

• ADULT PROGRAMS •

SATURDAY CLASSES ARE HIGHLIGHTED

CLASSES & WORKSHOPS

★ NEW! NEW! NEW! ★

Aromatherapy for Everyday Wellness

Description: Are you looking for a way to lessen the symptoms of the common cold, reduce stress or soothe tired muscles? This series of classes will focus on four different essential oils each week to help with these common ailments. Aromatherapy is gaining momentum as people search for more natural and healthy solutions for everyday living. Learn about the therapeutic benefits and general safety concerns for each oil and take home your own essential oil creation. Instructor is a Certified Clinical Aromatherapist. All supplies will be provided. Multiple class discount not available with online registration.

Instructor: Beth Chatham, Certified Clinical Aromatherapist
 Ages: 18 years and over
Resident Fee: \$20.00 Non-Res Fee: \$25.00
All 3 classes*: \$50.00 Non-Res Fee: \$60.00
 *must register for all 3 at the same time.
 1 Session Date
 Class Times: 7:00 PM - 8:30 PM

3970.301
 Class Date: 9/8/2016 Oils for respiratory ailments
 Thur

3970.302
 Class Date: 9/15/2016 Stress and anxiety helpers
 Thur

3970.303
 Class Date: 9/22/2016 Muscle aches and pains
 Thur

Location: Community Center



Basic Dog Obedience

Description: Teaching your dog basic commands can be building blocks to a rewarding relationship with your pet. Our professional instructors will teach you how to teach your dog the basic commands of sit, down, stay, come when called, controlled walking exercises and much more! The dog must be at least 6 months old. Please bring vaccination records, six foot leash, and soft small treats to the first class. An adult must accompany handlers under age 18. You must register with Bethel Park Recreation at least one week before the first class. Register online, by mail to Bethel Park Recreation with the registration form in the Chronicles, or in person at the Community Center or Recreation Office. Classes are held at Xcel Canine Training, Inc., 5400 Progress Boulevard, 412-833-2504, www.xcelcaninetraining.com.

Ages: 12 years and over
Resident Fee: \$80.00 Non-Res Fee: \$85.00
 6 Session Dates
 Class Times: 10:00 AM - 11:00 AM

3309.211
 Class Dates: 9/10/2016 - 10/15/2016 Sat

3309.301
 Class Dates: 11/5/2016 - 12/10/2016 Sat

Location: Xcel Canine Training, Inc.

Puppy Obedience

Description: This class is taught at a slower pace than our Basic Obedience class, but still will give your puppy the stepping stones they need to learn at a young age. The puppies will also be in an environment with others their own age! They will learn the beginning of sit, down, stand, walking by your side and introducing them to new fun obstacles. An adult must accompany handlers under age 18. Your dog must be 3 to 6 months old and should have its 2nd set of shots before starting. Please bring vaccination records, six foot leash, and soft small treats to the first class. You must register with Bethel Park Recreation at least one week before the first class. Register online, by mail to Bethel Park Recreation with the registration form in the Chronicles, or in person at the Community Center or Recreation Office. Classes are held at Xcel Canine Training, Inc., 5400 Progress Boulevard, 412-833-2504, www.xcelcaninetraining.com.

Ages: 12 years and over
Resident Fee: \$80.00 Non-Res Fee: \$85.00
 6 Session Dates
 Class Times: 9:00 AM - 10:00 AM

3309.213
 Class Dates: 9/10/2016 - 10/15/2016 Sat

3309.303
 Class Dates: 11/5/2016 - 12/10/2016 Sat

Location: Xcel Canine Training, Inc.

CRAFTING with a SPLASH!

Description: Join us for a fun night out at the Community Center! You bring your fun loving friends, a bottle of wine (or your favorite beverage), some snacks if you like, and socialize while we create a one of a kind item to take home. No experience is necessary and a good time is guaranteed! Examples of artwork include: decorating a wine glass, creating a painting, or seasonal wall art designs. This class is BYOB, but all art materials will be included. Sign up for one night or join us for all of them! Visit www.uncorkedcrafters.com for specific project schedule and photos. Must be at least 21 years old and show a driver's license or photo ID on night of class. Craft. Sip. Have fun!

