



## Lake Harriet and Anthony Community Education Fall Adult Enrichment Index of Class Listings

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### [90 Minutes with an Estate Planning Attorney \(Lake Harriet\)](#)

Discuss your estate planning questions in an open forum — from birth to death, marriage to divorce, children to step-children, rich to poor, probate to non-probate, self-employed to unemployed, and more. A financial advisor will be available to answer your financial questions. **Instructor:** Kurt Obermiller.

1 Wednesday, 11/29/2017 6:30 PM - 8:00 PM \$19

### [Acting 1 \(Lake Harriet\)](#)

Please note date change from printed brochure. New schedule: Mondays, Nov 20 - Dec 11. Immerse yourself in the art and technique of acting, emphasizing the basics—script and character analysis, vocal and physical techniques, and the importance of connecting with acting partners. You will perform partnered scenes from Neil Simon’s *Barefoot in the Park* as you seek to apply these basics to rehearsing and performing. **Instructor:** Mary Cutler.

4 Mondays, 11/20/2017 - 12/11/2017 6:00 PM - 8:00 PM \$39

### [Astrology \(Lake Harriet\)](#)

Discover the ancient tool of astrology to gain insight into your personality and life. See your chart used to illustrate astrological concepts and bring home a copy of your chart. A \$5 supply fee will be collected. **Instructor:** Lynn Walker.

2 Mondays, 10/16/2017 - 10/23/2017 6:30 PM - 8:00 PM \$25

### [Baking History: Upper Peninsula and Iron Range Pasties \(Lake Harriet at Anthony\)](#)

Learn about the pasties that figure into many family histories or are adopted because of their tastiness, portability, and versatility. Our baking adventure will take you through the process of making flaky pasty dough, a variety of fillings, and the opportunity to bake small pasties for eating on the spot or taking home. Pasties freeze beautifully, so you can freeze them on the spot for baking later if you wish. Bring an apron, an appetite, your chef’s knife, and a small cardboard box for bringing home your pasties. A \$12 supply fee will be collected. This class will be held at Anthony Middle School. **Instructor:** Jan Zita Grover.

1 Monday, 11/13/2017 6:00 PM - 9:00 PM \$29

**FULL**



## [Belly Dance 1 \(Lake Harriet\)](#)

Learn basic steps, moves, and finger symbol patterns so you can use bellydance to improve your coordination, musicality and poise. Wear comfortable clothes and no shoes. **Instructor:** Erin Kubly.  
9 Wednesdays, 10/04/2017 - 12/06/2017

8:15 PM - 9:15 PM \$49



## [Bookbinding \(Lake Harriet\)](#)

Explore the parts of a book and how to build them before creating five of your own books from scratch. Investigate the uses and utility of the artists sketchbook, which can serve as a planner, diary, scrapbook, journal and more. A \$24 supply fee will be collected. **Instructor:** Celeste Douville.  
2 Mondays, 11/20/2017 - 11/27/2017

6:30 PM - 8:30 PM \$25

## [Brush Calligraphy Exploration \(Lake Harriet\)](#)



Discover more than a dozen techniques that will enable you to add a personal touch to photo albums, party invitations, envelopes, planners, calendars and holiday gifts through the art of calligraphy. Explore alphabet doodling as we create hand lettering. A \$12 supply fee will be collected. **Instructor:** Celeste Douville.

2 Mondays, 10/09/2017 - 10/16/2017

6:30 PM - 8:30 PM \$25

## [Chinese 1: Mandarin \(Lake Harriet\)](#)

Learn the basics of the Chinese language such as greetings, days of the week, and common phrases. We will also explore Chinese culture. **Instructor:** Nicole Darcy.

