



One Night Classes

CELL PHONE PHOTOGRAPHY 6-7:30 p.m. Nanci Goldberg

If your cell phone has a camera and you aren't sure how to use it, join us for this fun and interactive class. Learn the basics of using the camera on your phone. Then discover apps that, with the touch of a finger, allow you to crop, edit, retouch your photos, improve lighting, and more. All phones welcome (iPhone, Samsung, Motorola, LG, etc.)

Wed, March 22 –OR– Thurs, April 6 High School Room 210
\$20 resident/\$25 non-resident Parking: Gate B

COOKING: INDIAN DISHES 6:30-9 p.m. Hamsini Rajgopal

ALL NEW RECIPES! Savor the aroma of rich Indian spices as you learn to prepare simple vegetarian home-cooked meals. This demonstration class will present dishes from Northern and Southern India. Toward the end of the class, students will enjoy the recipes that were demonstrated.

Material fee: \$15. Please add to the class fee.
Monday, April 3 High School Room 201
\$25 resident/\$30 non-resident Parking: Gate B

CREATING A JEWEL BOX GARDEN 7-9 p.m. Linda Kramer

Would you like to create a shady spot in your landscape where woodland plants combine to form a tiny magical escape from everyday stress? Join a professional gardener to learn basic garden design and explore some exceptional plant gems. Bonus: take a private tour of two local 'jewel box' gardens on May 2nd...and experience the magic for yourself!

Tuesday, April 25 High School LGI Room
Fee: \$40 resident/\$45 non-resident Parking: Gate D

WANT CONFIRMATION THAT YOU ARE REGISTERED?

If you provide your Email address, we will send an Email confirmation of your registration.
 No Email? Follow our "no news is good news" policy.
 Report to class the first night unless you receive notice to the contrary.

One Night Classes (Cont'd)

HEARTSAVER CPR & AED 6-9:30 p.m. Gordon Fisher, Foxwall EMS

Learn adult, child and infant CPR, foreign body airway obstruction removal, use of the AED (automated external defibrillator). This class is for the lay person and not for health care professional certification. Upon completion, participants will earn a two-year American Heart Association certificate. *Class size limited.*

Tuesday, April 18 Foxwall EMS Building
\$55 resident/\$60 non-resident Squaw Run Road, 15238

MOVEMENT FOR LIFE 7-8:30 p.m. Rebecca Taksel

Would you like to learn a simple, flexible series of movements that you can do any time and any place? Join us and repeatedly practice a short series of movements that can be adapted to meet your changing needs. Re-energize or wind down. Ease muscle soreness. Improve flexibility. Reduce tension. A few minutes will return a lifetime of benefits.

Mon, April 17 –OR– Wed, April 26 High School LGI Room
\$20 resident/\$25 non-resident Parking: Gate D

Parking At Fox Chapel Area High School

There are 4 parking lots on the FCAHS campus.
 Which lot is closest to your class?

Gate A = Receiving/Stadium

Park here for all art classrooms in the 160 range.
Enter at Art Wing door.
 From Fox Chapel Road = 1st left onto HS campus
 From Powers Run Road = 4th right onto HS campus

Gate B = High School Offices

Park here for all classrooms in the 200 range.
Enter at door in right front corner of HS building.
 If you reach front office doors, you have gone too far.
 From Fox Chapel Road = 2nd left onto HS campus
 From Field Club Road = 3rd right onto HS campus

Gate C = Administrative Offices

Overflow parking for all classrooms in the 200 range.
Enter at door in right front corner of HS building.
 If you reach front office doors, you have gone too far.
 From Fox Chapel Road = 3rd left onto HS campus
 From Field Club Road = 2nd right onto HS campus

Gate D = Activities/Auditorium/Tennis Courts

Park for Pool, Fitness Ctr, Gym, LGI, and 100 rooms.
Enter at Statue of Fox.
 From Fox Chapel Road = 4th left onto HS campus
 From Powers Run Road = 1st right onto HS campus

Saturday

ESSENTRICS® 8:15-9:15 a.m.

NEW DAY! Join us for a gentle, full body, non-impact, equipment-free workout suitable for all fitness levels. Rebalance your body through dynamic movements while simultaneously stretching and strengthening your muscles. Help prevent and treat injuries, improve posture and unlock tight joints. Bring a mat, water. Also offered Wednesday evenings.

