

MARY ALICE WARREN COMMUNITY CENTER

UPCOMING PROGRAMS

AMERICAN MAHJONG

EVERY MONDAY, 1:00PM-5:00PM

CLASS IS FREE! FOR MORE INFORMATION CONTACT KATHY RYCKMAN,
RYCKMAN6@GMAIL.COM

LINE DANCING

EVERY TUESDAY, 5:30PM-7:30PM

\$7 PER CLASS. CONTACT JACKIE PHILLIPS TO REGISTER AT
727-776-1555 OR JPWOMAN@MSN.COM

MEDITATIVE MOVEMENT

TUESDAY, JANUARY 3RD, 10:00AM-11:00AM

CLASS IS FREE! CONTACT BETH BEAN TO REGISTER AT 336-408-9899 OR
ELBEDAL99@GMAIL.COM

MOBILITY & FLEXIBILITY CLASS

JANUARY 4, 9, 11, 18, 23, 25, 30, 10:00AM-11:00AM

MOBILITY AND FLEXIBILITY TRAINING FOR LIVING YOUR BEST LIFE. WINSTON WELL-BEING WILL BE OFFERING AN ENGAGING SERIES OF TRAINING CLASSES ON MOBILITY AND FLEXIBILITY. AN INFORMATINOAL CLASS WILL BE HELD JANUARY 4. THE MONTHLY SERIES OF 6 CLASSES IS \$90 (\$15 PER SESSION). FOR MORE INFORMATION AND TO GET REGISTERED PLEASE CALL MICHAEL FITZPATRICK AT (336) 995-6910 OR EMAIL AT WINSTONWELLBEING@GMAIL.COM.

MOMMY & ME MUSIC TO MY EARS

TUESDAY'S AND THURSDAY'S IN JANUARY 10:00AM-11:00AM

A YOU & ME STYLE CLASS WHERE YOU DANCE, HOP, WIGGLE, MARCH AND SING ALONG TO SONGS. OUR CLASSES ARE A WONDERFUL OPPORTUNITY BOND WITH YOUR TODDLER WHILE IMPROVING THEIR LANGUAGE AND MOTOR SKILLS. \$45 FOR THE MONTH OF CLASSES. TO REGISTER [CLICK HERE](#) OR EMAIL COURTNEY COTTONE AT COURTNEYCOTTONE29@OUTLOOK.COM

SHAG DANCE

BEGINNER CLASS - JANUARY 9, 19, 23, & 30, 5:00PM-6:30PM

INTERMEDIATE CLASS - FEBRUARY 6, 13, 20, & 27, 5:00PM-6:30PM

JOIN INSTRUCTOR SUE RICE AS SHE TEACHES A SHAG DANCE CLASS. NO PARTNER IS NEEDED TO BEGIN. PLEASE WEAR SMOOTH BOTTOM SHOES. COST IS \$50 FOR THE 4-CLASS SESSION. FOR MORE INFORMATION AND TO REGISTER PLEASE CALL INSTRUCTOR SUE RICE AT 336-765-7898.

YOGA CLASS

EVERY TUESDAY, 6:00PM-7:00PM

INSTRUCTOR BRIAN BRISTOL WILL BE TEACHING A VINYASA FLOW CLASS FOR ALL LEVELS. \$10 PER CLASS. FOR MORE INFORMATION AND TO REGISTER PLEASE CONTACT BRIAN BRISTOL AT 704-438-5663 OR BBRISTOL01@GMAIL.COM.

YOUR BEST SHOT WORKSHOP

JANUARY 21, 28, FEBRUARY 4, 11, 18, & 25, 2:00PM-4:00PM

THIS WORKSHOP IS DESIGNED TO HELP STUDENTS HONE THERE SKILLS ON STAGE, AT THE PODIUM, IN THE CONFERENCE ROOM, OR ANY TIME IN FRONT OF A GROUP.COST FOR THE 6 SESSIONS IS \$20 AND IS PAYABLE AT THE END OF THE 1ST SESSION. FOR MORE INFORMATION AND TO REGISTER PLEASE CONTACT JOHN HOHN AT 336-457-0523 OR JOHNHOHN857@GMAIL.COM.

FOR MORE INFORMATION ON PROGRAMS VISIT LEWISVILLE.RECDESK.COM/COMMUNITY/PROGRAM

TO SIGN UP FOR MONTHLY PROGRAM UPDATES EMAIL BMOORE@LEWISVILLENC.NET

(336)-866-0525

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