7 Wednesdays, 10/04/2017 - 11/15/2017

6:00 PM - 7:30 PM \$49

## [Chinese 2: Mandarin for Travelers \(Lake Harriet\)](#)

Learn more travel terms and everyday conversational Mandarin such as ordering at a restaurant, shopping, airport terms, booking a hotel, etc. Practice simple everyday conversation that will help you get around while visiting places where Mandarin is spoken. **Instructor:** Nicole Darcy.

7 Wednesdays, 10/04/2017 - 11/15/2017

7:35 PM - 9:00 PM \$49



## Chinese Dumplings (Lake Harriet)

The Chinese dumpling is a savory entrée traditionally served during Chinese New Year. Learn to prepare pan-fried dumplings using local and organic ingredients. These are authentic, healthy, and easy to make. A \$10 supply fee will be collected. **Instructor:** Ada Dong.

1 Monday, 11/20/2017

6:00 PM - 9:00 PM \$29

## Cooking 101: Six Weeks to More Joyful, Improvisatory Home Cooking (Lake Harriet at Anthony)

Enhance your confidence using amazing ingredients from the farmers' market, in your CSA box, or at your favorite butcher's or grocer's. Focus on basic techniques that will help you improvise dishes, bolstered by new knife skills, building soups by layers, pan frying and searing, stir-frying, braising, high-temperature roasting, and pizza making. Learn the basics of food safety and storage, use of spices and herbs, and kitchen tools that make prepping food faster, more effective, and fun. Extensive handouts each week. \$56 food fee covers the certified organic food you use and eat in class each week. This class will be held at Anthony Middle School. **Instructor:** Jan Zita Grover.

6 Mondays, 10/02/2017 - 11/06/2017

6:00 PM - 9:00 PM \$95

## Dance & Music for Parents & Tots - Ages 2-3 (Lake Harriet)

Bring your child and explore the ways you can move your body to musical rhythms. The class will help develop coordination, motor skills and imagination. Class is held at Linden Hills Park at 43rd and Xerxes. **Instructor:** Kindi Harala.

7 Saturdays, 10/07/2017 - 11/18/2017

12:00 PM - 12:30 PM \$35

## Dance: Ballet, Hip Hop & Modern Dance Foundations & Imagination - Ages 4 1/2 - 6 (Lake Harriet)

Use your imagination and a range of dance movements, including ballet, hip hop and modern dance. The class ends with a performance. Class is held at Linden Hills Park at 43rd and Xerxes. **Instructor:** Kindi Harala.

7 Saturdays, 10/07/2017 - 11/18/2017

1:10 PM - 1:50 PM \$35



# Community Education

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## Dance: Creative Dance, Movement & Stories - Ages 3 - 4 1/2 (Lake Harriet)

Get a great introduction to dance, movement and imagination as you and your child explore all the ways you can move your bodies. Class is held at Linden Hills Park at 43rd and Xerxes. **Instructor:** Kindi Harala.

7 Saturdays, 10/07/2017 - 11/18/2017

12:35 PM - 1:05 PM \$35

## Dog Treats and Natural Remedies (Lake Harriet)

Discover fun and simple dog snacks you can easily make at home. Create natural remedies for things like chapped paws and itchy skin. Leave class with a dog treat and anti-itch spray. A \$5 supply fee will be collected. **Instructor:** Jessica Smiles.

1 Wednesday, 10/18/2017

6:30 PM - 9:00 PM \$25

## Drawing 1 (Lake Harriet)

Discover how to express yourself through drawing as you explore line quality, compositional arrangement, shading and highlighting. Bring a sketchbook and either pens, pencils or colored pencils. **Instructor:** Doreen C Mangen

8 Mondays, 10/16/2017 - 12/04/2017

7:00 PM - 8:30 PM \$55

**FULL**

## Drawing: Zentangle Basics and Advanced (Lake Harriet)

Zentangle is an organized and easy-to-learn approach to drawing that uses repeating patterns to create abstract designs. The first night will cover basics. The second night will focus on advanced skill. These elements will be taught through special design projects such as mandalas, cards, book covers, mobiles, and origami boxes. A \$6 supply fee will be collected. **Instructor:** Paula Bramante.

