



MSCR EAST Winter 2017

Check out the programs at this new facility!
4620 Cottage Grove Road, Madison 608-204-3021



ADULT DANCE

| Age | Location | Day | Date | Time | Fee | Course# |
|--|-----------|-----|-----------|---------------|------|---------|
| BALLET 1 | | | | | | |
| Learn beginning ballet skills and terminology in a fun and relaxed environment. This introductory level class is for those with no dance or ballet experience. Dress in fitted clothing that allows for movement and ballet shoes. | | | | | | |
| 18+ | MSCR East | M | 1/23-3/27 | 6:30pm-7:30pm | \$54 | 12608 |
| BALLET 2 | | | | | | |
| Continue to build ballet skills and terminology in a fun and relaxed environment. This class is for those who have ballet experience or who have taken ballet classes before. Dress in clothing that allows for movement and ballet shoes. | | | | | | |
| 18+ | MSCR East | M | 1/23-3/27 | 7:45pm-8:45pm | \$54 | 12611 |
| LATIN DANCE 1 | | | | | | |
| Learn Latin Dance rhythms including merengue, salsa, mambo and more! Please wear smooth-soled shoes. Fee is per person. Partner required, complete one registration form per address. | | | | | | |
| 18+ | MSCR East | W | 3/8-4/5 | 7:00pm-8:15pm | \$32 | 13530 |

ADULT DRAWING & PAINTING

| Age | Location | Day | Date | Time | Fee | Course# |
|--|-----------|-----|-----------|----------------|------|---------|
| DRAWING 1 | | | | | | |
| Using the many supplies available to artists, students learn the steps to build up a finished drawing. Explore how to see light and shadow to create the illusion of 3-dimensional objects on paper. Draw from still life arrangements and photographs. Materials provided. | | | | | | |
| 18+ | MSCR East | T | 1/17-2/21 | 1:00pm-3:30pm | \$75 | 12695 |
| DRAWING 2 | | | | | | |
| Learn to see what artists see. Learn basic compositional and perspective aspects while drawing still life arrangements and photographs. Explore deeper into the principles of drawing and how the masters worked. Optional review and feedback available after each class. Materials provided. | | | | | | |
| 18+ | MSCR East | T | 3/7-4/4 | 1:00pm-3:30pm | \$63 | 12699 |
| ACRYLICS | | | | | | |
| Learn acrylic painting techniques along with color mixing and composition. Paintings cover a wide range of subjects. All levels are welcome. Materials provided. | | | | | | |
| 18+ | MSCR East | F | 1/13-2/17 | 9:00am-11:30am | \$80 | 13090 |
| 18+ | MSCR East | F | 3/3-3/31 | 9:00am-11:30am | \$67 | 13091 |
| WATERCOLOR 1 | | | | | | |
| Learn to love working with watercolor by applying a few simple techniques. Each class begins with a demonstration and experimentation. Complete one painting per class using simple subjects and limited color. Materials provided. | | | | | | |
| 18+ | MSCR East | Sa | 1/14-2/18 | 9:00am-11:30am | \$80 | 13095 |
| WATERCOLOR 2 | | | | | | |
| Each class has a detailed demonstration, exploration or painting project planned, with subjects ranging from fruit to landscapes. Using many techniques, expand your color palettes and skill level to complete one painting per class. Materials provided. | | | | | | |
| 18+ | MSCR East | Sa | 3/4-4/1 | 9:00am-11:30am | \$67 | 13533 |

ADULT ENRICHMENT

| Age | Location | Day | Date | Time | Fee | Course# |
|---|-----------|-----|-----------|----------------|------|---------|
| PHOTOGRAPHY - BASIC | | | | | | |
| This workshop is geared toward people of all photographic abilities and there are no camera requirements; point-and-shoots, SLRs, and mobile phone cameras are acceptable. The emphasis is on using your personal 'vision' to improve your photos. Session covers camera basics, rules of composition, fundamentals digital workflow, file management, downloading, editing, posting to social networks and backing up your images. Must bring digital camera with full battery and USB cord. | | | | | | |
| 18+ | MSCR East | M | 1/23-1/30 | 9:30am-11:30am | \$25 | 13509 |
| PHOTOGRAPHY - ALTERNATIVE PHOTO PROCESSES | | | | | | |
| Start with a digital image and learn alternative processes to create photographic prints using UV light. Create photos from scratch by mixing chemicals, preparing paper, printing negatives and printing beautiful images. Course covers the cyanotype, anthotype, and gum bichromate processes. Participants receive information about selecting a digital image in advance. All materials provided. | | | | | | |
| 18+ | MSCR East | M | 2/13-3/6 | 9:30am-11:30am | \$56 | 13748 |

LOOK INSIDE FOR MORE CLASSES!