Ages: 21 years and over
Resident Fee: \$25.00 Non-Res Fee: \$30.00
 1 Session Date
 Class Times: 6:30 PM - 8:30 PM

3905.301
 Class Date: 9/8/2016 Mason Jar Candle
 Thur

3905.302
 Class Date: 10/13/2016 Paint a Pair of Tea Cups
 Thur

3905.303
 Class Date: 11/10/2016 Glass Ornaments
 Thur

Location: Community Center

Voice Over Workshop

Making Money with Your Voice

Description: Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over in an upbeat, entertaining, and engaging way. Learn what the pros look for, how to prepare, and where to find work in your area! We'll discuss industry pros and cons and play samples from working voice professionals. In addition, everyone will have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic, and a great first step for anyone interested in the voice over field. Questions and class participation is always encouraged! For more info please visit: <http://www.voicecoaches.com/gppt>.

Ages: 18 years and over
Resident Fee: \$20.00 Non-Res Fee: \$25.00
 1 Session Date

3975.301
 Class Date: 9/22/2016 Thur
 Class Times: 6:00 PM - 8:30 PM

Location: Community Center



Reflexology - What is it?

Description: Reflexology is the art and science of using the thumb and fingers on reflex points on the feet and hands that are directly related to all of the parts and organs in the body. This hands on class will teach you the basics of reflexology including how to reduce the symptoms of stress and bring your body back into balance. You will be practicing on a friend and taking off your shoes and socks, so make sure your feet are clean and your fingernails are short. Class fee includes handouts. It is best to bring a friend to practice on and you will each need to bring a towel and pillow. Discount available when you register together. Discount not available with on line registration.

Instructor: Beth Chatham, Certified Reflexologist
 Ages: 18 years and over
Resident Fee: \$15.00 Non-Res Fee: \$20.00
2 person Fee*: \$20.00 Non-Res Fee: \$30.00
 *must register together
 1 Session Date

3970.304
 Class Date: 11/3/2016 Thur
 Class Times: 6:30 PM - 8:30 PM

Location: Community Center

DANCE

Belly Dancing

Description: No dance experience is necessary! Students will learn the basic dance steps from 9 different styles as well as the history behind each step. Students will also learn a full performance dance and other fun things. This high energy, low impact form of exercise tones the body from head to toe, helps posture and circulation. Join us to have fun and get in shape at the same time. Dress in loose athletic pants or a long skirt with leggings & comfortable shirt and wear ballet style slippers or jazz dance shoes. *Material fee of \$25 covers cost of a mandatory hip scarf, payable to the instructor the first night of class. Twice a week discount rate may be used with other Renea Bishop classes. Discount rate is not available with online registration.

Instructor: Renea Bishop
 Ages: 16 years and over
Resident Fee: \$42.00 Non-Res Fee: \$47.00
Twice a week: \$66.00 Non-Res Fee: \$71.00
Materials fee: *\$25.00

6 Session Dates
 Class Times: 7:00 PM - 8:00 PM

3935.301
 Class Dates: 9/18/2016 - 10/23/2016 Sun

3935.311
 Class Dates: 10/30/2016 - 12/18/2016 Sun

Location: Community Center
NO CLASS ON: Dec 4, Dec 11

SATURDAY CLASSES ARE HIGHLIGHTED

FITNESS & EXERCISE

Barre Fitness

Description: This class fuses Pilates, Yoga, and Core Fitness into a total body workout. Barre fitness is low-impact therefore protecting your joints, but don't be fooled since it is a total body work out! The use of isometric movements will tone your abs, thighs, arms and burn fat. Twice a week rate may be used with other Renea Bishop classes. Twice a week rate is not available with online registration. Please bring fitness mat and water to class.