2 Wednesdays, 10/11/2017 - 10/18/2017

7:00 PM - 9:00 PM \$25

## Duplex & Multi-Unit Housing (Lake Harriet)

Learn how to complete a rental property worksheet, understand the tax benefits of owning real estate, and discuss the pros and cons of owning rental property. Receive a copy of "Rich Dad, Poor Dad's Guide to Real Estate Investing." **Instructor:** Scot Pekarek.

1 Wednesday, 11/08/2017

6:30 PM - 8:30 PM \$19





### Enneagram: Introduction, Relationships & Conflict (Lake Harriet)

Have you been in conflict with someone or questioned why they act a certain way? Are your needs in social/personal/professional settings not being met? The first class session will explore the Enneagram, a unique personality indicator that believes authentic living is integral to effective communication and personal satisfaction. The second session of class will focus on personal and professional relationships, the third will focus on conflict resolution and goal setting. **Instructor:** Meggan Gronli.

3 Mondays, 11/06/2017 - 11/20/2017

6:30 PM - 8:30 PM \$29

### Estate Planning for Second Marriages (Lake Harriet)

With over half the marriages in today's world ending in divorce, it is imperative to get educated and plan what's best for your estate. Lives change and without proper planning your goals will not be achieved. The plan has to be tailored to your situation. Learn how to position your assets to make everyone in your family happy, including the ex-spouse. Bring your questions. **Instructor:** Kurt Obermiller.

1 Monday, 11/13/2017

6:30 PM - 8:00 PM \$19

### Fearless Pressure Cooking (Lake Harriet at Anthony)

Transform the way you eat with the stovetop pressure cooker—it's economical (the tastiest meats are the inexpensive cuts), and it's so fast that you can put Chinese red-braised pork over rice on the table 12 minutes after you put it on the burner. Pressure cookers have safety features today that they lacked 50, even 25 years ago, and you'll learn what they are and how to use contemporary pressure cookers safely by cooking a multi-course meal in class. This class covers stovetop pressure cookers only. If you have a stovetop cooker, bring it to class. Extensive handout provided. A \$12 supply fee will be collected. This class will be held at Anthony Middle School. **Instructor:** Jan Zita Grover.

1 Monday, 11/27/2017

6:00 PM - 9:00 PM \$29

### French for Travelers (Lake Harriet)

If you've dreamt of visiting Paris but are nervous you won't understand the language, join us to learn introductions, everyday phrases, directions to make your way through the city and more. Participate in engaging activities, practice basic reading and writing skills, and learn useful phrases to have successful conversations in French-speaking countries. Please note: no Class October 30. **Instructor:** Karalyn Swanson.

6 Mondays, 10/09/2017 - 11/20/2017

7:00 PM - 9:00 PM \$55



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## German 1 (Lake Harriet)

Focus on the essentials of the German language and outfit yourself with useful German expressions for traveling abroad. The class will cover the grammar basics and important aspects of German culture. No class October 23rd. **Instructor:** Suzanne Jebe.

7 Mondays, 10/02/2017 - 11/20/2017

6:00 PM - 7:15 PM \$45



## German 2 (Lake Harriet)

Expand your knowledge of the German language as you learn about vocabulary, culture and grammar. Pre-requisite: German 1 or other experience. No class October 23rd. **Instructor:** Suzanne Jebe.

7 Mondays, 10/02/2017 - 11/20/2017

7:30 PM - 8:45 PM \$45



## How to Keep the Cabin in the Family (Lake Harriet)

Division of an estate can lead to bitter battles between siblings and impact relationships forever. Learn how to keep your cabin, farm or business in the family without a family conflict. **Instructor:** Kurt Obermiller.

