



Spring Community Education Schedule

(PLEASE PAY CLOSE ATTENTION TO ALL DATES AND TIMES)

ADULT EXERCISE CLASSES

(Call or email Angie Baker at 970-260-6257 or angie.baker@cnc.edu for more details about any class.)

CLASS	DATES	DAY	TIME	LOCATION	COST	INSTRUCTOR
Vinyasa Yoga All levels	1-8 thru 3-19	Monday	5:30-6:30p	Let's Dance	\$80	Vanessa Eaton
Barre Fit Zero impact/toning	1-9 thru 3-20	Tuesday	8:00-9:00a	Let's Dance	\$80	Renee Ellis
Intermediate Yoga Continuous flow/cardio	1-9 thru 3-20	Tuesday	6:00-7:15p	Let's Dance	\$95	Amy Patterson
Strength/Sculpt/Sweat Cardio plus toning	1-10 thru 3-21	Wednesday	8:00-9:00a	Let's Dance	\$80	Heidi Miller
Beginner Yoga Stretch and core work	1-10 thru 2-28	Wednesday	5:15-6:15p	Crossan's	\$50	Maura Karow
Self Defense Adult Martial Arts	1-17 thru 5-2	Wednesday	6:30-8:30p	Let's Dance	\$150	Mike Williams
Beginner Pilates/Yoga Combo class	1-12 thru 3-2	Friday	7:00-7:45a	Crossan's	\$50	Maura Karow
5 Punch Pass Good for any class	1-8 thru 3-21	Varies	Varies	Varies	\$40	Varies

KIDS CAMPS/CLASSES

CLASS/CAMP	DATES	DAY	TIME	LOCATION	COST
Learn to Skate – Session 1	1-15 thru 2-14	Mon and Wed	4:30-5:15	Oak Creek Ice Rink	\$40
Learn to Skate – Session 2	2-19 thru 3-21	Mon and Wed	4:30-5:15	Oak Creek Ice Rink	\$40
Cheerleading Camp	1-16 thru 2-13	Tuesday	4:30-5:15	Let's Dance Studio	\$40
Watercolor Painting	1-16 thru 2-20	Tuesday	4:00-5:00	Yampa Elementary	\$40
Beginner Tae Kwon Do	1-17 thru 5-2	Wednesday	4:30-5:00	Let's Dance Studio	\$60
Intermediate Tae Kwon Do	1-17 thru 5-2	Wednesday	5:00-6:30	Let's Dance Studio	\$110

** Cheerleading Camp will perform at a High School basketball game. The date is TBA

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Students under the age of 7 must have an adult participate with them for Beginner Tae Kwon Do

**Spanish, Volleyball camp and Soccer camp will begin after Spring Break

For more information or to register contact Angie Baker at 970-260-6257 or angie.baker@cnc.edu



REGISTRATION AND PAYMENT DUE AT FIRST CLASS

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