ADULT FIBER ARTS

| Age | Location | Day | Date | Time | Fee | Course# |
|---|-----------|-----|----------|-----------------|------|---------|
| CROCHETING - SLIPPER BOOTIES | | | | | | |
| Keep your toes toasty warm this winter with a warm pair of slipper boots. Go beyond the basics and learn more difficult crocheting techniques. Booties can be sized to fit your size. Supply list available at www.mschr.org . | | | | | | |
| 18+ | MSCR East | M | 2/6-2/20 | 10:00am-12:00pm | \$35 | 13517 |
| KNITTING 1 | | | | | | |
| Always wanted to learn to knit? Here is your chance. Learn how to cast on, knit, purl, bind off and read a knitting pattern, while making a cozy scarf. Supply list available at www.mschr.org/our-programs . | | | | | | |
| 18+ | MSCR East | M | 3/6-3/20 | 10:00am-12:00pm | \$35 | 13018 |

ADULT SEWING

| Age | Location | Day | Date | Time | Fee | Course# |
|---|-----------|-----|-----------|----------------|------|---------|
| SEWING 1 | | | | | | |
| Start from scratch and learn the basics of sewing. Start with an overview of sewing supplies, threading the machine and fabric basics. Learn to sew straight lines and curves using different stitches to making seams and finish edges. No experience necessary. Class is appropriate for beginners & people looking for a refresher. Sewing machines & supplies provided. | | | | | | |
| 18+ | MSCR East | T | 1/24-2/7 | 9:30am-11:30am | \$40 | 13504 |
| 18+ | MSCR East | Th | 2/2-2/16 | 6:30pm-8:30pm | \$40 | 13147 |
| SEWING 2 | | | | | | |
| Apply skills learned in Sewing 1 to create basic projects working from a pattern. Learn how to choose the right pattern, pin and prep fabric and see your project through to completion. Class is appropriate for participants who have completed Sewing 1 or have basic machine sewing skills. Sewing machines provided. Supply list available at www.mschr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list | | | | | | |
| 18+ | MSCR East | T | 2/14-2/28 | 9:30am-11:30am | \$40 | 13507 |
| 18+ | MSCR East | Su | 3/5-3/19 | 2:30pm-4:30pm | \$40 | 13505 |
| SEWING - ALTERATIONS | | | | | | |
| Tired of paying someone to hem your pants? Learn the basics of altering and repairing clothes, from hemming to taking in side seams and shortening straps. Class also covers basic closing split seams, repairing holes, fixing snags and more. Class is appropriate for participants who have completed Sewing 1 or have basic machine sewing skills. | | | | | | |
| 18+ | MSCR East | Th | 3/2-3/16 | 6:30pm-8:30pm | \$40 | 13506 |
| SEWING DOLL CLOTHES | | | | | | |
| An introduction to sewing doll clothes. The class teaches choosing patterns, fabrics, assembly, and trimming. The skills learned can be applied to other sizes of dolls but we focus on 18' dolls. Class is appropriate for participant who have completed Sewing 1 or have basic machine sewing skills. Supply list available at www.mschr.org . | | | | | | |
| 18+ | MSCR East | T | 3/7-3/28 | 9:30am-11:30am | \$50 | 13149 |
| SEWING T-SHIRT QUILT | | | | | | |
| Turn your memories into an heirloom quilt! Start with the beginning steps and end up at the end with a 48' x 60' quilt using your favorite or meaningful t-shirts. Using a simple patchwork square layout, cut shirts into blocks, attach interfacing, sew a top and add a solid fabric back. Participants must have basic sewing machine knowledge. Sewing machines and irons provided. Class meets at a fabric store to discuss and buy fabric for the back trim one time. Supply list available at www.mschr.org , interfacing and some basic notions included. | | | | | | |
| 18+ | MSCR East | W | 2/1-3/22 | 6:30pm-8:30pm | \$75 | 13152 |

WORKSHOPS

Workshops are great opportunity to try something new. Take home what you create.

| Age | Location | Day | Date | Time | Fee | Course# |
|---|-----------|-----|------|---------------|------|---------|
| PAINTED FLOORCLOTHS | | | | | | |
| Painted Floorcloths have been used since the mid-18th century and were popular during the early 20th century as an alternative to fabric rugs. Create your own small painted rug, table runner or placemat. No experience necessary and all materials provided. | | | | | | |
| 18+ | MSCR East | Su | 1/22 | 2:00pm-5:00pm | \$36 | 13513 |
| MOSAIC STEPPING STONES | | | | | | |
| Add a little color to your garden and learn how to mosaic an exterior stepping stone. No experience necessary. Using mosaic nippers, design and cut glass to create a one of a kind stepping stone for your garden. Materials provided. | | | | | | |
| 18+ | MSCR East | Su | 3/26 | 1:30pm-5:30pm | \$36 | 13511 |

• Register at www.mschr.org •

PARENT/CHILD

Age Location Day Date Time Fee Course#

FUN WITH MUSIC - PARENT/CHILD

Learn new songs using musical instruments, finger plays and movements. Develop muscle control, body awareness and rhythm through music, games & stories.

