

## ADULT PROGRAMS

\*\*\*Weekday programs held within a school are cancelled if school is closed or cancelled\*\*\*

### 35+ BASKETBALL



**Supervisor:** Peter Otovic  
**Dates:** Wednesdays, January 4 - March 1 (no 2/22),  
8 Weeks  
**Time:** 6:30, 7:30 and 8:30 p.m. games  
**Location:** North Intermediate Gym  
**Cost:** \$52

This league offers those ages 35 and over structured team play with refereed games for fun and fitness.

*Players without a 35+ mesh shirt must pay a \$21 shirt fee.*

### OPEN GYM (Ages 18 and up)



**Supervisor:** Chris O'Rourke  
**Dates:** Wednesdays, December 7 - April 26,  
(no 12/28, 2/22 & 4/19), 18 Weeks  
**Time:** 8 - 9:30 p.m.  
**Location:** Woburn Street School Gym  
**Cost:** \$5 cash per night  
Drop in for informal games of pick-up basketball.  
Enjoy a workout in the middle of the week.

### CARDIO BOOT CAMP

**Instructor:** Dottie Larffarello  
**Dates:** Mondays & Wednesdays,  
January 9 - March 13 (no 1/16, 2/20 & 2/22),  
8 Weeks  
**Time:** 7 - 8 p.m.  
**Location:** Woburn Street Gym  
**Cost:** \$75



Move through stations to achieve a head-to-toe workout! This program will include intervals of **Tabata**, a workout featuring eight rounds of high intensity exercises that last four minutes. Exercise at your own pace under the guidance of a seasoned instructor. Each student should bring a mat and hand weights (1 - 5 lbs. depending on your level of fitness).

### CO-ED KRAV MAGA

**Supervisor:** John Johnston  
**Dates:** January 1 - 31 or March 1 - 31  
**Times:** Mon & Wed.: 7:45 - 8:45 p.m.  
Tue. & Thu.: 10:30 - 11:30 a.m.; 7 - 8 p.m.  
**Location:** IronClad Martial Arts Center  
442 Main Street  
**Cost:** \$45 per session

Krav Maga is a self-defense technique that teaches participants to be safe regardless of the size or height of an opponent. This program is designed for participants to have fun, learn to protect themselves and get in shape, all at the same time.

### YOGA FOR THE FULL-FIGURED WOMAN

**Instructor:** Jennifer Ryan  
**Location:** The Yoga Loft  
3 Lopez Rd.  
**Cost:** \$85 per 8-week session



This class introduces beginners and returning students to yoga in a fun and relaxed setting. Movements are modified for a non-intimidating approach to improving your health.

Take this class as a gift to yourself!

Bring a yoga mat to each class.

Thursdays

January 5 - March 2  
(no 2/23)  
7:15 - 8:15 p.m.

or

Mondays

January 9 - March 6  
(no 2/20)  
4 - 5 p.m.

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### UPHOLSTERY WORKSHOP

**Instructor:** Louise Redgate  
**Dates:** Thursdays, March 9 - April 27,  
8 Weeks  
**Time:** 6:30 - 9:30 p.m.  
**Location:** Town Hall Auditorium  
**Cost:** \$68



Give new life to a piece of your old furniture by learning to reupholster. You'll cover your piece with new fabric, learn to tie springs and re-pad. A supply list will be provided as your project progresses. Be aware - you will have homework! The class motto is "If you can carry it, bring it!"

### BOXWOOD TREE CLASS

**Instructor:** Cindy Mattson  
**Date:** Wednesday, December 7  
**Time:** 6:30 - 8:30 p.m.  
**Location:** Given Erwin Florist  
328 Cambridge St.,  
Burlington  
**Cost:** \$42



Create this "live" holiday centerpiece in just one evening!  
All supplies are included.  
Bring scissors and wire cutters to class.

### DANCE CLASSES

**Location:** Lorraine Spada School of Dance  
52 Main Street, Suite #3  
**Cost:** \$52

These six-week courses are perfect for beginners or returning students. Fun, exercise and new skills in each class!  
Ballet Slippers are recommended; Tap Shoes are required.



**Beginner Ballet Barre**  
**Instructor:** Nicolette McCoy

**Mondays**  
January 30 - March 13  
(no 2/20)  
7:30 - 8:30 p.m.

A ballet and barre class that incorporates a traditional ballet barre into a fun workout, where you will find elements of Pilates, dance and other low impact techniques. No dance experience necessary!



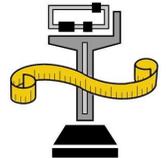
**Beginner/Intermediate Tap**  
**Instructor:** Chrissy Bowman

**Thursdays**  
January 26 - March 9  
(no 2/23)  
7:30 - 8:30 p.m.

Learn basic tap steps and fun combinations week to week.  
Dance just like the American classics. Tons of fun while you get in shape!

### FIVE KEYS TO SUCCESSFUL WEIGHT LOSS

**Instructor:** Terry Currier  
**Dates:** Tuesday, January 10  
**Time:** 7 - 9 p.m.  
**Location:** Town Hall - Room 9  
**Cost:** \$15



Kick off your New Year's resolution and learn mind-body techniques and eating strategies that will help improve well-being and provide increased energy. Terry, author of the book Waist Management, has been speaking at seminars on fitness, nutrition, weight loss and stress management for 15 years.

### PAINT NIGHT!

**Instructor:** Corine Mazza  
**Time:** 6 - 8 p.m.  
**Location:** Town Hall Auditorium  
**Cost:** \$52 (2 weeks)

Yes you can! Under the guidance of our talented instructor, you will paint a beautiful landscape with oils on canvas!  
All supplies are included. A sample is on display in the Recreation Office.

