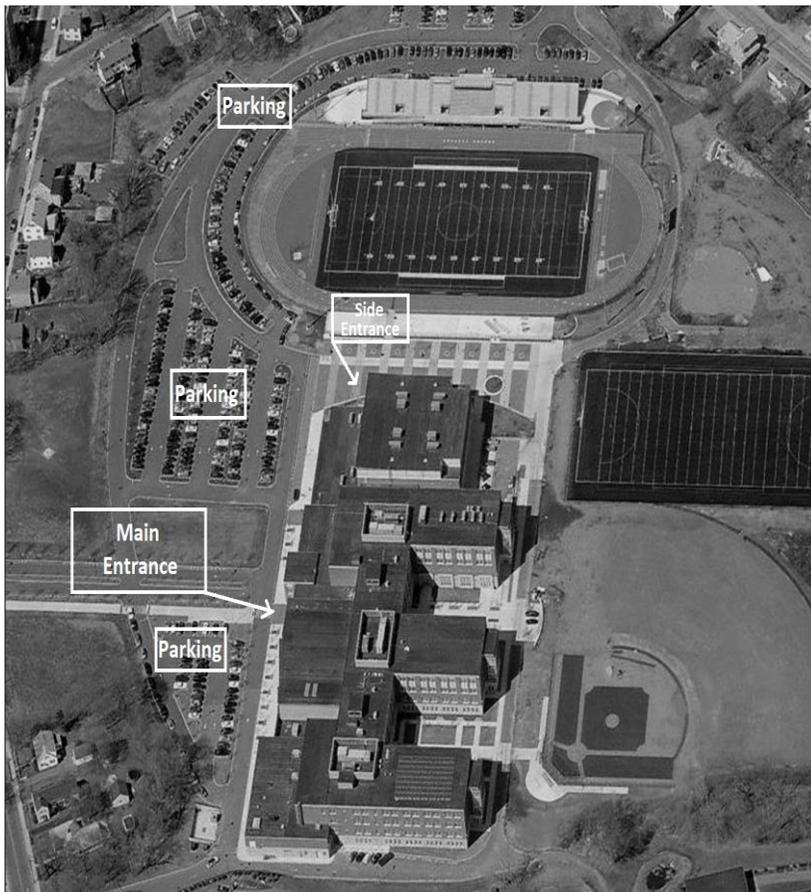


Adult Evening School

Recreation Programs are not just for kids!!!

The Woburn Recreation Department runs the Adult Evening School Program held at Woburn High school in the Spring & Fall. We offer Fitness Classes, Just for Fun Classes, Health & Wellness Classes, and More! If you are interested in taking a class, please register online or by filling out the form on the back of this brochure. If you do not see a particular class offered and you would like to see us run it, please contact the Recreation Office.

CLASS LOCATIONS/PARKING



DATES AND TIMES

The Fall 2017 term begins on Tuesday October 10th; dates and times that each course meets are listed with each course description. Classes may still be held if school has been cancelled or is closed for the day. We will email you to confirm.

WAYS TO REGISTER

✉ BY MAIL

Mail registration form to:
Woburn Recreation
Department, 10 Common
Street, Woburn, MA
01801

🖥 ONLINE

Log on to
www.woburnrec.com
and create an account.

🚶 COME IN

Come to our Office at:
10 Common Street
(First Floor), M-W 9am-
430pm, Th 9am-7pm, Fri
9am-1pm

Interested in teaching a class???

If you are interested in teaching a class in our Adult Evening School Program please contact **Brian Nagle via e-mail at bnagle@cityofwoburn.com**

Some of the classes that we are looking for instructors to teach:

Computer Classes Microsoft Word/Excel

Social Media Classes (i.e Facebook for Dummies) etc.

Any idea you may have just send an email!

Adult Evening School Fitness Classes

Baby Boomer Fitness

Do you want to increase energy and endurance, develop strength and flexibility, increase bone density, improve balance, and reduce stress? Join the exercise class specifically designed for baby boomers who understand that exercise is a cornerstone of active aging and are determined to move into their later years healthy, active and independent. Suitable for both beginners and advanced exercisers. **Please bring 3-5lb weights and an exercise mat to class.**

Dates: 10/10-12/5 *No 11/21 **Time:** 7:00-8:00pm
Cost: \$50 **Location:** WMHS Wrestling Room
Instructor: Terry Currier

Couch to 5K

The Couch to 5K program will meet weekly on Thursday evenings for 1-hour sessions and include a brief of daily goal with running route, warm up, walk/run, cool down, stretch. All runners will be provided with a training schedule for the duration of the program and all around wellness tips designed to help all participants become healthier. This course is for beginners and veterans alike, with the goal of improving as a runner. The instructor will provide constant support and will be available for consultation outside of the 1-hour weekly sessions