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|---------|-----------|----|-----------|----------------|------|-------|
| 1-3 yrs | MSCR East | Th | 1/12-2/9 | 8:45am-9:30am | \$22 | 13668 |
| 1-3 yrs | MSCR East | Th | 2/23-3/23 | 8:45am-9:30am | \$22 | 13670 |
| 1-3 yrs | MSCR East | Th | 4/6-5/4 | 8:45am-9:30am | \$22 | 13672 |
| 3-5 yrs | MSCR East | Th | 1/12-2/9 | 9:35am-10:20am | \$22 | 13669 |
| 3-5 yrs | MSCR East | Th | 2/23-3/23 | 9:35am-10:20am | \$22 | 13671 |
| 3-5 yrs | MSCR East | Th | 4/6-5/4 | 9:35am-10:20am | \$22 | 13673 |

INFANT MASSAGE - PARENT/CHILD

This class is a great opportunity for children 0-18 months old and caregivers to get out of the house and interact with other babies, parents and caregivers. Participate in group discussions, songs and finger plays and learn infant massage. Please bring a blanket.

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|-------|-----------|----|-----|-----------------|------|-------|
| 0-10m | MSCR East | Sa | 3/4 | 10:00am-11:30am | \$10 | 13693 |
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LET'S PLAY! ABC'S AND 123'S - PARENT/CHILD

Let's Play! Crafts, stories, songs, and games teach new concepts and reinforce your child's prior knowledge of the ABCs, numbers, shapes and colors. Materials provided.

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| 3-5 yrs | MSCR East | Th | 2/23-3/23 | 10:35am-11:20am | \$33 | 13696 |
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MAKE IT AND TAKE IT ART - PARENT/CHILD

In this art class for little ones, children have fun with some new art techniques and some old ones - such as painting, pasting and construction.

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| 3-5 yrs | MSCR East | Th | 1/12-2/9 | 10:35am-11:20am | \$33 | 13680 |
| 3-5 yrs | MSCR East | Th | 4/6-5/4 | 10:35am-11:20am | \$33 | 13681 |

LITTLE MOVERS - PARENT/CHILD

Develop coordination, learn to move in space, and have fun moving to music. Use games, songs, props and more to explore how bodies move.

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| 2-3 yrs | MSCR East | F | 1/20-3/24 | 9:40am-10:10am | \$36 | 13649 |
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PRESCHOOL ARTS & ENRICHMENT

Age Location Day Date Time Fee Course#

3 YEAR-OLD PRE-BALLET

Affordable opportunity for boys and girls to experience dance. Class combines basic technique with listening skills, coordination, rhythm and following directions through creative dance.

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| 3 yrs | MSCR East | Su | 1/22-3/26 | 4:15pm-4:45pm | \$36 | 12630 |
| 3 yrs | MSCR East | M | 1/23-3/27 | 5:25pm-5:55pm | \$36 | 12632 |
| 3 yrs | MSCR East | T | 1/24-3/28 | 4:00pm-4:30pm | \$36 | 12635 |
| 3 yrs | MSCR East | F | 1/20-3/24 | 9:00am-9:30am | \$36 | 12639 |
| 3 yrs | MSCR East | Sa | 1/21-3/25 | 9:00am-9:30am | \$36 | 12641 |

4-5 YEAR-OLD PRE-BALLET

Affordable opportunity for boys and girls to experience dance. Class combines basic technique with listening skills, coordination, rhythm and following directions through creative dance.

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| 4-5 yrs | MSCR East | Su | 1/22-3/26 | 3:25pm-4:05pm | \$48 | 12650 |
| 4-5 yrs | MSCR East | M | 1/23-3/27 | 6:05pm-6:45pm | \$48 | 12652 |
| 4-5 yrs | MSCR East | Th | 1/26-3/30 | 4:45pm-5:25pm | \$48 | 12656 |
| 4-5 yrs | MSCR East | Sa | 1/21-3/25 | 10:30am-11:10am | \$48 | 12659 |

RHYTHM & MOVEMENT

Your body, voice and props become the instruments to create rhythms and patterns. Develop coordination, balance and body control through dance, music and gross motor activities.

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| 3-5 yrs | MSCR East | F | 1/20-3/24 | 10:20am-10:50am | \$36 | 12688 |
| 3-5 yrs | MSCR East | Sa | 1/21-3/25 | 11:20am-12:00pm | \$36 | 13643 |

WORKSHOPS

Age/grade Location Day Date Time Fee Course#

GLOWGA TWEENS (GLOW IN THE DARK YOGA!)