1 Wednesday, 10/18/2017

6:30 PM - 8:00 PM \$19

**FULL**

## Japanese 1 (Lake Harriet)

Learn the basics of conversational Japanese, including greetings, numbers and practical conversational skills useful when traveling to Japan. **Instructor:** Tetsuya Shimano.

8 Mondays, 10/02/2017 - 11/20/2017

6:00 PM - 7:30 PM \$55



## Japanese 2 (Lake Harriet)

Continue developing your language skills from Japanese 1. Explore simple sentences, conjugating verbs and counting, and discuss Japanese culture. **Instructor:** Tetsuya Shimano.

8 Mondays, 10/02/2017 - 11/20/2017

7:30 PM - 9:00 PM \$55



## Mixed Media Art Journaling (Lake Harriet)

Explore brush calligraphy and other hand lettering techniques, collage, beginning sketching skills, travel and nature journaling. Create a second artist journal as a final project for documenting winter holiday adventures. A \$27 supply fee will be collected. **Instructor:** Celeste Douville.

2 Mondays, 10/23/2017 - 10/30/2017

6:30 PM - 8:30 PM \$25

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### Mono Printing (Lake Harriet)

Explore techniques for mono plate printing. Create gorgeous, color exploding books/journals after all of the play with paint and textures. All materials provided, however you are encouraged to bring your own textures (stamps, doilies, leaves, etc) to test as well. A \$24 supply fee will be collected.

**Instructor:** Celeste Douville.

2 Mondays, 11/06/2017 - 11/13/2017

6:30 PM - 8:30 PM

\$25

### Mortgage Financing: An In-Depth Look at The Newest Programs (Lake Harriet)

Discover the newest mortgage financing options available today! Down payments starting with zero down, forgivable first time home buyer grants, less-than-perfect credit programs, and home improvement purchase loans. Take an in-depth look at the monthly payments and compare the different down payment options to determine what may be best for you. **Instructor:** Eric House.

1 Monday, 10/09/2017

6:30 PM - 8:30 PM

\$0

### Natural Lotions & Body Products (Lake Harriet)

Create your own lotions, facial toners and more. Make a take-home project and receive handouts to create more skin specialties at home. A \$6 supply fee will be collected. **Instructor:** Jessica Smiles.

1 Monday, 11/20/2017

6:30 PM - 9:00 PM

\$25

### Nia (Lake Harriet)

Learn this fitness practice that combines the best of dance, martial arts and yoga. More dance party than workout, Nia builds strength, agility, and confidence, and is a great form of conditioning.

**Instructor:** Amy Lamphere.

10 Mondays, 10/02/2017 - 12/04/2017

6:30 PM - 7:30 PM

\$55

9 Wednesdays, 10/04/2017 - 12/06/2017

6:30 PM - 7:30 PM

\$49

### Painting: Watercolor 1 (Lake Harriet)

Explore your creativity while learning watercolor fundamentals such as mixing colors, washes, wet-dry approaches, and texture with the help of instructor demonstrations and one-on-one coaching. Bring a watercolor set (Prang or similar), pencil, water container, paper towels, and #140 good quality paper to class. **Instructor:** Suzi McArdle.

4 Wednesdays, 10/04/2017 - 10/25/2017

7:00 PM - 9:00 PM

\$39

**FULL**







### Painting: Watercolor 2 (Lake Harriet)

Learn new watercolor techniques and different materials, including Yupo paper with watercolor inks, collaging, masking methods, color mixes, and abstraction. Instructor will demonstrate techniques and help you explore your own way of using this flexible medium. This will culminate in a final painting to be framed. **Instructor:** Suzi McArdle.

4 Wednesdays, 11/01/2017 - 11/29/2017 7:00 PM - 9:00 PM \$39

### Pastels (Lake Harriet)

Explore an attractive, popular painting medium, the direct application of colorful pastel sticks on paper. It feels like drawing but looks like a painting. Learn about color, a variety of techniques, planning and composition. Bring a photo of what you want to paint. Also bring 12-30 pastels (soft and hard), a couple of pastel pencils, 2-3 paper stumps, kneaded eraser, and eight 8 1/2-by-11 sheets of paper such as Mi Tiennes, Pan Pastels, or sanded. All levels of experience are welcome. **Instructor:** Suzi McArdle.