Dates: 10/12-11/16 **Time:** 6:00pm – 7:00pm
Cost: \$50 **Location:** Meet Outside WMHS
Instructor: Kiera Malone

Fitness Kickboxing/Defense

Get in shape and protect yourself with this unique fitness defense program. The program is taught by seasoned fitness and martial arts experts. Never get bored with the routines always something different and new, getting in shape has never been so much fun and the added self-defense knowing how to kick and punch effectively will keep you wanting to come back for more. Try it out! What do you have to lose besides inches and weight. NO Class week of Thanksgiving **Dates:** 10/9-12/9 **Times:** M & W: 6:15pm, T & Th: 9:15am, Sat: 8:15am **Cost:** \$104 **Location:** New England Small Circle Jujitsu, 2 Merrill Street Woburn MA **Instructor:** Ed Melaugh

Horn Pond Walks

Enjoy an hour of warming up, fast walking, and outdoor calisthenics using props like benches and rocks. We'll finish with a nice refreshing stretch that will surely make your Saturday worth getting up for. Meet at the parking lot across from 51 Sturgis Street and bring your sneakers.

Dates: 10/14-11/18 **Time:** 9:30-10:30am
Cost: \$50
Location: Meet at Horn Pond, Woburn MA
Instructor: Brenda Jo Hubbard

Barre Method

Barre is a fun, full body workout, great for all fitness levels. Come see what everyone is talking about! Based on Pilates, Yoga, sculpting and dance; Barre will tone your seat, abs, thighs and arms. You will strengthen your back and legs. Class may include the use props such as light weights, a small ball and flex band. Come get a great workout wearing comfortable clothes with water and your mat.

Dates: 10/10-12/5 *No 11/21 **Time:** 6:30-7:25pm
Cost: \$50 **Location:** WMHS Senior Café
Instructor: Myra Green

EZ Defense/Jujitsu

Learn from Self-Defense World Champion Ed Melaugh, you will learn to recognize potential attacks and react with effective tactics to Get Away Safely (GAS). You will be taught to see when the attacker makes their mistake and you will take advantage of the mistake. Everyone should learn how to protect themselves and their families. This is the program for you. NO Class week of Thanksgiving

Dates: 10/9-12/7 **Times:** M & W: 7pm, T & Th: 10am
Cost: \$165 **Location:** New England Small Circle Jujitsu, 2 Merrill Street Woburn MA
Instructor: Ed Melaugh

Hatha Yoga & Body Sense

Janet will instruct you in basic Hatha Yoga poses. Designed for students needing instruction, using simple asanas to improve your strength, flexibility, and balance. This class allows movement on mat and chair, while developing breathing and balance. Yoga mat, block, belt, and blanket are needed for this class. **Yoga mat, block, belt, and blanket are needed for this class.**

Dates: 10/10-11/28 **Time:** 5:30-6:30pm
Cost: \$50 **Location:** WMHS Faculty Café
Instructor: Janet Lees

Intro to Boxing

Boxing is physical training, endurance, and skills which are offered to coed clients at MK Boxing. Several of the routines you will do while training in boxing is jump roping, jogging, stretching, shadow boxing, hitting the heavy bag, and hitting the speed bag. You will learn how to slip, and avoid strikes. People will also learn different partner drills and will train on the focus mitts. Some of these are unique to boxing training. All of them tone your body and strengthen your heart and cardiovascular system. ****Price of Course Includes Gloves**

Dates: 9/19-11/14 **Time:** 6:30-7:30pm
Cost: \$170 **Location:** MK Boxing, 116 Cummings Park Woburn
Instructor: MK Boxing

Adult Evening School Fitness Classes

Moms Fitness Classes@ Everlasting Fitness

Drop the kids at school and grab a friend for a great fitness class that will burn calories, increase strength and endurance and tone your core. Classes are held on Mondays, Wednesdays and Fridays at 9 am. Choose from 1-3 times per week. All fitness levels welcome! Descriptions on www.woburnrec.com

Dates: 10/9-11/17 **Time:** 9:00am (All Classes)
Cost: \$90 3x/wk, \$96 2x/wk, \$60 1x/week
Location: 62Z Montvale Ave, Stoneham MA
Instructor: Everlasting Fitness

The Shoulder Girdle

In this workshop you will learn to better understand what your shoulders do and how they do it. Even if you are really fit and healthy, your neck and shoulders might feel tight. It is not hard to understand that when we remember that the shoulder girdle supports whatever we ask our hands to do including pushing, pulling, holding, throwing and carrying.

Let's do a quick anatomical review of the shoulder followed by exercises to enhance upper body mobility and experience the material. Bring questions about any issues you might be having regarding exercise and shoulders.