This teen-themed, glow-in-the-dark yoga class features black lights, glow sticks and upbeat music. After class, make your very own glow-in-the-dark art project to take home. BYOM

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| 11-14 yrs | MSCR East | F | 1/6 | 6:30pm-8:00pm | \$12 | 12335 |
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MOBILE MAKING WORKSHOP

Join us as we explore and create kinetic sculpture and take advantage of the principle of equilibrium. Create art objects that hang from rods and balance.

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| 4-8 grade | MSCR East | Su | 2/5 | 2:00pm-5:00pm | \$15 | 13492 |
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CREATE YOUR OWN PLAY FOOD - PARENT/CHILD - NEW!

Do you like to play with your food? Join us for a sweet time making pretend food you can play with even when it isn't meal time! Cook different foods using a variety of materials.

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| 3-7 yrs | MSCR East | Su | 1/29 | 3:30pm-5:00pm | \$15 | 13659 |
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MOVIE MAKE IT - LEGO BATMAN - PARENT/CHILD - NEW!

The Caped Crusader returns to fight crime in Gotham City, this time in Lego form! Use materials to create arts and crafts based on the movie's characters, costumes and scenes.

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| 3-7 yrs | MSCR East | Su | 2/26 | 3:30pm-5:00pm | \$15 | 13657 |
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PARENT/CHILD CLASSES - IMPORTANT INFORMATION

Only registered child and their caregiver can attend. To ensure a safe and quality class, siblings (including infants) and friends are not allowed to attend classes.

YOUTH ARTS & ENRICHMENT

Grade Location Day Date Time Fee Course #

CREATIVE CONSTRUCTION

Explore engineering by using new and recycled materials to build amazing contraptions with wheels, flaps, legs and more.

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| K-2 | MSCR East | M | 3/6-3/27 | 3:30pm-4:30pm | \$25 | 13502 |
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POLYMER CLAY CREATIONS

This media is extremely fun, learn to make different kinds of beads and jewelry and how to create mini sculptures and ornaments. Use different sculpting tools as well!

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| K-2 | MSCR East | T | 1/17-2/7 | 4:30pm-5:15pm | \$33 | 13661 |
| 3-5 | MSCR East | T | 1/17-2/7 | 5:30pm-6:30pm | \$36 | 13662 |

PRINT MAKING

Enjoy learning a little about the history of printing and different types. Play around with several types of printmaking and layer our art to find surprising results!

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| K-2 | MSCR East | T | 4/18-5/9 | 4:30pm-5:15pm | \$33 | 13665 |
| 3-5 | MSCR East | T | 4/18-5/9 | 5:30pm-6:30pm | \$36 | 13666 |

SEWING STUDIO

Learn the basics of machine sewing including threading the machine, bobbin winding and speed control as you work toward a finished sewing project. Each session focuses on a different project indicated below. All materials including a variety of fabrics provided.

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|--------------------|-----------|---|----------|---------------|------|-------|
| 4-8 (Lunch Bag) | MSCR East | W | 2/1-2/22 | 4:30pm-6:00pm | \$50 | 13151 |
| 4-8 (Study Pillow) | MSCR East | W | 3/8-3/29 | 4:30pm-6:00pm | \$50 | 13150 |

YOUTH DANCE & MOVEMENT

* Class concludes with a rehearsal on Friday, March 31, and a recital on Saturday, April 1, at LaFollette High School.

Grade Location Day Date Time Fee Course #

BALLET *

Learn basic ballet skills and positions. Class combines technique along with balance, coordination and rhythm.

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| K-1 | MSCR East | T | 1/24-3/28 | 4:35-5:25pm | \$66 | 12667 |
| K-1 | MSCR East | Sa | 1/21-3/25 | 9:40-10:30am | \$66 | 12670 |

BALLET/JAZZ *

Affordable opportunity for your child to experience dance! Course features a combination of ballet and jazz styles. Class concludes with a rehearsal on Friday, March 31, and a recital on Saturday, April 1, at LaFollette High School.

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| 2-5 | MSCR East | S | 1/22-3/26 | 2-3:15pm | \$78 | 12674 |
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HIGH KICK - NEW! *

High Kick is a great dance style to focus on precision-based skills to learn the fundamentals of what it takes to be a Radio City Rockette!! Work with teammates, gain core strength and point your toes. Learn proper dance line technique including posture, leg strength and mobility.

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| 4-8 | MSCR East | Su | 1/22-3/26 | 4:55-5:55pm | \$69 | 13638 |
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HIP HOP *

Affordable opportunity for boys and girls to experience dance. A high-energy introduction to hip hop dance styles focusing on rhythm and stylized movements.

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| 3-5 | MSCR East | M | 1/23-3/27 | 4:15pm-5:15pm | \$69 | 12676 |
| 3-5 | MSCR East | Th | 1/26-3/30 | 6:35-7:35pm | \$69 | 12678 |

JAZZ *

Affordable opportunity to experience dance! Course features a variety of jazz techniques including turns, jumps and combinations.