9 weeks - March 11 to May 13 Jill Mucci
No Class April 15 High School LGI Room
Fee: \$50 resident/\$55 non-resident Parking: Gate D

PiYo® FITNESS 9:30-10:30 a.m.

This high intensity workout is inspired by Pilates and Yoga but doesn't make you hold long, intense poses. Nonstop, targeted moves provide the muscle-sculpting, core-firming benefits of Pilates and the strength and flexibility of yoga. This pulse-pounding, calorie-crushing workout defines and sculpts your body. Bring mat, water, towel.

8 weeks - March 11 to May 13 Trudi Annett
No Class April 8 and April 15 High School LGI Room
Fee: \$45 resident/\$50 non-resident Parking: Gate D

WOMEN'S FITNESS AND STRENGTH TRAINING OPEN GYM TIME WITH INSTRUCTION 9:30-11 a.m.

Learn to use weight training equipment under the guidance of exercise professionals. Increase your strength, reduce body fat, improve bone density. Use equipment that suits your fitness needs during this open gym time. Also offered on Monday and Wednesday evenings.

10 weeks - March 11 to May 20 Gayle Murphy
No Class April 15 HS Fitness Center
Fee: \$60 resident/\$65 non-resident Parking: Gate D
[NEW! Save \\$30 when you purchase all 3 days](#)

Be Up To Date!

We post **Sold-Out**, **Almost Sold-Out**, and **Cancelled** classes on our Facebook page, Twitter, phone message and www.fcaae.org.

To Receive our Tweets:

Start a new text to this number: **40404**
 Text the following message: **FOLLOW FCAdultEd**
 Press "SEND" and you will receive our Tweets.

To "Like" us on Facebook:

Click on the "Like" icon on our home page
www.fcaae.org
 or
www.facebook.com/FoxChapelAreaAdultEducation

Swim March-May New 8 Lane HS Pool

| | Aqua Exercise | Family/ Rec Swim | Lap Swim | Adult Lessons | Stroke-Clinic |
|-----|---------------|------------------|----------|---------------|---------------|
| TU | ✓ | | ✓ | | ✓ |
| TH | ✓ | | ✓ | ✓ | |
| SAT | | ✓ | ✓ | | |
| SUN | | ✓ | ✓ | ✓ | |

ADULT LAP SWIM

SATURDAY, SUNDAY 3-4 p.m.
TUESDAY, THURSDAY 8:15-9:15 p.m.
 Swim laps for exercise, fun, and relaxation. Lane ropes will be in place.
Saturday: 9 weeks - March 4 to May 13 -No Class April 8 & 13
Sunday: 9 weeks - March 5 to May 14 - No Class April 9 & 16
Tuesday: 9 weeks - March 7 to May 9 - No Class April 11
Thursday: 9 weeks - March 9 to May 11 - No Class April 13
 1 day = \$50 resident/\$60 non-resident
 2 days = \$100 resident/\$110 non-resident
 3 days = \$120 resident/\$130 non-resident (save \$30)
 4 days = \$150 resident/\$160 non-resident (save \$50)

AQUA EXERCISE

TUESDAY OR THURSDAY OR BOTH 7:15-8 p.m.
 No swimming skills needed to participate in this fun exercise class. Achieve total body fitness with minimal stress on your joints.
 Annie Kayser
Tuesday: 9 weeks - March 7 to May 9 - No Class April 11
Thursday: 9 weeks - March 9 to May 11 - No Class April 13
\$54 resident/\$64 non-resident/9 week series

FAMILY AND RECREATIONAL SWIM

SATURDAY OR SUNDAY OR BOTH 1-3 p.m.
NEW INDIVIDUAL PRICING OPTION! Recreational swim for an individual or a household. Children MUST be accompanied by an adult who remains in the pool area the entire time.
Guests of registered participants are welcome; \$5/guest, payable that day. Annie Kayser/Denise Speer
Sat: 9 weeks - March 4 to May 13 - No Class April 8 and 15
Sun: 9 weeks - March 5 to May 14 - No Class April 9 and 16
Prices are per 9 week series!
\$50 resident individual/\$60 non-resident individual
\$90 resident family/\$100 non-resident family

ADULT SWIM LESSONS

SUNDAY Noon-1 p.m.
MORE WEEKS! Group lessons (max 12) for the adult non-swimmer and beginner. Learn to be comfortable in the water, go underwater, float, kick, do various strokes and rhythmic breathing.
 Denise Speer
9 weeks - March 5 to May 14 - No Class April 9 & April 16
Fee: \$90 resident/\$100 non-resident

