



All Classes at
The Sebastopol Senior Center

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*It's All About Movement
Going Forward in the New Year*

2016 Winter/Spring Class Schedule

Balance Class

All classes 2 - 3 pm

Introductory - Wednesdays Jan 6, 13, 20, 27

Advanced - Wednesdays Feb 3, 10, 17, 24

Feldenkrais Floor Lessons

Ongoing Wednesdays 3 - 4 pm

New and continuing students

Mats provided

Pelvic Floor Strengthening

All classes 2 - 3 pm

Wednesdays March 16, 23, 30