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| K-2 | MSCR East | T | 1/24-3/28 | 5:30-6:20pm | \$66 | 13625 |
| K-2 | MSCR East | M | 1/23-3/27 | 3:15pm-4:05pm | \$66 | 12679 |

POMS - NEW! *

Poms is a style of dance that combines sharp, precise arm motions with jazz technique, focusing on jumps, kicks, turns and leaps. Great for a dancer who is interested in combining dance skills with energy and enthusiasm. Begins with a warm-up and stretching section to improve flexibility and cardiovascular endurance.

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| 4-8 | MSCR East | Th | 1/26-3/30 | 7:45-8:45pm | \$69 | 13486 |
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TAP *

Affordable opportunity to experience dance! This course introduces basic tap steps, rhythms and combinations to get your feet moving.

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| K-1 | MSCR East | Th | 1/26-3/30 | 5:35-6:25pm | \$66 | 13635 |
|-----|-----------|----|-----------|-------------|------|-------|

FITNESS INFORMATION:

- Please arrive to class on time
- Wear gym shoes and comfortable clothing that allow movement
- Bring a water bottle to class
- Children and other non-registered guests are not permitted in the class location
- BYOM = Bring Your Own Mat
- All classes skip 4/10-4/15.

Challenge Level

1 Dumbbell - Great for beginning exercisers or those looking to explore lower intensity classes. No experience needed! Please bring your own mat to class.

2 Dumbbells - These classes are moderate to high intensity, amped-up calorie burners and/or build off of skills learned in One Dumbbell courses. Take your fitness to the next level! Beginners welcome.

3 Dumbbells - High energy and more intense, these classes involve high impact activity, challenge your physical skills like agility, power and coordination and/or add more challenging choreography. 3 Dumbbell classes are best suited for those who have been participating in vigorous physical activity on a regular basis. Please bring your own mat.

YOUTH FITNESS

| Age | Location | Day | Date | Time | Fee | Course# |
|---|-----------|-----|-----------|---------------|---------|---------|
| CAPOEIRA | | | | | | |
| Capoeira is a 500-year Afro-Brazilian Martial Art that combines elements of self-defense, dance and acrobatic movements to the pulsating rhythm of traditional live music. Progress from animal-like movements and basic 1-2-3 rhythm to ginga cartwheels, kicks and songs. | | | | | | |
| 5-11 | MSCR East | Th | 1/19-3/16 | 4:30pm-5:15pm | \$41.75 | 13556 |
| 5-11 | MSCR East | Th | 3/30-5/18 | 4:30pm-5:15pm | \$32.75 | 13719 |

FITNESS - ONE DUMBBELL

| Age | Location | Day | Date | Time | Fee | Course# |
|---|-----------|-----|-----------|---------------|---------|---------|
| CIRCUIT TRAINING | | | | | | |
| Work in timed intervals alternating cardio, strength, balance and fitness fun! Each station provides a new challenge. BYOM. | | | | | | |
| 14+ | MSCR East | W | 1/18-3/15 | 5:30pm-6:15pm | \$41.75 | 13528 |
| 14+ | MSCR East | Th | 1/19-3/16 | 5:30pm-6:15pm | \$41.75 | 13543 |
| 14+ | MSCR East | Sa | 1/21-3/18 | 10am-10:45am | \$41.75 | 13555 |
| 14+ | MSCR East | W | 3/29-5/17 | 5:30pm-6:15pm | \$32.75 | 13645 |
| 14+ | MSCR East | Th | 3/30-5/18 | 5:30pm-6:15pm | \$32.75 | 13705 |
| 14+ | MSCR East | Sa | 4/1-5/20 | 10am-10:45am | \$32.75 | 13734 |

GENTLE YOGA FLOW

Great for beginners or those searching for a soothing gentle practice. This class focuses on moving slowly into basic yoga poses while using the breath as a tool to remain present and mindful. The slow pace allows you to enjoy each pose. Expect lots of stretching and lengthening with a heavy dose of relaxation to wrap up and leave you feeling great. BYOM.

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|-----|-----------|----|-----------|-----------------|---------|-------|
| 14+ | MSCR East | W | 1/18-3/15 | 6:30pm-7:30pm | \$41.75 | 13532 |
| 14+ | MSCR East | Th | 1/19-3/16 | 10:30am-11:30am | \$41.75 | 13542 |
| 14+ | MSCR East | W | 3/29-5/17 | 6:30pm-7:30pm | \$32.75 | 13699 |
| 14+ | MSCR East | Th | 3/30-5/18 | 10:30am-11:30am | \$32.75 | 13704 |

STRONG WOMEN

Experience strength training that focuses on improving the health and well-being of middle-aged and older women by increasing strength, muscle mass and bone density. This program was developed by experts at Tufts University and the Centers for Disease Control.