THURSDAY 7:15-7:45-OR-7:50-8:20 p.m.
MORE WEEKS! Semi-private lessons (max 3) for the adult non-swimmer and beginner swimmer. Receive focused, individual attention. Learn to swim and improve your skills in this small class.
 Emily Kayser
9 weeks - March 9 to May 11 - No Class April 13
Fee: \$125 resident/\$130 non-resident per half hour

SWIM STROKE CLINIC

TUESDAY 7:15-8:15 p.m.
NEW! Semi-private clinic (max 4) for the adult who is comfortable swimming the length of the pool with their face in the water. Receive personalized attention on strokes, breathing, body/head position so you work with the water more effectively. Swim faster with less effort.
 D Speer
8 weeks - March 7 to May 2 - No Class April 11
Fee: \$150 resident/\$160 non-resident

Pool Parking, Access, and Locker Room Information

Park for the pool in the lot near the tennis courts (Gate D). Enter at the doors behind the statue of a fox. Follow the corridor all the way to the end. (While there are outer doors closer to the pool, they will be locked.)
 Locker rooms are available for your use. Plan to bring a lock or leave your items on the pool deck benches.

Monday

COOKING: ETHNIC DISHES 6:30-8:30 p.m.
NEW! Join the Chef of Hartwood Restaurant for this hands-on and demo class. Cook a variety of ethnic dishes as he takes you on a culinary tour of Italian, American, Indian and Southern cuisine. Minimum 3 courses prepared weekly. *Size limited.*
Material fee: \$25 payable to Chef the first night. Jon Holzer
4 weeks - March 6 to March 27 High School Room 201
Fee: \$45 resident/\$50 non-resident Parking: Gate B

FAKE NEWS 101 6:30-8:30 p.m.
NEW! Do you want to learn to verify information you read? Do you want to teach others the differences between sponsored content, fake news & credible sources of information? Learn tools and tricks—and receive guided practice—on using your own reason and intellect to verify facts. Become a more informed, engaged citizen. Open to ages 16+ with adult. Mila Sanina
2 weeks - March 20 and March 27 High School LGI Room
Fee: \$30 resident/\$35 non-resident Parking: Gate A

MEDITATION 7-8 p.m.
 Meditation can reduce stress, create a tranquil mind, relieve many conditions. Use simple techniques. Learn to maintain balance in your life. This interactive class teaches strategies that can be used anywhere. Open to ages 13+ with adult.
8 weeks - March 6 to May 1 Anjana Vijayvargiya
No Class April 10 High School Room 208
Fee: \$40 resident/\$45 non-resident Parking: Gate B

WOMEN'S FITNESS/STRENGTH TRAINING
OPEN GYM TIME WITH INSTRUCTION 6:30-8 p.m.
 Learn to use weight training equipment under the guidance of exercise professionals. Increase your strength, reduce body fat, improve bone density. Use equipment that suits your fitness needs during this open gym time. Also offered Weds & Sats.
10 weeks - March 13 to May 15 Jill Mucci
No Class April 10 High School Fitness Center
Fee: \$60 resident/\$65 non-resident Parking: Gate D
NEW! Save \$30 when you purchase all 3 days

YOGA 6:45-8:15 p.m.
EARLIER TIME! Suitable for all fitness levels. Learn Kundalini and Hatha Yoga to balance and harmonize your mind, body, and spirit while increasing flexibility and strength. Wear comfortable clothing and bring a towel or mat. Also on Thursdays.
8 weeks - March 13 to May 8 Diane Prem
No Class April 10 Hartwood Elementary School Gym
Fee: \$55 resident/\$60 non-resident Parking: Front Lot

ZUMBA® 6:15-7:15 p.m.
 ZUMBA® is a high-intensity class that uses a fusion of Latin, International, and Hip-Hop music for a fun workout. Routines feature aerobic and fitness interval training using fast and slow rhythms. All fitness levels; a low-impact version of this class is offered on Weds (Dance Fitness). Bring water and a towel.
8 weeks - March 6 to May 1 Anna Ojanen
No Class April 10 O'Hara Elementary School Gym
Fee: \$45 resident/\$50 non-resident Parking: Right Rear Lot

