

Doubleday Babcock Senior Center

45 E. Main Street, Oyster Bay, NY ♦ 516 922-1770

CONTINUING EDUCATION SCHEDULE – Fall 2009

MONDAY CLASSES

BELLY DANCING - Back by *popular demand* - Join us for an hour of graceful, exotic and mystical dance instruction that will help you with your coordination, relaxation and concentration. The class is also great for anyone who suffers from arthritis, or wants to lose weight and unwanted inches.

Monday Evenings: Oct. 5th, 19th, 26th and Nov. 2nd, 9th, 16th, 23rd, 30th

Teacher: Zahirh

8 Sessions: Seniors \$55 (Under 60 \$65)

Time: 6:15pm to 7:15pm

STRENGTH TRAINING – This exercise class will help you tone muscle, have better balance and improve your whole physical appearance. Wear sneakers and exercise apparel (mat, light weights, exercise band needed).

Monday Evenings: Oct. 5th, 19th, 26th and Nov. 2nd, 9th, 16th, 23rd, 30th

Teacher: Judi

8 Sessions: Seniors \$55 (Under 60 \$65)

Time: 7:30pm to 8:30pm

TUESDAY CLASSES

ZUMBA – Brand new to DBSC! Zumba is Latin inspired international music which has dance steps to create a dynamic, exciting and effective fitness system. Zumba is designed for every shape and age. All exercise from beginners to advanced will enjoy the benefits of this Zumba class.

Tuesday Evenings: Oct. 6th, 13th, 20th, 27th and Nov. 3rd, 10th, 17th, 24th

Teacher: Amy

8 Sessions: Seniors \$55 (Under 60 \$65)

Time: 6:00pm to 7:00pm

YOGA – Learn how to relieve the stress of everyday living. Enjoy the peacefulness of the moment. Yoga is ancient and scientific, and when practiced, it encompasses and benefits all levels of human experience. Please bring a mat and wear loose, comfortable clothing.

Tuesday Evenings: Oct. 6th, 13th, 20th, 27th and Nov. 3rd, 10th, 17th, 24th

Teacher: Amy

8 Sessions: Seniors \$55 (Under 60 \$65)

Time: 7:15pm to 8:15pm

All classes require a minimum of 8 people.
Classes must be paid in full (no exceptions)

CranioSacral Therapy sessions and Massage sessions are available by appointment

CranioSacral Therapy is a light touch therapy while massage is more of an invasive, manual therapy. Both are good to relieve headaches, neck pain, and low back pain as well as soothe anxiety and depression. Yamil Sarabia is a holistic health practitioner specializing in CranioSacral Therapy, Acupuncture, Massage, Reflexology and holistic skin care.

Tuesday Evenings: Oct. 6th, 13th, 20th, 27th and Nov. 3rd, 10th, 17th, 24th

Teacher: Yamil

Suggested donation is \$1 per minute per 10, 15 or 20 minute sessions.

Time: 10, 15 or 20 minutes sessions between 6:00 to 7:00pm. Please call Mary or Nancy to schedule your appt.

FITNESS CENTER - Open Monday and Tuesday from 6:00pm to 8:15pm

Monday Evenings: Oct. 5th, 19th, 26th and Nov. 2nd, 9th, 16th, 23rd, 30th

Tuesday Evenings: Oct. 6th, 13th, 20th, 27th and Nov. 3rd, 10th, 17th, 24th

Non-Member Fee: \$40 for 8weeks.

(If you are already a member of the Fitness Center, there will be no extra charge.)

All classes are held at Doubleday Babcock Senior Center, 45 E. Main Street, Oyster Bay, NY
Please call the Program Office at 922-1770 to reserve a space in any of the above classes.