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|-----|-----------|---|-----------|---------------|---------|-------|
| 18+ | MSCR East | W | 1/18-3/15 | 4:30pm-5:15pm | \$41.75 | 13526 |
| 18+ | MSCR East | M | 1/23-3/13 | 8am-9am | \$37.25 | 13483 |
| 18+ | MSCR East | W | 3/29-5/17 | 4:30pm-5:15pm | \$32.75 | 13642 |
| 18+ | MSCR East | M | 3/27-5/15 | 8am-9am | \$32.75 | 13594 |

TAI CHI YANG I

This Yang style short form emphasizes effective body mechanics, alignment, breathing and the interplay of strength and relaxation. Tai Chi Yang I is perfect for: physical and emotional balance, sports performance or self defense.

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| 14+ | MSCR East | T | 1/17-3/14 | 6:30pm-7:30pm | \$41.75 | 13520 |
| 14+ | MSCR East | T | 3/28-5/16 | 6:30pm-7:30pm | \$32.75 | 13630 |

YIN YOGA

Yin Yoga focuses on developing strength and flexibility in the hips, pelvis and back. Poses are held for longer durations than Yoga Flow. This class is appropriate for all levels. BYOM.

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|-----|-----------|---|-----------|---------|---------|-------|
| 14+ | MSCR East | M | 1/23-3/13 | 7pm-8pm | \$37.25 | 13493 |
| 14+ | MSCR East | M | 3/27-5/15 | 7pm-8pm | \$32.75 | 13607 |

WORKSHOPS

| Age | Location | Day | Date | Time | Fee | Course# |
|--|-----------|-----|------|---------------|------|---------|
| COLORING & MEDITATION FOR ADULTS | | | | | | |
| Enjoy 30 minutes of introspective meditation techniques, then put pencil to paper. Learn simple coloring tips, then apply meditation skills to explore connectivity and awareness to inspire colorful artwork. Coloring pages provided, no experience necessary. | | | | | | |
| 18+ | MSCR East | F | 12/2 | 6:00pm-8:00pm | \$15 | 12325 |
| POWER YOGA FLOW | | | | | | |
| An invigorating vinyasa flow class that is sure to get your day started right. Steep in strength building poses and breathe more opening into muscles, fascia and cells. Try creative standing poses and arm balances. Modifications & variations presented. | | | | | | |
| 14+ | MSCR East | Sa | 1/7 | 8:30am-10am | \$12 | 13560 |
| PEACEFUL POWER FOR WOMEN | | | | | | |
| Explore personal safety considerations through tai chi-based solo practice and partner applications. This light contact practice provides self defense applications to ward off, roll away, press, push, pull, punch, kick and block. Discuss this practice to daily life. | | | | | | |
| 18+ | MSCR East | T | 1/10 | 6pm-7:30pm | \$12 | 13558 |
| PARTNER YOGA | | | | | | |
| Register with your partner, spouse, or bff and enjoy an evening of yoga and laughter. Bring an open mind, sense of humor and yoga mats. Fee is per person, all must register. | | | | | | |
| 18+ | MSCR East | F | 2/10 | 6:30pm-8pm | \$12 | 13559 |

FITNESS - TWO DUMBBELLS

| Age | Location | Day | Date | Time | Fee | Course# |
|---|-----------|-----|-----------|------------|---------|---------|
| 45 STRENGTH | | | | | | |
| This class combines upper, lower and core training for a total body strength workout. BYOM. | | | | | | |
| 14+ | MSCR East | M | 1/23-3/13 | 5pm-5:45pm | \$37.25 | 13484 |
| 14+ | MSCR East | M | 3/27-5/15 | 5pm-5:45pm | \$32.75 | 13595 |

60 MIX

Ultimate cure for fitness boredom! Combines athletic cardio, strength training & more. BYOM.

| | | | | | | |
|-----|-----------|----|-----------|---------------|---------|-------|
| 14+ | MSCR East | Th | 1/19-3/16 | 6:30pm-7:30pm | \$41.75 | 13545 |
| 14+ | MSCR East | Th | 3/30-5/18 | 6:30pm-7:30pm | \$32.75 | 13707 |

CORE

Combine cardio, strength, balance and agility for the ultimate core-shredding workout. May include body-weight, resistance tubing, BOSU, Indoboards, barefoot training & med balls. BYOM.

| | | | | | | |
|-----|-----------|---|-----------|------------|---------|-------|
| 14+ | MSCR East | M | 1/23-3/13 | 7pm-7:45pm | \$37.25 | 13487 |
| 14+ | MSCR East | M | 3/27-5/15 | 7pm-7:45pm | \$32.75 | 13598 |

HIP HOP AEROBICS

Become a dancing machine! This high-energy dance workout makes you sweat while you learn the latest moves. Instructors break the moves down so they are easy to learn.