Dates: 10/24 **Time:** 7:30-8:45pm
Cost: \$15 **Location:** WMHS Senior Cafe
Instructor: Myra Green

Women's Self Defense with Steve Nugent

Learn simple yet effective ways to defend yourself. No need to be in shape, this class is designed to work for anyone.

Please wear comfortable clothes without zippers
Date: 10/7 or 11/4 **Time:** 2:00-3:00pm
Cost: \$10 **Location:** Steve Nugent Karate Institute, 149 Cross Street, Winchester MA
Instructor: Steve Nugent Karate Institute

Zumba

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin inspired, calorie burning dance fitness-party that's moving millions of people toward joy and health.

Dates: 10/10-12/5 *No 11/21 **Times:** 5:30-6:30pm
Cost: \$50 **Location:** WMHS Wrestling Room
Instructor: Dena Dalelio

Tai Chi

Tai Chi is said to be moving meditation, but it is much more than that! Come learn Tai Chi and Qigong and build your strength, flexibility, and balance. Practicing Tai Chi will reduce stress and increase mindfulness while providing a gentle, full-body workout. No prior experience is necessary. Excellent for everyone! The class will cover the fundamentals of the 5 Elements Tai Chi Short Form and Qigong Form. *Instructor: Dr. Timothy LaVallee is a professional educator and has 20 years of martial arts training and teaching experience in Tai Chi and Kung Fu.*

Dates: 10/12-12/7 *No 11/23 **Time:** 6:30-7:30pm
Cost: \$50 **Location:** WMHS Faculty Caf e
Instructor: Timothy LaVallee

Total Body Conditioning

Total Body Conditioning uses Weights, 5 to 8 pounds (shoulders, Biceps, Triceps) & Core (Planks & Sit-ups) We work both upper & lower **body** together to give you a great workout. All Levels.

Dates: 10/12-12/7 *No 11/23 **Time:** 6:10-7:10pm
Cost: \$50 **Location:** WMHS Wrestling Room
Instructor: Dorothy Larffarello

Yoga with Katherine

Through restorative and flow yoga practice, Katherine teaches an array of client-centered classes. Weekly focal topics include breath work, detoxifying poses, stress relief, energy, improved sleep patterns, meditation, and more. Open to all skill levels. A great classical yoga class for beginners and those seeking rejuvenation in their practice.

Dates: 10/10-11/28 **Time:** 7:00-8:00pm
Cost: \$50 **Location:** WMHS Faculty Caf e
Instructor: Katherine Cota MacDonald

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Street, Woburn, MA
01801

 **ONLINE**

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 **COME
IN**

Come to our Office at:
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Adult Evening School Just For Fun Classes

Basic Photography 1 – From Snapshots to Great Shots

No matter what kind of camera you use, you can vastly improve the quality of your pictures by following key rules and practicing in class "how to manage your subject" whether it's people, pets, plants, or places. You'll start putting this to work after just the first session. In separate workshops you'll practice shooting portraits, posing groups of people, painting with light, and composing objects. We'll demonstrate some practical editing for viewing and framing in the last session as we review and critique submitted images. *For photo enthusiasts who want to learn specific techniques to capture optimal images of almost anything*

Dates: 10/10-11/14 **Time:** 6:00-8:30pm
Cost: \$130 **Location:** WMHS E104
Instructor: Domenico Pino

Basic Photography 2 – Getting off the Auto Setting

"How did you do that?" is what friends will be asking after you learn to master your DSLR. We will conduct separate workshops on Depth of Field, Time stretching, Night photography, how to properly use your Flash, and the Effect of Lens Compression on scenes and portraits. You'll learn all about controlling your camera's aperture, exposure, exposure compensation, focus modes, focusing area modes, reading histograms, color temperature, noise, sensor size implications, and much more. **Exclusively for DSLR, Four-thirds, and other cameras that allow direct control of exposure, focus, and shooting modes**

Dates: 1/9-2/13 **Time:** 6:00-8:30pm
Cost: \$130 **Location:** WMHS D119
Instructor: Domenico Pino

Drawing, Painting, Learning Art Seriously!

If you're one of those people who loves to draw or paint but doesn't know where to begin, or would like to move up the artistic ladder to make some beautiful artwork to hang or sell, or who just loves art for the sake of it, this class is for you. Leto will show you how easy it is to learn the basics of art, what it is, to enjoy it, but also to gain the knowledge to grow with it as far as you like. There will be hands on and instructional classes, drawing and painting, ideas, assessments, creativity sessions, and more! Join with our "Drawing, Painting, and Learning Art!" class and Joe will show you how to progress in every part of your artistic journey.

Please visit woburnrec.com for supplies to bring to class
Dates: 10/10 - 12/12 *No 11/21 **Time:** 6:30-8:00pm
Cost: \$120 **Location:** WMHS D126
Instructor: Joe Leto

Red Sky in Morning, Sailors Take Warning!