Tuesday

ADOBE PHOTOSHOP: AN INTRO 7-8:30 p.m.
NEW! Do you want to edit or enhance your existing pictures for color, lighting, red eye, to add/remove people and more? Learn to use Photoshop's tools to open, edit and improve your images. Tips, tricks, and keyboard shortcuts will be shared. Students must know how to open and save picture files. Bring a memory card or picture CD. Julie Dellert
3 weeks - April 18 to May 2 High School Room 165
Fee: \$40 resident/\$45 non-resident Parking: Gate A

AMERICAN SIGN LANGUAGE VOCABULARY FOR BABIES, TODDLERS...EVERYONE! 6:30-8 pm
NEW! Sign language is not only for people who are Deaf or Hard of Hearing. Babies, toddlers, and individuals struggling to make their needs known can benefit from ASL. If you are a family member or caregiver, join an instructor from the Center for Hearing and Deaf Services and learn signs to help those who communicate non-verbally express their feelings, thoughts and needs. Through instruction and interactive games, learn everyday words for everyday life. Michelle Paonessa
8 weeks: March 7 to May 2 High School Room 203
No Class April 11
Fee: \$55 resident/\$60 non-resident Parking: Gate A

BALANCE TRAINING 7-8 p.m.
Good balance is one of the best predictors of long-term health. Join a physical therapist and learn to safely perform and incorporate balance exercises into your day. Receive a customized home balance training program to improve coordination, minimize your risk of injuries during physical activity, and build strength. Also on Thurs. Shannon Young
3 weeks - April 18 to May 2 High School Room 208
Fee: \$30 resident/\$35 non-resident Parking: Gate

DIGITAL SLR CAMERA WORKSHOP 7-9 p.m.
NEW! If you own a DSLR camera (interchangeable lenses), join a professional photographer to learn more about your camera and photography basics. Experiment with your camera settings. Participate in guided shooting exercises. A DSLR camera and memory card are required; your laptop is suggested. *Class size limited.* Roy Engelbrecht
4 weeks - March 14 to April 4 High School Room 165
Fee: \$55 resident/\$60 non-resident Parking: Gate A

Questions?
(412) 696-1410
director@fcaae.org
www.fcaae.org

Tuesday (Cont'd)

KICKBOXING FOR FITNESS 7-8 p.m.
MORE WEEKS! Muay Thai kickboxing is a total body workout for all fitness and experience levels. Learn proper techniques, the fundamentals of punches and kicks, and how to use knees and elbows. Experienced students will deepen their skills. Bring bag gloves Jim Harding
10 weeks - March 7 to May 16 Kerr Elementary School Gym
No Class April 11
Fee: \$55 resident/\$60 non-resident Parking: Front Lot

PILATES 6:30-7:30 p.m.
Pilates works every muscle in your body while focusing on core control. Strengthen your deep abdominal and back muscles. Focus on breathing, correct alignment, joint release, and extending your range of motion. Beginners will learn proper techniques; experienced students will deepen and refine their skills. Bring mat, towel, water. Cara Metallo
10 weeks - March 7 to May 16 Fairview Elementary School Gym
No Class April 11
Fee: \$55 resident/\$60 non-resident Parking: Front Lot

TAI CHI SUN STYLE 7:30-8:45 p.m.
This gentle, easy-to-learn exercise uses slow, continuous, protective movements to achieve increased flexibility, balance, strength, and fitness. Sun-style movements eliminate the more physical crouching and leaping used in some forms of Tai Chi. Wear comfortable clothing, flat shoes, and bring a towel and water. Phil Jannetta
6 weeks - March 21 to May 2 O'Hara Elementary School Gym
No Class April 11
Fee: \$45 resident/\$50 non-resident Parking: Right Rear Lot

Weather or Emergency Cancellations

If Fox Chapel Area Schools are closed for snow or emergency reasons, there will be NO Adult Education that night. Classes will be made up at a later date.

It is the student's responsibility to learn if classes are cancelled.

How To Check?