| | | | | | | |
|-----|-----------|---|-----------|------------|---------|-------|
| 14+ | MSCR East | T | 1/17-3/14 | 6:15pm-7pm | \$41.75 | 13519 |
| 14+ | MSCR East | T | 3/28-5/16 | 6:15pm-7pm | \$32.75 | 13624 |

STRENGTH TRAINING FOR WOMEN

Incorporates weights, kettlebells, body weight training and resistance tubing. BYOM.

| | | | | | | |
|-----|-----------|---|-----------|---------|---------|-------|
| 14+ | MSCR East | T | 1/17-3/14 | 5pm-6pm | \$41.75 | 13753 |
| 14+ | MSCR East | T | 3/28-5/16 | 5pm-6pm | \$32.75 | 13617 |

TAI CHI YANG II

This progressing study of the Yang style short-form offers new challenges while continuing to build on the basics of alignment, body mechanics, breath and energy flow.

| | | | | | | |
|-----|-----------|----|-----------|---------------|---------|-------|
| 14+ | MSCR East | Th | 1/19-3/16 | 6:15pm-7:15pm | \$41.75 | 13544 |
| 14+ | MSCR East | Th | 3/30-5/18 | 6:15pm-7:15pm | \$32.75 | 13706 |

ZUMBA

It's a party and a workout! Zumba is an aerobic dance fitness class that combines international music and movement. Perfect for: cardiovascular fitness and creative movement.

| | | | | | | |
|-----|-----------|---|-----------|------------|---------|-------|
| 14+ | MSCR East | M | 1/23-3/13 | 6pm-6:45pm | \$37.25 | 13485 |
| 14+ | MSCR East | M | 3/27-5/15 | 6pm-6:45pm | \$32.75 | 13596 |

FITNESS - THREE DUMBBELLS

BOOT CAMP

This interval class is designed to improve your fitness level and change your body composition. Combine strength training, plyometrics, drills and core exercises for total body workout. BYOM.

| | | | | | | |
|-----|-----------|---|-----------|------------|---------|-------|
| 14+ | MSCR East | W | 1/18-3/15 | 6pm-6:45pm | \$41.75 | 13529 |
| 14+ | MSCR East | W | 3/29-5/17 | 6pm-6:45pm | \$32.75 | 13695 |

HIIT

High Intensity Interval Training (HIIT) mixes bouts of speed, power and intensity with brief periods of rest. Perfect for cardio and strength training burning calories! BYOM.

| | | | | | | |
|-----|-----------|----|-----------|------------|---------|-------|
| 14+ | MSCR East | T | 1/17-3/14 | 7:15pm-8pm | \$41.75 | 13521 |
| 14+ | MSCR East | Sa | 1/21-3/18 | 9am-9:45am | \$41.75 | 13554 |
| 14+ | MSCR East | T | 3/28-5/16 | 7:15pm-8pm | \$32.75 | 13632 |
| 14+ | MSCR East | Sa | 4/1-5/20 | 9am-9:45am | \$32.75 | 13733 |

ADAPTIVE RECREATION

50+ TAI CHI

CITY CLUB

Enjoy a variety of activities, changing every week, such as bowling, movies, 3 field trips, gym games, fitness activities and more. Some activity expenses are not included in fee.

18+ MSCR East Th 2/2-4/6 1-4 pm \$35 12550

50+ FITNESS

| Age | Location | Day | Date | Time | Fee | Course# |
|--|-----------|-----|-----------|-----------------|------|---------|
| BALANCING ACT | | | | | | |
| This introductory exercise program is designed to increase balance and decrease the risk of falling by using tai chi movements and principles. Standing and chair-based exercises are adapted to individual needs. Skip 4/10-4/15. | | | | | | |
| 50+ | MSCR East | T | 1/17-5/23 | 10:00am-10:45am | \$55 | 12893 |
| 50+ | MSCR East | W | 1/18-5/24 | 10:00am-10:45am | \$55 | 12889 |
| 50+ | MSCR East | W | 1/18-5/24 | 11:00am-11:45am | \$55 | 12894 |

CORE & BALANCE COMBO

Incorporates the elements of Pilates, yoga and core strength training. Class includes both standing balance exercises and mat work. Please bring a yoga mat to class. Skip 4/10-4/15.

| | | | | | | |
|-----|-----------|---|-----------|---------------|------|-------|
| 50+ | MSCR East | T | 1/17-5/23 | 4:45pm-5:45pm | \$57 | 12899 |
|-----|-----------|---|-----------|---------------|------|-------|

CROSS TRAINING

This class is a good mix of aerobic, strength and flexibility exercises. Please bring a mat to class. Skip 4/10-4/15.

| | | | | | | |
|-----|-----------|---|-----------|---------------|------|-------|
| 50+ | MSCR East | T | 1/17-5/23 | 5:45pm-6:45pm | \$57 | 12901 |
|-----|-----------|---|-----------|---------------|------|-------|