4 Mondays, 10/30/2017 - 11/20/2017 6:30 PM - 8:30 PM \$39

### Pickleball (Lake Harriet at Anthony)

Join us for a sport that's gaining popularity all around the world. A combination of badminton and tennis, pickleball is easy to learn and fun to play for all skill levels.

This class typically fills in the first day of registration. **Instructor:** TBD.

10 Mondays, 10/02/2017 - 12/04/2017 7:00 PM - 8:45 PM \$49

### Pie Dough Making (Lake Harriet)

Discover how to make a buttery 'melt in your mouth' fruit pie. Eliminate fear and frustration over working with butter and flour. You'll master the basics of pie dough working with a French rolling pin that's yours to take home after class. Take home an 8" double-crust apple pie to bake and proudly share. A \$20 supply fee will be collected. **Instructor:** Heather Keogh.

1 Wednesday, 10/11/2017 6:30 PM - 8:30 PM \$25

1 Wednesday, 11/08/2017 6:30 PM - 8:30 PM \$25



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## [Pilates 1 \(Lake Harriet\)](#)

Almost Full!

Improve your posture, balance and flexibility with this unique method of body conditioning. Build strength in your abdomen, lower back and hips, and focus on making your torso the power center of your body. Wear comfortable clothes, and bring a water bottle and mat. **Instructor:** Susie Quarstad.  
10 Wednesdays, 10/04/2017 - 12/13/2017 7:30 PM - 8:30 PM \$55

## [Pilates 2 \(Lake Harriet\)](#)

Test your conditioning with strengthening and stretching exercises, and make your torso the power center of the body. Pre-requisite: Pilates 1. Wear comfortable clothes, and bring a mat and water bottle. **Instructor:** Susie Quarstad.  
10 Wednesdays, 10/04/2017 - 12/13/2017 6:15 PM - 7:15 PM \$55

## [Preparing Your Garden for Winter \(Lake Harriet\)](#)

Explore what can be done in the fall to have a better garden next year. Now is a great time to plant bulbs, perennials, shrubs, and trees. Learn proper planting techniques, how to divide perennials to increase the number of plants you'll have, what to do to increase the chances of your plants making it through winter, and how you can minimize the incidence of disease. The air is cooler, the soil moister, and it's more fun to prepare your garden this fall! **Instructor:** Kathy Urberg.  
1 Monday, 10/16/2017 7:00 PM - 8:30 PM \$19

## [Quinoa \(Lake Harriet\)](#)

What's all the fuss about? Once you taste quinoa, you'll understand. Receive outstanding recipes for salads, desserts, breads and more, all incorporating quinoa, a gluten-free complete protein. A \$9 supply fee will be collected. **Instructor:** Mary Duffy.  
1 Monday, 11/06/2017 6:00 PM - 9:00 PM \$25

## [Selling a Home for More Money \(Lake Harriet\)](#)

Get answers to your questions about what a buyer wants in your home, how to prepare your home to be put on the market, and whether or not you should use a Realtor to sell it. Also, discover the No.1 secret that could return thousands of dollars! to you. **Instructor:** George Bodnia.  
1 Monday, 10/16/2017 6:30 PM - 9:00 PM \$25

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## Sidewalk & Step Repair or Replacement (Lake Harriet)

It's never too late to repair broken steps, pour a new sidewalk or patch a driveway. Learn about types of cement, see proper mixing techniques and discover how to make patch repairs to cement surfaces. **Instructor:** Jack Hall.