Instructor: Renea Bishop
Ages: 16 years and over
Resident Fee: \$42.00 Non-Res Fee: \$47.00
Twice a week: \$66.00 Non-Res Fee: \$71.00
6 Session Dates

3935.305
Class Dates: 9/19/2016 - 10/31/2016 Mon
Class Times: 7:00 PM - 8:00 PM

3935.306
Class Dates: 9/19/2016 - 10/31/2016 Mon
Class Times: 8:00 PM - 9:00 PM

3935.307
Class Dates: 9/21/2016 - 10/26/2016 Wed
Class Times: 5:00 PM - 6:00 PM

3935.308
Class Dates: 9/21/2016 - 10/26/2016 Wed
Class Times: 7:00 PM - 8:00 PM

3935.309
Class Dates: 9/23/2016 - 10/28/2016 Fri
Class Times: 5:30 PM - 6:30 PM

3935.315
Class Dates: 11/7/2016 - 12/19/2016 Mon
Class Times: 7:00 PM - 8:00 PM

3935.316
Class Dates: 11/7/2016 - 12/19/2016 Mon
Class Times: 8:00 PM - 9:00 PM

3935.317
Class Dates: 11/2/2016 - 12/21/2016 Wed
Class Times: 5:00 PM - 6:00 PM

3935.318
Class Dates: 11/2/2016 - 12/21/2016 Wed
Class Times: 7:00 PM - 8:00 PM

3935.319
Class Dates: 11/4/2016 - 12/23/2016 Fri
Class Times: 5:30 PM - 6:30 PM

Location: Community Center
NO CLASS ON: Oct 10, Nov 23, Nov 25, Dec 5, Dec 7, Dec 9

Body Burn Boot Camp

Description: Can't Stop, Won't Stop" is the motto we will follow for this intense boot camp style class! Body Burn is designed for men and women of all ages and all fitness levels. This class will work your entire body through body weight exercises, resistance training, balance and stability moves, core work, and cardio. You will certainly push yourself to the max! These hour long workouts are constantly changing to give your body the challenge it needs! Get ready to work hard and sweat it out! Twice a week rate may be used with Power Up classes. Twice a week rate is not available with online registration.

Instructor: Jackie Jones
Ages: 18 years and over
Resident Fee: \$35.00 Non-Res Fee: \$40.00
Twice a week: \$55.00 Non-Res Fee: \$60.00
6 Session Dates

Class Times: 7:00 PM - 8:00 PM

3910.301
Class Dates: 9/12/2016 - 10/17/2016 Mon

3910.302
Class Dates: 10/31/2016 - 12/12/2016 Mon

Location: Community Center
NO CLASS ON: Nov 21

Fitness with Ease

Description: "Fitness with Ease" is ideal for folks 55+ who are just returning to activity or beginning a new lifestyle of regular exercise. Mary Ann Gerard (retired nurse, certified personal trainer, Yoga Instructor and more) leads this class through strength, balance, Yoga, Tai Chi coordination and a lot more! Many varied movements arranged to a variety of music will make this a fun one hour class. Classes will be held at Locke's Personal Fitness, 88 Fort Couch Rd, (across from DeLallo's)

Ages: 55 years and over
Resident Fee: \$35.00 Non-Res Fee: \$40.00
5 Session Dates
Class Times: 11:00 AM - 12:00 PM

3203.304
Class Dates: 9/7/2016 - 10/5/2016 Wed

3203.305
Class Dates: 10/12/2016 - 11/9/2016 Wed

3203.306
Class Dates: 11/16/2016 - 12/21/2016 Wed

Location: Locke's Personal Fitness
NO CLASS ON: Nov 23

INSANITY®

Description: You've seen or heard of the wildly popular at-home workout, now come check out INSANITY® in person! This high-intensity interval training fitness class is designed for both men and women of all fitness levels! INSANITY® is a mix of longer bursts of high-intensity cardio and resistance training, followed by a shorter period of recovery. The INSANITY® workout will help you beat the "stress adaptation response," which happens when your body gets used to exercising at one level of exertion. INSANITY® workouts build muscle while stripping away fat. The results include not only weight loss, but fat burning, harder abs, sculpted arms, tighter glutes... Don't miss out on this incredible workout! Please bring a mat and towel and prepare to sweat! Twice a week rate is not available with online registration.

