

HATHA YOGA with Christine Walko

This class will include yoga postures that help to position and work the body in ways that stretch and strengthen not only the major muscle groups but also the deeper muscles that maintain the health of the spine and joints.

Wednesdays: March 24 - April 28
5:30 - 6:45 PM

Class Fee: \$45 + YWCA Membership

YOGA AWARENESS with Nancy Michaels

This series is designed to focus on specific areas of the body to strengthen and stretch muscles. This class will help participants build strength, balance the body's system, increase body awareness, and increase energy while learning specific postures.

Thursdays: March 18 - April 22
10:00 - 11:30 AM

Class Fee: \$45 + YWCA Membership

Teen Yoga - Mom's Welcome!
with Christine Walko

Daughters can come alone or invite mom to join them while they get in shape and have fun. This yoga class offers a way to increase stamina, flexibility, balance and body-awareness.

6 Wednesdays: March 24 - April 28
4:00 - 5:00 PM

\$45 per person/ \$65 per mom & daughter

Cook and Dine with Sergio

Spend a fun and flavorful evening with Sergio.
Session fee: \$35 per night
6:00 - 9:00 PM Call Sergio 412-953-6424

March 22, 2010

Sauces will be featured this evening and the demonstration will include marinara, alfredo, and vodka sauces.

April 19, 2010

Crab cakes are always a hit with Sergio's dinner guests and I'm sure they will please your crowd also.

Power Kids Karate will begin new classes on May 10, 2010. Call for more information.

Red Cross Babysitting Class

Open to girls and boys ages 11 and above. All materials will be provided. Learn how to be a responsible babysitter and receive a certificate of participation from the Red Cross.

Bring a bagged lunch. Limited number of spaces available. Class includes CPR.

Facilitator: American Red Cross

Saturday April 24 9:00 AM - 3:00 PM
\$55 per person

Astrology with Cathy Bednar

Saturday April 24

10:30 AM -12:00 noon \$10 per person

Astrology shows that positive use of your planetary energies can guide you towards self-fulfillment and accomplishing your life's mission. Cathy, will explain how your chart shows your life's purpose and Karma along with your personality, motivations, career possibilities, relationships and more.

Self Defense for Women with Marissa Yaniszkeski

Saturday April 17

11:00 AM - 1:00 PM \$20 per person

Learn basic moves that may save your life.

BEGINNING TAI CHI with Linda Vucelich

This class is intended for those who have never taken Tai Chi or who have some experience with Tai Chi.

5 Tuesdays: April 13, 27, May 11, 25, June 8
7:00 - 8:00 PM

Fee: \$55 + YWCA Membership

CONTINUING TAI CHI with Linda Vucelich

This class is designed for experienced Tai Chi students looking to continue their practice.

5 Tuesdays: April 6, 20, May 4, 18, June 1
7:00 - 8:00 PM

Fee: \$55 + YWCA Membership

INTERMEDIATE TAI CHI with Linda Vucelich

Maintain your physical and mental health.

Beginning Tai Chi or experience prerequisite.

5 Mondays: April 12, 19, 26, May 10, 17
6:45 - 7:45 PM

Fee: \$55 + YWCA Membership