Listen to KDKA television or radio
Follow FCAAE on Facebook , Twitter
After 5 p.m. check www.fcaae.org
After 5 p.m. call 412-696-1410

Wednesday

BASKETBALL FOR ADULTS 7:45-9:45 p.m.
Join weekly pick-up basketball games. Players are divided into new teams of 4-5 players each week. Multiple short games played each night. Invite your friends. All skill levels welcome!
9 weeks - April 5 to June 7 Denis Meinert/Ben Miller
No Games April 12 High School Auxiliary Gym
Fee: \$60 resident/\$60 non-resident Parking: Lot D

BODY SCULPTING 7:30-8:30 p.m.
Enjoy this non-aerobic, muscle-toning class designed to shape and tone your body. Learn resistance band, core, and body weight exercises, how to modify the exercises, as well as challenge yourself with a work out you can continue at home. Wear supportive footwear; bring a mat, towel, water. Resistance bands will be available for use. Kristin Ward
8 weeks - March 15 to May 10 O'Hara Elementary School Gym
No Class April 12
Fee: \$45 resident/\$50 non-resident Parking: Right Rear Lot

DANCE FITNESS 6:15-7:15 p.m.
Enjoy aerobic and fitness interval training in a low-impact class. Using fast and slow rhythms, have fun moving to music while toning and sculpting your body. Bring a mat, water and towel. Suitable for all fitness levels. A high-intensity version of this class is offered on Mondays (see Zumba®). Kristin Ward
8 weeks - March 15 to May 10 O'Hara Elementary School Gym
No Class April 12
Fee: \$45 resident/\$50 non-resident Parking: Right Rear Lot

DREAMS AND THEIR MEANINGS 7-8:30 p.m.
NEW! Dreams provide valuable insights into the unconscious. Learn a unique method of dream interpretation from a Jungian analyst and psychologist. Gain an understanding of the subtleties and nuances that dream images and symbols provide which often open avenues for a deeper understanding of yourself. David Cordisco
2 weeks - March 22 and March 29 High School Room 203
Fee: \$30 resident/\$35 non-resident Parking: Gate B

ESSENTRICS® 6-7 p.m.
MORE WEEKS! Join us for a gentle full body, non-impact, equipment-free workout suitable for all fitness levels. Re-balance your body through dynamic movements while simultaneously stretching and strengthening your muscles. Help prevent and treat injuries, improve posture, and unlock tight joints. Bring a mat and water. Also offered Saturday mornings. Jill Mucci
10 weeks - March 8 to May 17 Kerr Elementary MPR
No Class April 12
Fee: \$55 resident/\$60 non-resident Parking: Front Lot

Offering Classes Since 1962

Wednesday (Cont'd)

WOMEN'S FITNESS/STRENGTH TRAINING

OPEN GYM TIME WITH INSTRUCTION 6:30-8 p.m.

Learn to use weight training equipment under the guidance of exercise professionals. Increase your strength, reduce body fat, improve bone density. Use equipment that suits your fitness needs during this open gym time. Also offered Monday evenings and Saturday mornings.

10 weeks - March 8 to May 17

Gayle Murphy

No Class April 12

High School Fitness Center

Fee: \$60 resident/\$65 non-resident

Parking: Gate D

NEW! Save \$30 when you purchase all 3 days

TRIYOGA

6:30-8 p.m.

EARLIER TIME! TriYoga is the union of posture, breath, and focus. Learn the flowing, sustained, wave-like spinal movements that help this instructor live with chronic pain. Develop your natural alignment, strength, flexibility, endurance, and rhythmic breathing. Bring a mat, blanket, and water.

8 weeks - March 8 to May 3

Julie DiDomenico

No Class April 12

Kerr Elementary School Gym

Fee: \$55 resident/\$60 non-resident

Parking: Front Lot

Be Up To Date!

Sold-Out, Almost Sold-Out, and Cancelled classes are posted on our Facebook page, Twitter, www.fcaae.org and recorded on our phone line.

We are happy to accept registrations

Refund Policy: A full refund will be given if your course was filled or cancelled when we received your payment. Partial refunds will be given to any student who has notified the Director at least 48 hours prior to the first meeting.

Cancellation fee = \$10 per course.

Every effort is made to adhere to the published schedule. However, FCAAE reserves the right to substitute instructors, increase/decrease class limits, or cancel a class due to inadequate registration.

Cancelled class? Students will be contacted and a full refund guaranteed.

Emergency for the instructor? Students will be notified and class rescheduled.

Thursday

BALANCE TRAINING

7-8 p.m.

Good balance is one of the best predictors of long-term health. Join a physical therapist and learn to safely perform and incorporate balance exercises into your day. Receive a customized home balance training program to improve coordination, minimize your risk of injuries during physical activity, and build strength.

