPOWER YOURSELF WITH TECHNIQUES FOR SUCCESSFUL PERSONAL MEDITATION AND FINDING YOUR OWN MEDITATION REGIMEN. COME EXPERIENCE FOR YOURSELF THE ABUNDANCE OF INNER PEACE, PERSONAL HEALTH, AND SPIRITUAL CONNECTION THAT COME FROM MEDITATION.

WHO: 18 AND OVER WHEN: TUESDAY (1 SESSION) WHERE/HOW: VIRTUAL VIA ZOOM – THE LINK WILL BE SENT PRIOR TO THE COURSE START DATE

DATE: WEDNESDAY, SEPTEMBER 28, 2022 TIME: 7 PM – 9 PM COST: \$30

CLASS: DEVELOPING YOUR INTUITION (INTRODUCTORY CLASS)

THINK YOU ARE NOT INTUITIVE? THINK AGAIN! EVERYONE IS BORN WITH AN INNATE SENSITIVITY TO THE WORLD OF ENERGY WITHIN AND AROUND US.

GET INSIGHT AS TO HOW TO PAY ATTENTION TO AND TRUST THE SUBTLE IMPRESSIONS WE ALL GET. YOU WILL BUILD CONFIDENCE IN YOUR NATURAL ABILITIES THROUGH ENGAGING, SKILL-BUILDING EXERCISES. WE WILL PRACTICE EXCHANGING HEALING AND EMPOWERING MESSAGES WITH FELLOW CLASSMATES.

WHO: 18 AND OVER WHEN: THURSDAY (1 SESSION) WHERE/HOW: VIRTUAL VIA ZOOM – THE LINK WILL BE SENT PRIOR TO THE COURSE START DATE

DATE: THURSDAY, SEPTEMBER 29, 2022 **TIME:** 7 PM – 9 PM **COST:** \$30

HOLISTIC ARTS WITH JESSE WICHER

CLASS: THE CALL OF PARADISE – A SPIRITUAL JOURNEY TO HAWAII

COME SPEND AN EVENING LUXURIATING IN THE ALOHA OF THE ISLANDS AS WE LOOK DEEPLY INTO THE HISTORY, CULTURE, AND SPIRITUALITY OF THIS REMARKABLE PART OF AMERICA.

THROUGH FASCINATING PICTURES AND STORIES, WE WILL EXPLORE THE RICH HERITAGE AND TRADITIONS THAT MAKE HAWAII ONE OF THE MOST BEAUTIFUL, HEALING, AND LIFE-GIVING PLACES ON EARTH.

FOR THOSE INTERESTED, THERE WILL BE AN OPPORTUNITY AFTER THE PRESENTATION TO DISCUSS THE DETAILS OF OUR 10 DAY SPIRITUAL TOUR TO HAWAII IN EARLY 2023.

WHO: 18 AND OVER WHEN: MONDAY (1 SESSION) WHERE/HOW: VIRTUAL VIA ZOOM – THE LINK WILL BE SENT PRIOR TO THE COURSE START DATE

DATE: MONDAY, OCTOBER 17, 2022 **TIME:** 6:30 PM – 9 PM

COST: \$20



CLASS: HEALING WITH ENERGY

HARNESS YOUR POWER TO HEAL---NATURALLY! WHETHER IT IS A QUICK AND EASY REMEDY FOR HEADACHES, INCREASE VITALITY, OR SEEKING HEALING FOR A CHRONIC CONDITION, THIS CLASS HAS SOMETHING FOR YOU.

THIS ENGAGING, INTERACTIVE COURSE WILL WORK WITH TOOLS AND TECHNIQUES, FORM A VARIETY OF HEALING PRACTICES SUCH AS ACUPRESSURE, CHAKRA CLEARING, AURIC-FIELD HEALING, TONING, CHI GONG, AND LONG-DISTANCE HEALING.

TOPICS INCLUDE: POWER OF INTENT, USING YOUR INTUITION, AND MASTERING THE MIND/BODY/SPIRIT CONNECTION.

WHO: 18 AND OVER WHEN: TUESDAY (5 SESSIONS) WHERE/HOW: VIRTUAL VIA ZOOM - THE LINK WILL BE SENT PRIOR TO THE COURSE START DATE

DATES: TUESDAYS, SEPTEMBER 27, 2022 – OCTOBER 25, 2022 TIME: 7 PM - 9 PM COST: \$130

MEDICARE 101 WITH JASON MYERS

MEDICARE IS CONFUSING! WHAT ARE PARTS A, B, C, D? WHEN DO I HAVE TO ENROLL? WHAT WILL I PAY? WHAT IS A MEDICARE ADVANTAGE PLAN? / WHAT IS A MEDICARE SUPPLEMENT PLAN? WHAT ABOUT LATE ENROLLMENT PENALTIES, EXTRA HELP, EPIC OR MEDICARE SAVINGS PROGRAMS? WHAT KINDS OF PLANS MIGHT WORK BEST FOR ME?