2 Mon/Wed, 10/09/2017 - 10/11/2017

6:00 PM - 8:00 PM \$25

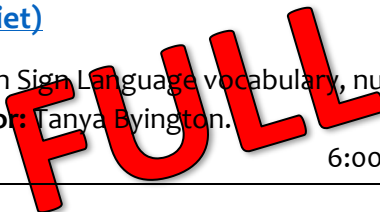


## Sign Language 1: ASL (Lake Harriet)

Gain basic exposure to the American Sign Language vocabulary, numbers, alphabet and ASL syntax, as well as the deaf culture. **Instructor:** Tanya Byington.

7 Thursdays, 10/05/2017 - 11/16/2017

6:00 PM - 7:30 PM \$49



## Sign Language 2: ASL (Lake Harriet)

Build on the skills and vocabulary from ASL 1. Learn practical application and gain new vocabulary. Continue to develop your understanding of deaf culture and of grammatical structures through receptive and expressive language activities. **Instructor:** Tanya Byington.

7 Wednesdays, 10/04/2017 - 11/15/2017

6:00 PM - 7:30 PM \$49

## Smart Home Buying: What Every Home Buyer Needs to Know (Lake Harriet)

Learn about what to look for when buying a home, best times to buy, price ranges and costs, financing, loan qualifying, purchase agreements, tax advantages and how to evaluate house structures. Discover how to turn a hot market to your advantage. **Instructor:** George Bodnia.

1 Monday, 10/23/2017

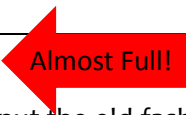
6:30 PM - 9:00 PM \$25

## Soap Making: Homemade Bar Soap (Lake Harriet)

Experience the fusion of essential oils and soothing coconut the old-fashioned, cold process lye soap way. Wear old clothing with long sleeves, long pants, toe-covered shoes, eye protection (glasses acceptable) and rubber gloves. The second night of class is 6-8 p.m. A \$10 supply fee will be collected. **Instructor:** Jessica Smiles.

2 Mon/Wed, 11/13/2017 - 11/15/2017

6:00 PM - 9:00 PM \$35





## Soap Making: Laundry Soap (Lake Harriet)

Make homemade laundry soap that can brighten, remove stains and resist fading as well as commercial laundry soaps for only pennies per load. The soap is mild enough for those with allergies. Bring a 2- to 6-cup covered container. A \$1 supply fee will be collected. **Instructor:** Jessica Smiles.  
1 Monday, 10/09/2017 6:30 PM - 8:30 PM \$19

## Spanish 1 (Lake Harriet)

Learn beginning conversational Spanish skills along with pronunciation, grammar, reading, writing and listening skills. **Instructor:** Vidal Quevedo.  
7 Wednesdays, 10/04/2017 - 11/15/2017 6:00 PM - 7:30 PM \$49

## Spanish 2 (Lake Harriet)

Continue to build confidence in your Spanish language skills by learning the preterite and irregular verbs. Also, increase your vocabulary, speaking and writing skills. Pre-requisite: Be able to conjugate regular ar/er/ir verbs. **Instructor:** Vidal Quevedo.  
7 Wednesdays, 10/04/2017 - 11/15/2017 7:35 PM - 9:00 PM \$49

## Stews (Lake Harriet)

Learn to cook three tasty, nutritious stews to keep you cozy on autumn nights: chicken with dumplings, boeuf bourguignon, and a fish stew that will really hook you! A \$10 supply fee will be collected. **Instructor:** Mary Duffy.  
1 Monday, 10/16/2017 6:00 PM - 9:00 PM \$25

## Stucco Repair and Refinishing (Lake Harriet)

Demonstrations along with excellent advice will provide you with the cure for repairing cracks and small holes in stucco that inevitably appear over winter.  
1 Wednesday, 10/25/2017 6:30 PM - 8:30 PM \$19



### Tai Chi Chuan 1: Yang Style (Lake Harriet)

Enjoy a way of "moving without moving" with Tai Chi, a less stressful form of exercise for health and well-being. Benefits include relaxation, coordination, better circulation, flexibility and strength. Wear comfortable clothes. **Instructor:** Harold Skjelbostad.

