



MARCH

Classes at River House
179 Marine Street, St. Augustine
Please Register Online at
COASJC.ORG
For more information call
904 209 3655
Monday - Thursday



Monday

- Sculpt & Stride with Katie Smith 9 - 10
- Gentle Yoga with Scott Farber 9:15 - 10:45
- Chess, a Mechanism of Happiness with Estelle Thibodeau 9:30 - 11
- Flexibility and Mobility with Mindy Mylrea 10:15 to 11:15
- Chair Yoga with Becky Dawson 11 - noon
- Spanish for Fun and Travel with Abigail Dyer 11:30 - 12:30
- Neurographic Art Meditative Class with Estelle Thibodeau 11:30 - 1
(5 separate classes)
- Awake and Heal Within with Sharon Infante noon - 1
- Zumba Gold with Angela Engel 12:15 - 1:15
- iPhone / iPad Password App March 3 with Kai Long 12:45 - 1:45
- iPhone / iPad Documents Scanning and Photos March 10 with Kai Long 12:45 - 1:45
- iPhone / iPad Photos App March 17 with Kai Long 12:45 - 1:45
- iPhone & iPad Learn to Use iCloud & Security Settings March 24 with Kai Long 12:45 - 1:45
- iPhone, Learn How to Use the Apple Digital wallet March 31 with Kai Long 12:45 - 1:45
- Ballet with Judy Woodruff 1:30 - 3
- Foods to Eat for a Healthy Gut Biome March 10 with Mindy and Bruce Mylrea 1:30 - 3
- Creating a Junk Journal with Liz Monaco 1:30 - 3:30
- Weekly Meditation with Anne Pogue 2 to 3

Tuesday

- Know Before You Go Fishing Clinic Series with Donna Frantz 9 - 10:30
- Strength and Balance for Active Aging Exercise with Mindy Mylrea 9 - 10
- Gentle Yoga with Scott Farber 9:15 - 10:15
- Easter Caroling with Abigail Dyer 10:15 - 11:15
- Tai Chi / Qigong with Scott Farber 10:30 - 11:30
- Spanish for Beginners with Maria Martinez 11 - 12:30
- Beginners Ballroom Dance Group Class with Ramona Walter 11:30 - 12:30
- Intermediate Ballroom Dance Group Class with Ramona Walter 12:45 - 1:45
- Understanding Music Theory with Dennis Fermin 1 - 2:30
- Mah Jongg for Beginners with Marcia Farrell 1 - 3
- Balancing Your Blood Sugar and Preventing Diabetes on March 18 with Lynn Ringhaver 1:15 - 2:15
- Exploration of Acrylic Painting from Beginning to End with Heather Harley-Davidson 1:30 - 3:30
- Sound Vibrational Frequency (Sound Bath) with Sharon Infante 2:30 - 3:30

Wednesday

- Fishing on March 19 with Donna Frantz 9 - 11
- Watercolor 1 with David Ouellette 9 - 11
- Gentle Yoga with Scott Farber 9:15 - 10:15
- Ukulele, Jamming to the Classics with Dennis Fermin 9:45 - 11:15
- Chair Yoga with Becky Dawson 10:30 - 11:30
- Guitar, Jamming to the Classics with Dennis Fermin 11:30 - 1
- Beginning Acrylic Landscape Painting Class with Jenny Keyser 11:30 - 1:30
- Line Dance with Ramona Walter 11:45 - 12:45
- We Made it to the Age of Aquarius - Now What? with Kate Werner 12:30 - 1:30
- Abstract Art with Jenny Keyser 1:45 - 3:45
- Tap Dancing Level 3 with Judy Woodruff 1:30 - 3:00
- The Herbal Pharmacy with James Carucci 3 - 4

Thursday

- Chair Yoga with Becky Dawson 9 - 10
- Drawing 1 with David Ouellette 9 - 10:30
- Belly Dance Basics and Beyond with Gina Marie Newman 9:30 - 10:30
- Tai Chi and Qigong with Sharon Infante 10:30 - 11:30
- Belly Dance Basics Level 1 with Gina Marie Newman 10:45 - 11:45
- Watercolor Techniques with Liz Monaco 11 - 1
- Flexibility and Mobility with Mindy Mylrea noon to 1
- Make an Ally of Your Intuition with Kate Werner 12:30 - 1:30
- Colored Pencil Art with Liz Monaco 1:30 - 3:30
- Tap Dancing Level 1 & 2 with Judy Woodruff 2 - 3