Instructor: Michele Harris, certified INSANITY® Instructor
Ages: 18 years and over
Resident Fee: \$35.00 Non-Res Fee: \$40.00
Twice a week: \$55.00 Non-Res Fee: \$60.00
6 Session Dates

3912.301
Class Dates: 9/7/2016 - 10/12/2016 Wed
Class Times: 6:00 PM - 7:00 PM

3912.302
Class Dates: 9/10/2016 - 10/15/2016 Sat
Class Times: 9:30 AM - 10:30 AM

3912.311
Class Dates: 10/26/2016 - 12/7/2016 Wed
Class Times: 6:00 PM - 7:00 PM

3912.312
Class Dates: 10/29/2016 - 12/10/2016 Sat
Class Times: 9:30 AM - 10:30 AM

Location: Community Center
NO CLASS ON: Nov 23, Nov 26

Power Sculpt

Description: Are you a beginner or just getting back to exercising? Looking for a class to build lean muscle and increase strength? POWER SCULPT will not only do just that but it will teach you the proper technique when using free weights and resistance bands and will challenge your muscles to push further than they ever have before! Class is a slower paced strength workout broken down into 3 parts, upper body, lower body and core. You will perform the exercises you know and love while adding dumbbells, stability balls, Bosu balls, steppers and medicine balls to tone the body and increase muscular strength and endurance. "The task ahead of you is never as great as the strength within you." Let's get started! Please bring light weights and a mat. Twice a week rate may be used with Body Burn Boot Camp classes. Twice a week rate is not available with online registration.

Instructor: Jackie Jones
Ages: 18 years and over
Resident Fee: \$35.00 Non-Res Fee: \$40.00
Twice a week: \$55.00 Non-Res Fee: \$60.00
6 Session Dates
Class Times: 7:00 PM - 8:00 PM

3910.303
Class Dates: 9/14/2016 - 10/19/2016 Wed

3910.304
Class Dates: 11/2/2016 - 12/14/2016 Wed

Location: Community Center
NO CLASS ON: Nov 23

Star Wars and Kendo inspired**Ultimate Saber Fitness**

Description: Learn the art of the lightsaber! Just like a Padawan (Jedi trainee) you will be working out with a training lightsaber to improve cardio and body-weight conditioning. Your Master trainer will work you hard as you learn techniques from swordsmanship of Kendo, Kickboxing and various forms of bladed combat systems. Students experience total sculpting and a cardio burn. This is a Non-contact fitness class. The rattan sabers used in the workout weigh 3 to 5 lbs. and target the muscles in the upper body, core and legs, especially when clutched at "a strong, mindful stance." You'll arrive a little skeptical, you'll laugh at yourself, you'll sweat - a lot - and you'll leave pleasantly surprised and exhausted. Register and decide "Are you the Light Side or the Dark Side?" All equipment is provided, and dress in athletic, work-out clothing. Take this class twice a week or add it to another Renea Bishop class and get the twice a week discount. Twice a week rate not available online.

Ages: 16 years and over
Resident Fee: \$42.00 Non-Res Fee: \$47.00
Twice a week: \$66.00 Non-Res Fee: \$71.00
6 Session Dates

3935.310
Class Dates: 9/18/2016 - 10/23/2016 Sun
Class Times: 5:00 PM - 6:00 PM

3935.321
Class Dates: 9/19/2016 - 10/31/2016 Mon
Class Times: 6:00 PM - 7:00 PM

3935.320
Class Dates: 10/30/2016 - 12/18/2016 Sun
Class Times: 5:00 PM - 6:00 PM

3935.322
Class Dates: 11/7/2016 - 12/19/2016 Mon
Class Times: 6:00 PM - 7:00 PM

Location: Community Center
NO CLASS ON: Oct 10, Dec 4, Dec 5, Dec 11

SilverSneakers® CLASSIC @ the Community Center

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.
Monday 11:30 AM - 12:30 PM Instructor: Debbie Liberto
Wednesday 12:20 PM - 1:10 PM Instructor: Debbie Liberto
Thursday 12:15 PM - 1:15 PM Instructor: Anne Brucker

NO CLASS ON: Sept. 5, Nov 21 - 24
See page 37 for more SilverSneakers® information.