6 Mondays, 10/02/2017 - 11/06/2017

6:15 PM - 7:15 PM

\$35



### Volleyball: Adult Co-ed (Lake Harriet)



Join others for an enjoyable, exhilarating night of full-court volleyball.

12 Mondays, 10/02/2017 - 12/18/2017

7:00 PM - 9:00 PM

\$30

### Year-Round Indoor Salad Gardening (Lake Harriet)

Learn the method behind indoor gardening, and start your own seed trays. Plant five trays (broccoli, radishes, sunflowers, peas and buckwheat) to take home. A \$2 supply fee will be collected.

**Instructor:** Lee Olson.

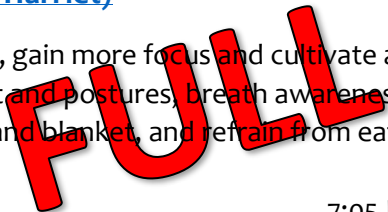
1 Monday, 11/06/2017

7:00 PM - 8:15 PM

\$19

### Yoga for Stress Reduction (Lake Harriet)

Reduce stress, manage your moods, gain more focus and cultivate a sense of relaxation in your everyday life. Use gentle movement and postures, breath awareness, guided meditation and deep relaxation techniques. Bring a mat and blanket, and refrain from eating before class. **Instructor:** Elizabeth Nguyen.



6 Mondays, 10/02/2017 - 11/06/2017

7:05 PM - 8:05 PM

\$35

### Yoga: Hatha (Lake Harriet)



Find a deeper connection for your body, mind and spirit by using breath to guide the body. The class focuses on alignment, flexibility and strength. Bring a mat and blanket. **Instructor:** Elizabeth Nguyen.

6 Mondays, 10/02/2017 - 11/06/2017

6:00 PM - 7:00 PM

\$35



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## Yoga: Vinyasa (Lake Harriet)

Almost Full!

Experience vinyasa yoga, the practice of linking flowing postures with deliberate breath. Balance, full range of motion and flexibility are emphasized to break up congestion in the body, restore energy and maintain health. Bring a mat. **Instructor:** Elizabeth Nguyen.

6 Wednesdays, 10/04/2017 - 11/08/2017

7:05 PM - 8:05 PM

\$35

## Yoga: Yin (Lake Harriet)

Experience yin yoga, a meditative practice rooted in ancient Chinese medicine and philosophy. This highly therapeutic style of yoga is designed to improve the immune system, increase circulation, improve flexibility and promote a strong sense of vitality. Postures are all practiced on the floor and are held for two to five minutes. Bring a mat. **Instructor:** Elizabeth Nguyen.

6 Wednesdays, 10/04/2017 - 11/08/2017

6:00 PM - 7:00 PM

\$35

## Zumba for Families (Lake Harriet)

Zumba is an energetic danced-based workout perfect for kids and adults of all fitness levels! Zumba helps develop a healthy lifestyle and incorporate fitness as part of your family's lives by making fitness fun. Classes incorporate key development elements like confidence, self-esteem, memory, creativity and coordination. This unique 1-hour class is a perfect way to work-out with your child and build a relationship based on health and fun! Please wear supportive shoes and bring a water bottle.

**Instructor:** Stephanie Manternach

9 Thursdays, 10/05/2017 - 12/14/2017

6:30 PM - 7:30 PM

\$39



## Zumba: Exercise to Latin Music (Lake Harriet)

Maximize fat burning and total body toning through the interval and resistance training that Zumba provides. The dance workout combines moves from salsa, cumbia, merengue and more. Bring a small towel and water bottle. **Instructor:** Deanne Flomo.

10 Wednesdays, 10/04/2017 - 12/13/2017

7:00 PM - 8:00 PM

\$55