THIS CLASS WILL HELP PEOPLE UNDERSTAND HOW THE FEDERAL MEDICARE PROGRAM WORKS AND PROVIDE A GENERAL OVERVIEW OF THE VARIETY OF MEDICARE INSURANCE OPTIONS AVAILABLE TO BENEFICIARIES.

WHO: ADULTS WHEN: TUESDAY (1 SESSION) WHERE: WILLIAM T. HOAG EDUCATIONAL CENTER

DATE(S): OCTOBER 4, 2022 (**OR**) NOVEMBER 1, 2022 **TIME:** 6 PM - 7:30 PM **COST: FREE**



PLEASE REGISTER FOR THE CLASS DATE YOU WISH TO JOIN

(REGISTRATION IS DATE SPECIFIC)



SOCIAL SECURITY DISABILITY, SSI, AND SPECIAL NEEDS TRUST WITH VINAL & VINAL PC

THIS COURSE IS FOR ANYONE WHO HAS AN INJURY, ILLNESS, OR CONDITION THAT WILL LAST FOR MORE THAN A YEAR AND PREVENTS THEM FROM WORKING, AS WELL AS PEOPLE WITH DISABLED FAMILY MEMBERS. THE COURSE WILL COVER QUALIFICATIONS, APPLICATIONS, APPEALS FOR SSD, AND SSI, AND ABOUT TRUSTS TO ALLOW PEOPLE TO GET SSD, SSI, AND SPECIAL NEEDS TRUSTS WHILE MAINTAINING ACCESS TO INHERITANCES, GIFTS, AND OTHER RESOURCES. ADDITIONALLY, GUIDELINES REGARDING NON-GAINFUL WORK THAT IS ALLOWED AND ATTEMPTS TO GET BACK TO WORK WILL BE COVERED.





WHO: ANY INTERESTED ADULT WHEN: TUESDAY (1 SESSION)

WHERE: WILLIAM T. HOAG EDUCATIONAL CENTER DATES: OCTOBER 11, 2022

TIME: 6PM — 8PM COST: FREE

WMBE CERTIFICATION WITH VINAL & VINAL PC

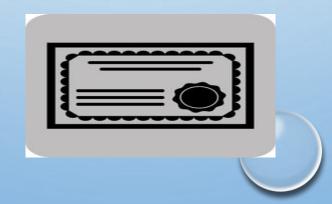
THIS COURSE IS FOR ANY WOMAN OR MINORITY OWNED BUSINESSES SEEKING CERTIFICATION IN NEW YOUR AS A WMBE (WOMAN AND/OR MINORITY BUSINESS ENTERPRISE). THIS CLASS WILL ALSO ADDRESS AVAILABLE OPPORTUNITIES FOR WMBE IN NEW YORK STATE.

WHO: ANY INTERESTED ADULT WHEN: THURSDAY (1 SESSION)

WHERE: WILLIAM T. HOAG COMMUNITY EDUCATION CENTER DATE: OCTOBER 13, 2022

TIME: 6 PM - 8 PM COST: FREE







GLASS ARTWORK WITH GAIL SCHNEIDER

CREATE A PICTURE USING STAINED GLASS, GLUE, AND TILE NIPPERS. YOU WILL CREATE A UNIQUE PICTURE OF YOUR OWN. THIS CLASS IS APPROPRIATE FOR ANYONE OVER THE AGE OF 15. COME MAKE A BEAUTIFUL PIECE OF ART THAT YOU CAN DISPLAY IN YOUR HOME.