SilverSneakers® Yoga @ the Community Center

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
Monday 12:30 PM - 1:30 PM Instructor: Debbie Liberto

NO CLASS ON: Sep 5 & Nov 21
See page 37 for more SilverSneakers® information.

SilverSneakers® Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. This is a standing class, a chair is offered for support, stretching and relaxation exercises.
Tuesday 12:15pm - 1:10pm Instructor: Debbie Liberto

NO CLASS ON: Nov 22
See page 37 for more SilverSneakers® information .

Walking Track

Silver Sneakers members can take advantage of the climate controlled, elevated indoor walking track just by swiping their Silver Sneakers membership card. The 1/12 mile track features 3 lanes for fitness lap walking or running. Track is open for use:
Monday - Thursday 9:00 AM - 9:00 PM
Friday & Saturday 9:00 AM - 10:30 PM
Sunday 12:00 PM - 9:00 PM

SATURDAY CLASSES ARE HIGHLIGHTED

T'ai-Chi Beginner I

Description: T'ai-Chi Ch'uan is an ancient form of Chinese exercise unlike any western exercise. T'ai-Chi unifies your mind and your body while using ancient principals in a series of movements. This exercise gives you the tools to RELAX and MOVE so that you can also use them out of class to develop a sense of well being. As you practice... you will improve your balance, co-ordination and concentration. T'ai-Chi is suitable for anyone looking to improve your overall health. It has been proven to be an excellent exercise for Arthritis, Heart Disease, Fibromyalgia, High Blood Pressure and many other ailments. No prior experience required. Wear loose fitting clothes. Twice a week rate is not available with online registration.

Instructor: Tamara Stark
 Ages: 18 years and over
Resident Fee: \$48.00 Non-Res Fee: \$53.00
Twice a week: \$74.00 Non-Res Fee: \$79.00
 6 Session Dates
 Class Times: 6:30 PM - 7:15 PM

3932.301
 Class Dates: 9/13/2016 - 10/18/2016 Tue

3932.302
 Class Dates: 11/1/2016 - 12/13/2016 Tue

Location: Community Center
NO CLASS ON: Nov 22

T'ai-Chi Beginner II

Description: This class is a continuation for the beginning T'ai-Chi student. **Beginner or previous T'ai-Chi class experience is recommended.** Wear loose fitting clothes. Twice a week rate is not available with online registration.

Instructor: Tamara Stark
 Ages: 18 years and over
Resident Fee: \$48.00 Non-Res Fee: \$53.00
Twice a week: \$74.00 Non-Res Fee: \$79.00
 6 Session Dates
 Class Times: 7:15 PM - 8:00 PM

3932.303
 Class Dates: 9/13/2016 - 10/18/2016 Tue

3932.304
 Class Dates: 11/1/2016 - 12/13/2016 Tue

Location: Community Center
NO CLASS ON: Nov 22

T'ai-Chi Intermediate

Description: This class is designed for students who have previous experience in a T'ai-Chi class and want to further their knowledge and experience. **Instructor recommendation is required to enroll in this course.** Twice a week rate is not available with online registration.

Instructor: Tamara Stark
 Ages: 18 years and over
Resident Fee: \$48.00 Non-Res Fee: \$53.00
Twice a week: \$74.00 Non-Res Fee: \$79.00
 6 Session Dates
 Class Times: 7:00 PM - 7:45 PM

3932.305
 Class Dates: 9/15/2016 - 10/20/2016 Thur

3932.306
 Class Dates: 11/3/2016 - 12/15/2016 Thur

Location: Community Center
NO CLASS ON: Nov 24

Tone & Tighten Fitness (T & T)

Description: If you are looking to Tone and Tighten then this is the class for you! Your entire body will benefit from this focused approach to muscle toning. Using low impact exercise routines, this class combines aerobics with strength and toning for a safe workout. Routines are performed at a medium pace to burn maximum calories, by raising your metabolic rate you will continue to burn calories well after class. This class is for all fitness levels from Beginners to Advanced! Workout includes warm up, upper body segment, cardio push, leg and ab toning, and cool down. Bring mat, hand weights, and water to class. Let's do it together, it's more fun as a group! Take the T&T Fitness class twice a week or add it to any other Renea Bishop class to make a great combination and get the twice a week discount. Twice a week rate is not available with online registration.