DANCE CARDIO

Low impact dance-based cardio workout set to current music. Class uses basic low impact steps to deliver a great cardio workout. Smooth soled athletic shoes required. Skip 4/10.

| | | | | | | |
|-----|-----------|---|-----------|-----------------|------|-------|
| 50+ | MSCR East | M | 1/23-5/22 | 10:45am-11:30am | \$54 | 13708 |
|-----|-----------|---|-----------|-----------------|------|-------|

FUNCTIONAL FITNESS

Learn safe and effective exercise using light weights, bands and mat exercises. The focuses is on improving functional performance levels and movement patterns like strength, agility, aerobic fitness, balance and flexibility. Please bring a mat to class. Skip 4/10-4/15.

| | | | | | | |
|-----|-----------|----|-----------|----------------|------|-------|
| 50+ | MSCR East | Th | 1/19-5/25 | 9:00am-10:00am | \$60 | 12923 |
|-----|-----------|----|-----------|----------------|------|-------|

GENTLE EXERCISE

These classes promote balance, strength and flexibility for those with aches and pains. They include breath awareness, active relaxation and stretching exercises, both standing and using a chair. Skip 4/10-4/15.

| | | | | | | |
|-----|-----------|---|-----------|----------------|------|-------|
| 50+ | MSCR East | T | 1/17-5/23 | 9:00am-10:00am | \$54 | 12926 |
|-----|-----------|---|-----------|----------------|------|-------|

LOW IMPACT

Learn easy low-impact aerobic routines and low back and abdominal strengthening exercises. Learn proper techniques to improve muscular strength, endurance, range of motion and flexibility. Please bring a mat to class. Skip 2/28 & 4/10-4/15.

| | | | | | | |
|-----|-----------|---|-----------|----------------|------|-------|
| 50+ | MSCR East | F | 1/20-5/26 | 12:00pm-1:00pm | \$63 | 12903 |
|-----|-----------|---|-----------|----------------|------|-------|

STRONG WOMEN

Learn strength-training that focuses on improving the health and well-being of middle-aged/older women by increasing strength, muscle mass and bone density. This program was developed by experts at Tufts University and the Centers for Disease Control and Prevention (CDC). Please bring a mat to class. Skip 4/10-4/15.

| | | | | | | |
|-----|-----------|---|-----------|-----------------|------|-------|
| 50+ | MSCR East | M | 1/23-5/22 | 9:15am-10:15am | \$56 | 12954 |
| 50+ | MSCR East | W | 1/18-5/24 | 11:00am-12:00pm | \$60 | 12955 |
| 50+ | MSCR East | F | 1/20-5/26 | 1:00pm-2:00pm | \$60 | 12956 |



| Age | Location | Day | Date | Time | Fee | Course# |
|--|-----------|-----|-----------|---------------|------|---------|
| TAI CHI FOR BALANCE | | | | | | |
| Instruction in a Yang style Tai Chi form for cultivation of physical and emotional balance, strength, flexibility and body-mind integration. Skip 4/10-4/15. | | | | | | |
| 50+ | MSCR East | M | 1/23-5/22 | 2:00pm-3:00pm | \$54 | 13575 |
| 50+ | MSCR East | Th | 1/19-5/25 | 5:00pm-6:00pm | \$57 | 12966 |

50+ YOGA

| Age | Location | Day | Date | Time | Fee | Course# |
|---|-----------|-----|-----------|-----------------|------|---------|
| GENTLE YOGA | | | | | | |
| A good fit for all ability levels, this class combines slow, gentle yoga movements and breath awareness. Class ends with relaxation and quiet breathing techniques. Please bring a yoga mat to class. | | | | | | |
| 50+ | MSCR East | M | 1/23-5/22 | 1:00pm-2:00pm | \$54 | 12971 |
| YOGA FOR LIFE | | | | | | |
| Go through a continuous sequence of appropriate yoga asanas (exercises) which are designed to build strength and flexibility. Learn proper body posture and alignment. Class ends with relaxation and quiet breathing techniques. Please bring a yoga mat to class. Skip 4/10-4/15. | | | | | | |
| 50+ | MSCR East | F | 1/20-5/26 | 11:00am-12:00pm | \$57 | 13593 |
| YOGA SUAVE EN ESPANOL | | | | | | |
| Una buena opción para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos, suaves y enfoca atención en la respiración. La clase termina con técnicas de respiración suave y relajante. Por favor traiga su propia estera-(yoga mat) a la clase. No 4/10. | | | | | | |
| 50+ | MSCR East | M | 1/23-5/22 | 10:00am-11:00am | \$54 | 13767 |

Your Health Insurance Company may have a partial reimbursement program for fitness and wellness programs. Check with your provider to see if your class qualifies.



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