Shannon Young

3 weeks - March 23 to April 6

High School Room 208

Fee: \$30 resident/\$35 non-resident

Parking: Gate B

CALLIGRAPHY

7-8:30 p.m.

NEW! Create beautiful letters and designs through the art of calligraphy. Lessons will consist of group instruction followed by one-on-one attention. Beginners will receive individual guidance. Experienced students can enhance their style. Bring nothing but yourself; material list will be provided at first class. *Class size limited.*

6 weeks - March 23 to May 4

Jim Lavrinc

No Class April 13

High School Room 241

Fee: \$40 resident/\$45 non-resident

Parking: Gate B

COOKING: VEGAN

7-9 p.m.

BREAKFAST, LUNCH, DINNER

NEW! Learn from a professionally trained chef how to prepare plant based breakfasts, lunches, and dinners. Each week, multiple dishes will be demonstrated and prepared. Enjoy a variety of recipes using foods that are healthy and allergen free. *Class size limited.*

Food fee:\$25 payable to Chef the first night. Amanda Burk

3 weeks - April 20 to May 4

High School Room 201

Fee: \$35 resident/\$40 non-resident

Parking: Gate B

GET TO KNOW YOUR IPHONE

SMALL GROUP LESSON 5:30-6:30 pm-OR-7-8 pm

Do you own an Apple iPhone 5 or newer? Do you intend to learn more but don't have time? Did a software update make it harder to find your way around your phone? Do you need a refresher? Join this semi-private (max 8) hands-on class and learn to do more than make phone calls, send text messages, check email.

3 weeks - April 6 to April 27

Lisa Anselmo

No Class: April 13

HS Room 210

Fee: \$40 resident/\$45 non-resident

Parking: Gate B

Can Children Attend Classes?

With the exception of Family Swim, children may attend only if our brochure designates that a class permits attendance by children of specified ages. The following conditions apply:

- To meet the liability requirements of our program, an adult must *register, pay for, and attend* every session with the minor.
- On the release form, we ask that you provide the name and age of a minor student. FCAAE reserves the right to refuse entry and deny a refund to anyone providing false information.

Thursday (Cont'd)

HANDS IN CLAY

6-9 p.m.

MORE HOURS! SMALLER CLASS SIZE! Try your hand throwing on the wheel and hand building with clay. Use this small group class (max 15) as studio time or follow projects directed by the teacher. Experiment with surface design and textures. Use glazes to create enduring pieces. **Material Fee: \$30 payable the first night** for 25-lb. bag of clay, glazes, and firings. *Class size limited.*

8 weeks - March 16 to May 11

Julie Dellert

No Class: April 13

High School Room 164

Fee: \$75 resident/\$80 non-resident

Parking: Gate A

ORGANIZING YOUR DIGITAL PICTURES 7-8:30 pm

NEW! Are your photos trapped in your camera, memory card, or computer? Are they disorganized? Join a professional photographer and receive guided instruction on downloading, organizing, and storing your photos. Bring your camera, camera card, and laptop. Students must be able to use a card reader and create/move computer files. Adobe lightroom or photoshop elements highly recommended.

Roy Engelbrecht

2 weeks - March 16 and March 23

High School Room 203

Fee: \$30 resident/\$35 non-resident

Parking: Gate B

PAINTING WITH OILS

7-9:30 p.m.

Artists of all levels will enjoy this studio time for painting with oils on stretched canvas. Learn basic color theory, composition, how to choose materials, and what it means to "make a picture." **Materials list provided at first class; price range begins at \$75 depending on your choices.** *Class size limited.*

8 weeks - March 9 to May 4

Martha Ball

No Class April 13

High School Room 162

Fee: \$65 resident/\$70 non-resident

Parking: Gate A

YOGA

6:45-8:15 p.m.

EARLIER TIME! Suitable for all fitness levels. Learn Kundalini and Hatha Yoga to balance and harmonize your mind, body, and spirit while increasing flexibility and strength. Wear comfortable clothing and bring a towel or mat. Also on Mondays.

8 wks -March 16 to May 11

Diane Prem

No Class April 13

Hartwood Elementary School Gym

Fee: \$55 resident/\$60 non-resident

Parking: Front Lot

DOWNLOAD YOUR REGISTRATION/WAIVER FORM

www.fcaae.org

QUESTIONS?

Call (412) 696-1410 (direct to voice mail)

Email director@fcaae.org

Consult our FAQs Page

http://www.fcaae.org/faqs_and_policies.html