Instructor: Renea Bishop
 Ages: 16 years and over
Resident Fee: \$42.00 Non-Res Fee: \$47.00
Twice a week: \$66.00 Non-Res Fee: \$71.00
 6 Session Dates

3935.302
 Class Dates: 9/21/2016 - 10/26/2016 Wed
 Class Times: 6:00 PM - 7:00 PM

3935.303
 Class Dates: 9/23/2016 - 10/28/2016 Fri
 Class Times: 6:30 PM - 7:30 PM

3935.304
 Class Dates: 9/18/2016 - 10/23/2016 Sun
 Class Times: 6:00 PM - 7:00 PM

3935.312
 Class Dates: 11/2/2016 - 12/21/2016 Wed
 Class Times: 6:00 PM - 7:00 PM

3935.313
 Class Dates: 11/4/2016 - 12/23/2016 Fri
 Class Times: 6:30 PM - 7:30 PM

3935.314
 Class Dates: 10/30/2016 - 12/18/2016 Sun
 Class Times: 6:00 PM - 7:00 PM

Location: Community Center
NO CLASS ON: Nov 23, Nov 25, Dec 4, Dec 7, Dec 9, Dec 11

Total Body Conditioning

Description: This interval training class is a mix of aerobic and anaerobic exercises designed to burn fat, gain muscle, boost metabolism, and strengthen your core and increase endurance and energy. Experience a total body workout that will have you move through a variety of stations using upper and lower body muscle groups at the same time. Class will use Bosu trainers, steps, weights, agility ladder and more. Modifications are given if necessary. Twice a week rate is not available with online registration.

Instructor: Bethany Dugdale
 Ages: 18 years and over
Resident Fee: \$35.00 Non-Res Fee: \$40.00
Twice a week: \$55.00 Non-Res Fee: \$60.00
 6 Session Dates

3920.301
 Class Dates: 9/8/2016 - 10/13/2016 Thur
 Class Times: 7:00 PM - 8:00 PM

3920.302
 Class Dates: 9/10/2016 - 10/15/2016 Sat
 Class Times: 9:30 AM - 10:30 AM

3920.303
 Class Dates: 10/27/2016 - 12/8/2016 Thur
 Class Times: 7:00 PM - 8:00 PM

3920.304
 Class Dates: 10/29/2016 - 12/10/2016 Sat
 Class Times: 9:30 AM - 10:30 AM

Location: Community Center
NO CLASS ON: Nov 24, Nov 26

Walk Live

Description: Walk Live is Leslie Sansone's indoor aerobic walking program which has been helping people get fit for more than 25 years. In this particular Walk Live class, you will be walking 3 miles in a group setting. With just four basic movements that include walking in place, side steps, kicks and knee lifts, participants get a heart-pumping, calorie-torching aerobic workout. Your workout starts with a gentle warm up, increasing to a brisk paced walk, builds to multi-muscle moves to engage the entire body. All muscles are put in motion for maximum muscle work out. Firming Bands and light hand weights are optional fitness tools that will be incorporated into some of the classes. As the classes progress, a 4th mile can be added. Participants decide on the intensity of their walk so they can customize their walk to suit their ability. The class's easy format allows people of all fitness levels to have fun while getting fit - no matter what your age or fitness level.

Instructor: Cheryl Janusek
 Ages: 18 years and over
Resident Fee: \$35.00 Non-Res Fee: \$40.00
 6 Session Dates
 Class Times: 6:30 PM - 7:30 PM

3901.301
 Class Dates: 9/7/2016 - 10/12/2016 Wed

3901.302
 Class Dates: 10/26/2016 - 12/14/2016 Wed

Location: Community Center
NO CLASS ON: Nov 23, Nov 30

Beginner's Yoga

Description: This Level 1, Beginner Yoga Class is for those new to yoga, or those who want to slow their practice down to learn proper body alignment. Twice weekly discounted rate may be used with other Lynn Duda classes that are held in the same location. Make-ups allowed in any of Lynn's classes. Please bring a yoga mat.

