



# May

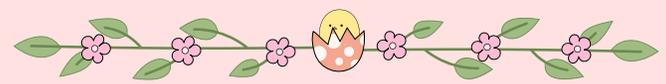
Classes at River House  
179 Marine Street, St. Augustine  
Please Register Online at  
[coasjc.coursestorm.com](http://coasjc.coursestorm.com)  
For more information call  
904 209 3655  
Monday - Thursday



**No classes May 1 & 26**

## Monday

- Sculpt, Stride & Stretch with Katie Smith 9 - 10:30
- Gentle Yoga with Scott Farber 9:15 - 10:45
- Chess, a Mechanism of Happiness with Estelle Thibodeau 9:30 - 11
- Chair Yoga with Becky Dawson 11 - noon
- Neurographic Art Meditative Class with Estelle Thibodeau 11:30 - 1 (3 separate classes)
- Awake and Heal Within with Sharon Infante 12 - 1
- Zumba Gold (Lower Impact) with Angela Engel 12:15 - 1:15
- iPhone & iPad Class with Kai Long 12:45 - 1:45
- Dance Flex with Judy Woodruff 1:30 - 3
- Nutrition, Health and Your Environment on May 5 with Sharon Infante 1:30 - 2:30
- Seated Meditation on April 7 with Anne Pogue 2 to 3



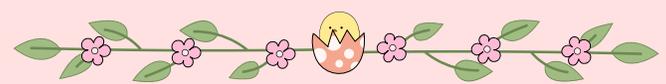
## Tuesday

- Balance & Stretching with Katie Smith 9 - 10
- Know Before You Go Fishing Clinic Series with Donna Frantz 9 - 10:30
- Gentle Yoga with Scott Farber 9:15 - 10:15
- Independence Day Choir 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
- Band Jam Class with Dennis Fermin 1 - 2:30
- Balancing Your Blood Sugar and Preventing Diabetes on May 20 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 May 14 with Donna Frantz 9 - 11
- Gentle Yoga with Scott Farber 9:15 - 10:15
- Ukulele 1 for Beginners with Dennis Fermin 9:45 - 11:15
- Chair Yoga with Becky Dawson 10:30 - 11:30
- Art of Meditation with Scott Farber 10:30 - 11:30
- Guitar 1 for Beginners with Dennis Fermin 11:30 - 1
- 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
- Tap Dancing Level 3 with Judy Woodruff 1:30 - 3:00



## Thursday

- Chair Yoga with Becky Dawson 9 - 10
- 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
- Sculpt, Stride & Stretch with Katie Smith 12 to 1:30
- A Journey Toward Your Authentic Self with Kate Werner 12:30 - 1:30
- Tap Dancing Level 1 & 2 with Judy Woodruff 2 - 3
- Herbal Pharmacy: Herbs and Your Health with James Carucci 2:45 - 3:45

