

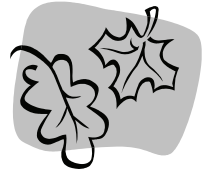


Village Productions Community Center

Education · Recreation · Wellness · Culture

740-448-7480

amesvilleohio.org



Do you have a skill you would love to share? Ask about opportunities to teach a class or workshop.

Register by calling the teacher or studio. You may also register at the class.

AUTUMN CLASSES ~ SEPT. 6 – NOV. 21

YOGA

Wednesdays, 5:30-7:00pm

Yoga for Health

Combining relaxation and limbering with strengthening, this class will awaken your body as it calms and relaxes you.

Instructor: Carla Schmidt; 797-8832

Fridays, 9:15-10:15am

Dynamic Vinyasa Flow

Linking the breath with movement and increasing strength and flexibility. Yoga mats provided.

Instructor: Laura Moorhead; 517-4644

PILATES

Tuesdays, 6:00-7:00pm

Pilates Mat - Introductory through Basic

Body conditioning class. Exercises will be modified and adapted for each individual. Fee: \$88 paid in full.

Instructor: Deb Murphy; 448-7294

YOGALATES

Mondays, 7:30-8:30pm

This class packs the power of Pilates with the ease of Yoga. Finding a balance between these two forms of exercise, we will work toward increased strength and flexibility, stemming from the core and expanding into the full body. All levels are welcome.

Instructor: Lindsay Calvert; 813-760-0244

DANCE

Mondays, 5:30-6:30pm

African Dance

Ages 12+ Learn basic African movements, and progress to more advanced techniques. Students will gain an exciting perspective on the movements, styles, meanings of the dances, and traditions that surround African dance!

Instructor: Kalie Metzger; 207-5155

Thursdays, 5:30-6:15pm

Saturdays, 10:00-10:45am

Kids Creative Movement for Ages 3 – 6

Instructor: Christine Far; 707-2572

Thursdays, 6:30-7:45pm

Saturdays, 11:00-12:15pm

Ballet and Modern Dance for Ages 7 - 11

Instructor: Christine Far; 707-2572

Saturdays, 5:00-6:00pm

Modern Dance

This class incorporates organic movement patterning, principles of sound alignment, and a full body, fun-filled workout through dance.

Instructor: Lindsay Calvert; 813-760-0244

DRUMMING

Wednesdays, 7:30-8:30pm

World Citizen Drumming

In Africa, the Djembe was created so people could speak as a force of nature. Introduction to West African drum tradition, Djembe and Djun Djun drums, and legends from West Africa.

Instructor: Lawrence Greene; 698-2157

Tuition for all Classes (unless otherwise noted) 1 class per week for 11 weeks: \$77 paid in full; more than 1 class per week/or multiple family members for 11 weeks: \$66 per class, paid in full; 1 class per week for 4 weeks: \$30. Drop-ins: \$8 per class. Financial assistance/scholarships may be available. Please inquire.

Village Productions Community Center is located in the Amesville Grange building. Use the parking lot between the Post Office and the Grange, and enter at the door facing the lot. Take the stairs up to the studio, which is on the second floor.

PO Box 32, Amesville, OH 45711 • 740-448-7480