SEPTEMBER 20TH



OCTOBER 4TH



OCTOBER 18TH



NOVEMBER 1ST



NOVEMBER 15TH



WHO: 15 YEARS AND OLDER

WHEN: THURSDAY (1 TO 5 SESSIONS/OPTIONAL)

WHERE: WILLIAM T. HOAG EDUCATIONAL CENTER

DATE(S): SEPTEMBER 20, 2022/OCTOBER 4, (AND/OR) 18, 2022/NOVEMBER 1, (AND/OR) 15, 2022

THE PICTURES LISTED ARE THE ONES THAT WILL MADE PER DATE

TIME: 6 PM - 8 PM **COST:** \$25 (PER CLASS)

PLEASE REGISTER FOR THE PICTURE CLASS DATES YOU WISH TO JOIN

(REGISTRATION IS DATE SPECIFIC)

SAT & ACT TEST PREPARATION WITH ALL PRO TUTORING

WRITING THE COLLEGE APPLICATION ESSAY: LEARN ALL THE FUNDAMENTALS OF A WINNING ESSAY AS WELL AS PROVEN STRATEGIES. YOU WILL BEGIN TO WRITE THE COLLEGE APPLICATION ESSAY DURING THE CLASS AND LEAVE WITH THE CONFIDENCE AND KNOWLEDGE TO COMPLETE THE PROCESS ON YOUR OWN.

WHO: 15+ WHEN: WEDNESDAY (1 SESSION)

WHERE/HOW: VIRTUAL - VIA ZOOM - THE LINK WILL BE SENT PRIOR TO THE COURSE START DATE

DATE: OCTOBER 12, 2022 **TIME:** 6:00 PM - 8:30 PM **COST:** \$65



SAT & ACT TEST PREPARATION WITH ALL PRO TUTORING

<u>SEND YOUR KIDS TO COLLEGE SEMINAR</u>: PLEASE JOIN OUR TEAM OF EXPERTS FOR A FREE ONE HOUR DISCUSSION ON THE BEST APPROACH TO COLLEGE PLANNING. SEND YOUR KIDS TO COLLEGE IS A NON-PROFIT ORGANIZATION. THERE IS NO COST OR OBLIGATION TO PURCHASE ANYTHING.

TOPICS DISCUSSED: CHOSE THE RIGHT COLLEGE MAJOR AND THE BEST APPROACH IN APPLYING TO COLLEGES. TIMELINE FOR ACT AND SAT TEST PREPARATION AND WHY IT IS IMPORTANT TO PREPARE FOR THESE ADMISSION TESTS. STRATEGIES TO REDUCE THE COST OF COLLEGE, AVAILABLE SCHOLARSHIPS, AND THE SAGE SCHOLARS TUITION REWARDS PROGRAM AND ANNUAL SCHOLARSHIP. ATTENDEES WILL EARN 500 SAGE POINTS JUST FOR ATTENDING THE SEMINAR, THAT IS EQUAL TO \$500 IN TUITION REWARDS.



WHO: 15+

WHEN: WEDNESDAY/VIRTUAL & SATURDAY/IN-PERSON (1 SESSION) WHERE/HOW: VIRTUAL - VIA ZOOM AND IN-PERSON

DATE: VIRTUAL - OCTOBER 12, 2022 (VIRTUAL - A LINK WILL BE SENT PRIOR TO THE START DATE

DATE(S) IN-PERSON - SEPTEMBER 24 (OR) NOVEMBER 19, 2022

WHERE: 5214 MAIN STREET, SUITE 200; WILLIAMSVILLE, NY 14221

TIME: 6:00 PM - 7:00 PM **COST: FREE**

SAT & ACT TEST PREPARATION WITH ALL PRO TUTORING

4 HOUR ACT TEST BOOT CAMP: THIS 4 HOUR REVIEW COURSE OFFERS AN IN-DEPTH STUDY OF THE TEST AND INCLUDES: CLASSROOM INSTRUCTION, TEST TAKING STRATEGIES, TESTING INFORMATION, STUDY MATERIALS (INCLUDING THE NEW WRITING FORMAT), AND A FREE SIMULATED ACT TEST.

WHO: 15+ WHEN: MONDAY & WEDNESDAY (2 SESSIONS)

WHERE/HOW: VIRTUAL - VIA ZOOM - THE LINK WILL BE SENT PRIOR TO THE COURSE START DATE

DATE: OCTOBER 18 & 20, 2022 **TIME:** 6:00 PM - 8:00 PM **COST:** \$65



TheACT

4 HOUR SAT TEST BOOT CAMP: THIS 4 HOUR REVIEW COURSE OFFERS AN IN-DEPTH STUDY OF THE SAT TEST. COURSE INCLUDES: CLASSROOM INSTRUCTION, TEST TAKING STRATEGIES, TESTING INFORMATION, WORKBOOK/STUDY MATERIALS, AND A FREE SIMULATED SAT TEST.

WHO: 15+ WHEN: MONDAY & WEDNESDAY (2 SESSIONS)

WHERE/HOW: VIRTUAL - VIA ZOOM - THE LINK WILL BE SENT PRIOR TO THE COURSE START DATE

DATES: NOVEMBER 28 & 30, 2022 **TIME:** 6:00 PM - 8:00 PM **COST:** \$65

5 HOUR PRE-LICENSING COURSE WITH MICHAEL FREW

THERE IS STILL TIME TO COMPLETE YOUR 5 HOUR PRE-LICENSING COURSE!!!!

