

# Adult Classes

## Dance

### HIP HOP HUSTLE

Dance yourself into shape. This class combines various dance moves with heart pumping music to get you moving! Comfortable clothes and your dancing feet is all you need.

Sept 1 - Oct 20 W 6:00 - 7:00 PM  
Adults \$57 212216-01  
Seniors \$52 112123-01

**\*No class on 9/8**

Oct 27 - Dec 15 W 6:00 - 7:00 PM  
Adults \$57 212216-02  
Seniors \$52 112123-02

**\*No class on 11/10**



### ZUMBA

Latin-inspired dance moves mixed with pulsating rhythm in a sizzling workout that feels like a party!

Aug 30 - Oct 18 M 9:30 – 10:30 AM  
Adults \$57 212101-01  
Seniors \$52 112103-01

**\*No class on 9/6**

Aug 31 - Oct 19 T 6:00 – 7:00 PM  
Adults \$65 212101-18  
Seniors \$59 112103-18

Sept 1 - Oct 20 W 9:30 – 10:30 AM  
Adults \$65 212101-03  
Seniors \$59 112103-03

Sept 3 - Oct 22 F 9:30 – 10:30 AM  
Adults \$65 212101-04  
Seniors \$59 112103-04

Oct 25 - Dec 13 M 9:30 – 10:30 AM  
Adults \$65 212101-02  
Seniors \$59 112103-02

Oct 26 - Dec 14 T 6:00 – 7:00 PM  
Adults \$65 212101-19  
Seniors \$59 112103-19

Oct 27 - Dec 15 W 9:30 – 10:30 AM  
Adults \$57 212101-04  
Seniors \$52 112103-04

**\*No class on 11/10**

Oct 29 - Dec 17 F 9:30 – 10:30 AM  
Adults \$57 212101-05  
Seniors \$52 112103-05

**\*No class on 11/26**

## Special Interest

### INTRO TO WATERCOLOR



Learn the art of watercolor painting! Students will learn different techniques including glazing, wet into wet and dry brush. Supply list will be given at the time of registration.

Aug 31 - Oct 19 T 11:00 AM – 12:30 PM  
Adult \$98 212404-01  
Senior \$86 112410-01

Oct 26 - Dec 14 T 11:00 AM – 12:30 PM  
Adult \$98 212404-02  
Senior \$86 112410-02



### CONVERSATIONAL SPANISH



¿Usted habla español? This class will help you learn the language in an enjoyable and effective way while you immerse yourself in an exciting new culture.

Sept 2 - Oct 21 TH 11:00 AM – Noon  
Adult \$65 212412-01  
Senior \$59 112410-01

Oct 28 - Dec 16 TH 11:00 AM – Noon  
Adult \$57 212412-02  
Senior \$52 112410-02

**\*No class on 11/25**

# Adult Classes

## Special Interest

### PARENTING WORKSHOP

You are invited to join an interactive value-based support for parents, grandparents and caregivers. You will gain powerful insight on parenting skills, improve communication and create peace at home.

Sept 22	W	9:00 - 11:00 AM
Oct 6		
Oct 13		
Nov 3		
Dec 1		
Dec 8		

Oct 21	TH	7:00 - 9:00 PM
Nov 18		
Dec 2		



### MOUNT SINAI MEDICAL CENTER

Venture with us as we explore some of the most interesting health facts. Lectures will be given by medical staff and light refreshments will be served. Please contact Mount Sinai for registration at 305-692-5400.

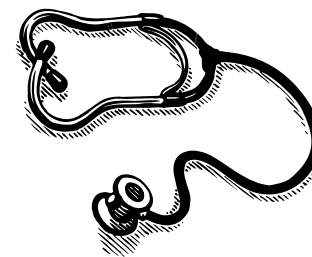
Sept 23	TH	10:00 AM - 12:00 PM
Oct 28	TH	10:00 AM - 12:00 PM
Nov 18	TH	10:00 AM - 12:00 PM
Dec 16	TH	10:00 AM - 12:00 PM



### AVENTURA HOSPITAL AND MEDICAL CENTER

If your doctor recommends surgery to treat prostate cancer, you may be a candidate for a new less-invasive surgical procedure called Robotic Prostatectomy. Join us at the Aventura Community Recreation Center for a free seminar to learn more about this innovative new procedure. For more information please call 1-888-256-7692.

Sept 21	T	6:00 - 8:00 PM
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### JOY OF YIDDISH

The Joy Of Yiddish Club is dedicated to keeping Yiddish alive. All lovers of "mammeloshen" and Yiddish enthusiasts will come together and enjoy singing the traditional Yiddish folk songs that you love so much. Participate in the telling of our humor and discuss our culture, heritage and "chochma" of our grandparents. We also speak a little English. So, come and enjoy and bring the "gantza mishpoocha".

Sept 14	T	2:00 - 3:30 PM
Oct 12	T	2:00 - 3:30 PM
Nov 16	T	2:00 - 3:30 PM
Dec 14	T	2:00 - 3:30 PM