Curious about our crazy New England weather? Ever wonder what that cloud was floating high above your head? Would you like to learn how to predict the weather in your own backyard? Come join us for an enjoyable and interactive class on weather! Course includes some easy and fun experiments, cool videos, a visit by a local TV meteorologist, and a field trip to a local weather observatory! Free refreshments during the first session! Ages 9-99 welcome!"

Dates: 10/12-12/7 NO 11/23 **Time:** 6:30-8:30pm
Cost: \$70 (Price includes yourself and your child!)
Location: WMHS E103 **Instructor:** Frank Sanfilippo

Fun and Fast Oil Painting - Fall Landscape or Winter Scene

Come create a work of art in Oil Paints. Anyone from beginner to intermediate and beyond are welcome to come share the fun. In this class you will learn how to use paint brushes and mix paint and create a painting! Wear old clothes you don't mind getting paint on.

Dates: 10/10 & 10/17 (Fall Landscape)
11/21 & 11/28 (Winter Scene)
Time: 6:00-8:00pm **Cost:** \$55
Location: WMHS D119 **Instructor:** Corine Mazza

Spirits, Shadows & Spector's

Whether you believe in the hereafter or not, or perhaps you harbor a healthy skepticism, this exciting workshop has something for anyone who's curious about the paranormal.

In this open-discussion workshop, participants will examine the strange and mysterious world of ghosts, ghouls, demons, alternative universes, vibrational shifts and the different incarnations of psychic and spiritual phenomena. We'll delve into the theories behind what once the soul leaves the physical body, and discuss the different perspectives throughout history and of other cultures. Regardless of your personal beliefs, this workshop can help shed some light on the age-old question: Are ghosts real?

Dates: 10/12 - 12/7 No 11/23 **Time:** 7:00-8:30pm
Cost: \$75 **Location:** WMHS D214
Instructor: Jude Bradley

Adult Evening School Health & Wellness Classes

The Power of eating in 3's – Never Diet Again

High Carb, Low Carb, Paleo, Whole 30... there are so many plans out there, it's hard to know what is best for you! Want to know once and for all what's going to work for you? That means no fads, no crazy cabbage diets, and no need for another diet book ever again. Take control over your food and get your life back. During our 3 hours together, we'll cover: 1) A new way to look at food. 2) How to plan your meals for success. 3) How to eat out in restaurants. 4) Plenty of time for you to get answers to any questions

Dates: 10/26 **Time:** 6:00-8:00pm
Cost: \$20 **Location:** WMHS D216
Instructor: Dawn McGee

TLC Weight Loss Coaching Group

This 6-week program combines reliable, evidence-based information regarding nutrition and exercise with two powerful mind-body techniques: Emotional Freedom Techniques (also known as Tapping) and hypnosis. These methods will help improve focus and motivation, eliminate food cravings, and manage the stress and emotional discomfort that often trigger the desire to overeat. And the small group setting will provide warmth, encouragement and support. Price includes one individual coaching session in addition to group meetings, and a copy of *Waist Management: Train Body, Heart and Mind for Permanent Weight Loss*.

Date: 10/26 – 12/7 *No 11/23 **Time:** 7:00-8:30pm
Cost: \$65 **Location:** WMHS Library
Instructor: Terry Currier

Financial & College Planning

FAFSA Workshop

Even if you think you make too much money, you want to fill out the FAFSA. This workshop will guide you through the process and show you how to complete this application accurately and quickly. We'll talk about the information you'll need and setting up FSA ID. This workshop will help you avoid the common mistakes that cost you aid!

Date: 10/24 **Time:** 6:30-8:00pm
Cost: \$20 **Location:** WMHS E103
Instructors: Jack Wang

Financial Aid 101

This class is intended for parents of high school students. You can't win the game of financial aid without knowing the rules! This course will review financial aid basics – the "rules" – including the financial aid formula and how different schools determine eligibility. Understanding how it's calculated, what counts and what doesn't count will help you maximize financial aid you'll receive.

Date: 10/12 **Time:** 7:30-9:00pm
Cost: \$20 **Location:** WMHS E103
Instructors: Jack Wang

Turn Your Retirement Vision into Reality

Do you ever wonder how much money you will need to retire or at what age you should stop working? This four-week workshop is designed for those of all ages who want to be more confident in their retirement decisions. Each topic builds on itself which will assist you in turning your retirement vision into a written Retirement Plan you can take home and be confident in!
Week 1: Foundations of Investing
Week 2: Retirement by Design
Week 3: Ready or Not? Preparing for the Unexpected
Week 4: Preparing Your Estate (Local Estate Attorney, CPA, Financial Advisor Panel).

Date: 10/17 – 11/14 *NO 10/31 **Time:** 6:00-7:30pm
Cost: \$30 **Location:** WMHS D216
Instructors: Tyler Gates

DATES AND TIMES

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