LAKE SHORE IS OFFERING THE 5 HOUR PRE-LICENSING COURSE REMOTELY AND IN-PERSON. THE IN-PERSON CLASSES ARE FOR CURRENT LAKE SHORE HIGH SCHOOL STUDENTS ONLY. THE REMOTE CLASSES WILL BE OPEN TO LAKE SHORE STUDENTS AND THE GENERAL PUBLIC.

REGISTRATIONS WILL BE FOR THE UPCOMING DATES. IF FOR ANY REASON YOU ARE NOT ABLE TO ATTEND THE CLASS, YOUR REGISTRATION WILL BE REFUNDED OR ROLLED OVER INTO THE NEXT CLASS.

REMOTE DATE: NOVEMBER 22, 2022 **TIME:** 3:15 PM - 8:15 PM

LOCATION: REMOTE CLASS WILL RECEIVE A GOOGLE LINK PRIOR TO THE START OF THE COURSE

IN-PERSON DATES: SEPTEMBER 20, 2022 (OR) OCTOBER 25, 2022 (OR) JANUARY 17, 2023 TIME: 3:30 PM - 8:30 PM

LOCATION: IN-PERSON CLASSES WILL BE AT THE SENIOR HIGH SCHOOL (LGI)

COST: \$35

REGISTRATION IS DATE SPECIFIC



MUSICAL MEDITATION/COMPASSION WITH SONDRA HOLLAND



HAVE YOU ALWAYS WANTED TO SLOW DOWN AND FIND TIME FOR INNER PEACE? THIS COURSE IS IDEAL FOR PAIN MANAGEMENT, INNER PEACE, AND JOY. AGES 13+ AND ALL ABILITIES ARE WELCOME.

CLASS CONSISTS OF 9 SIXTY MINUTE SESSIONS INVOLVING: INTRODUCTION, BREATHING (LOKAH & PRANA),
VISUALIZATION, CHANTING, GENTLE YOGA, AND MUSIC.

WHO: ANYONE 13 YEARS OR OLDER WHEN: MONDAY (9 SESSIONS)

WHERE: WILLIAM T. HOAG EDUCATIONAL CENTER

DATES: SEPTEMBER 19 & 26, 2022 OCTOBER 3, 10, 17, 24, 2022 NOVEMBER 7, 14, & 21, 2022

TIME: 7:15 PM - 8:15 PM **COST:** \$35

MOMMY & ME YOGA WITH SONDRA HOLLAND

MOMMY AND ME YOGA IS A UNIQUE PROGRAM DEVELOPED FOR ALL AGES. IT CONSISTS OF ELEMENTARY YOGA PRACTICES, STORY TELLING, DRAMA, CREATIVE MOVEMENT, AND FINE ARTS.

BRING YOUR WHOLE FAMILY FOR THIS HOUR OF FUN, INFANTS TO SENIORS WILL GET SOMETHING OUT OF THIS CLASS.

WHO: ANYONE WHEN: MONDAY (9 SESSIONS)

WHERE: WILLIAM T. HOAG EDUCATIONAL CENTER

DATES: SEPTEMBER 19 & 26, 2022/OCTOBER 3, 10, 17, & 24, 2022/NOVEMBER 7, 14, 21, 2022

TIME: 6:15 PM - 7:15 PM **COST:** \$35





POUND/YOGA WITH CHRISTINE BERFIELD

A 40 MINUTE TOTAL BODY WORKOUT THAT CONSISTS OF DRUMMING (STICKS PROVIDED), CARDIO, STRENGTH TRAINING, AND PILATES. YOU WILL WORK MAJOR MUSCLE GROUPS SUCH AS QUADS, GLUTES, AND ABS. FOLLOWED BY 20 MINUTES OF YOGA STRETCHING. PLEASE BRING A MAT AND WATER. LET'S HAVE FUN WHILE GETTING FIT!!!!

WHO: ALL AGES WHEN: TUESDAY & THURSDAY

WHERE: WILLIAM T. HOAG EDUCATIONAL CENTER

DATES: SEPTEMBER 20 & 22, 27 & 29, OCTOBER 4 & 6, 11 & 13, 18 & 20, 25 & 27, NOVEMBER 1 & 3, 8 & 10, 15 & 17

TIME: 7:00 PM - 8:00 PM **COST:** \$35



