

ARLINGTON COMMUNITY EDUCATION ***SPECIAL SUMMER COURSES***

May 28 – July 30

SUMMER MORNING SHAPE UP with TERI

Teri Muller, Instructor

This five-week series will introduce you to innovative and challenging workouts that achieve visible results. We'll provide a variety of equipment, including hand weights, tubing, fit balls and machines. You'll leave these sessions renewed energy for your workouts! Previous exercise experience is helpful. Bring a towel, water bottle and wear clothing you can sweat in! **Class meets at Arlington High Fitness Room.** Enter the Main Lobby of Arlington High, 869 Mass. Ave., and follow signs to fitness room. *One of our most popular instructors, Teri has more than 25 years of experience as a fitness teacher and trainer.*

CODE: TBT \$80 for 10 weeks

5 Mondays AND 5 Wednesdays @ 9-10am

June 30- July 30

HATHA YOGA

Kathy Harris, Instructor

This class offers a solid foundation in Hatha Yoga with a balanced selection of poses and an introduction to breathing practices, mind-focusing techniques and sitting quietly. The practice cultivates strength, flexibility, balance and stamina with a minimum of soreness or fatigue. Students often leave class feeling calmer, lighter, more focused and alert. No previous experience necessary. Wear comfortable clothing. Bring a yoga mat, towel or blanket and a yoga strap, cloth belt or tie. Space is air-conditioned. **Classes are held at Arlington Senior Center, 27 Maple St., Arlington.**

CODE: YOGA \$50

5 Mondays @ 6-7:30pm

June 2-June 30

ONLINE COURSES @ ed2go.com/Arlington

Choose from more than 200 great and affordable online courses that start every six weeks. Courses are project-oriented and include lessons, quizzes, assignments and discussion areas. Complete the course where and when you want. Go to ed2go.com/Arlington for more information.

VINYASA YOGA for STRENGTH & FLEXIBILITY

Kathy Harris, Instructor

Vinyasa yoga is particularly suited to students who want to increase their flexibility as well as their physical strength through isometric and weight-bearing yoga postures. You also practice restorative, deeply resting poses. Please wear comfortable clothing and do not eat for at least an hour before class. Bring a yoga mat, towel or blanket, yoga block and yoga strap, cloth belt or tie. **Meet at the Arlington Senior Center, 27 Maple St., directly behind Town Hall.**

CODE: VY \$60

6 Wednesdays @ 6-7:30 pm

May 28-July 2

PILATES BASICS

Body Access™ Instructors

BEST OF BOSTON 2007 Pilates Studio, BodyAccess will have you feeling and looking your best for summer. Exercise that connects the body and mind, Pilates will strengthen, revitalize and tone your body. This class will help

you begin a program that can keep you fit for life. **Classes meets at Body Access(TM) Pilates and Pedal Center, 661 Mass. Ave., across from Robbins Library.**

CODE: PILMM \$68

6 Mondays @ 6-7pm

June 9-July 14

PILATES CONCEPTS

Body Access Instructors

This class takes you to the next level in a Pilates mat workout. The focus is on building the strength of the core and deepening the connection with the abdominals for a challenging total body workout. Students must have completed BASIC PILATES. **Classes meets at Body Access(TM) Pilates and Pedal Center, 661 Mass. Ave., across from Robbins Library.**

CODE: PILWJ \$68

6 Wednesdays @ 9-10am

June 11-July 16

CODE: PILTJ \$68

6 Thursdays @ 7-8

June 12-July 17

CODE: PILFJ \$58

6 Fridays @ 10:15-11:15am

June 13-July 25

ARLINGTON COMMUNITY ED REGISTRATION FORM <i>No course confirmation is sent.</i>		Office Use Only
Please print First Name _____ Last Name _____		
Address _____		
City _____ Zip _____ E-mail _____		
Day Phone () _____ Night Phone () _____		
Course Name	Code	Fee

Please make checks payable to:

Arlington Community Education

Total \$ _____ Check # _____

Please charge the following credit card

MASTERCARD

VISA

Fax (781) 316-3381

Account # _____

Exp. Date _____

Cardholder's Name (print) _____

Full refunds are given only when a class is cancelled. Students withdrawing from a class at least 5 full business days before the start date of the class receive a credit voucher minus a \$15 processing fee. No other refunds are given.

Arlington Community Education
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www.arlingtoncommunityed.org