Instructors: Lynn Duda, LMT, 500 E-RYT
 Ages: 18 years and over
Resident Fee: \$80.00 Non-Res Fee: \$85.00
Twice a week: \$100.00 Non-Res Fee: \$105.00
 8 Session Dates

3203.301
 Class Dates: 9/12/2016 - 10/31/2016 Mon
 Class Times: 9:30 AM - 10:30 AM

3203.302
 Class Dates: 9/12/2016 - 10/31/2016 Mon
 Class Times: 7:15 PM - 8:15 PM

3203.303
 Class Dates: 9/8/2016 - 10/27/2016 Thur
 Class Times: 9:30 AM - 10:30 AM

Location: John McMillan Church

Beginner's Yoga Session 2

Description: This Level 1, Beginner Yoga Class is for those new to yoga, or those who want to slow their practice down to learn proper body alignment. Twice weekly discounted rate may be used with other Lynn Duda classes that are held in the same location. Make-ups allowed in any of Lynn's classes. Please bring a yoga mat.

Instructors: Lynn Duda, LMT, 500 E-RYT
 Ages: 18 years and over
Resident Fee: \$60.00 Non-Res Fee: \$65.00
Twice a week: \$85.00 Non-Res Fee: \$90.00
 6 Session Dates

3203.320
 Class Dates: 11/7/2016 - 12/12/2016 Mon
 Class Times: 9:30 AM - 10:30 AM

3203.322
 Class Dates: 11/7/2016 - 12/12/2016 Mon
 Class Times: 7:15 PM - 8:15 PM

3203.323
 Class Dates: 11/10/2016 - 12/22/2016 Thur
 Class Times: 9:30 AM - 10:30 AM

Location: John McMillan Church
NO CLASS ON: Nov 24

SATURDAY CLASSES ARE HIGHLIGHTED

All Level Yoga

Description: An All-Level Yoga Class which is taught in a flowing sequence. This class emphasizes alignment in both standing and seated poses. Please bring a yoga mat. Twice weekly discounted rate may be used with other Lynn Duda classes that are held in the same location. Make-ups allowed in any of Lynn's classes.

Instructor: Lynn Duda, LMT, 500 E-RYT
 Ages: 18 years and over
Resident Fee: \$80.00 Non-Res Fee: \$85.00
Twice a week: \$100.00 Non-Res Fee: \$105.00
 8 Session Dates

3203.350
 Class Dates: 9/12/2016 - 10/31/2016 Mon
 Class Times: 5:45 PM - 7:00 PM

3203.351
 Class Dates: 9/7/2016 - 10/26/2016 Wed
 Class Times: 9:30 AM - 10:30 AM

3203.352
 Class Dates: 9/8/2016 - 10/27/2016 Thur
 Class Times: 6:00 PM - 7:15 PM

3203.353
 Class Dates: 9/9/2016 - 10/28/2016 Fri
 Class Times: 9:30 AM - 10:30 AM

Location: John McMillan Church

All Level Yoga Session 2

Description: An All-Level Yoga Class which is taught in a flowing sequence. This class emphasizes alignment in both standing and seated poses. Please bring a yoga mat. Twice weekly discounted rate may be used with other Lynn Duda classes that are held in the same location. Make-ups allowed in any of Lynn's classes.

Instructor: Lynn Duda, LMT, 500 E-RYT
 Ages: 18 years and over
Resident Fee: \$60.00 Non-Res Fee: \$65.00
Twice a week: \$85.00 Non-Res Fee: \$90.00
 6 Session Dates

3203.355
 Class Dates: 11/7/2016 - 12/12/2016 Mon
 Class Times: 5:45 PM - 7:00 PM

3203.356
 Class Dates: 11/9/2016 - 12/14/2016 Wed
 Class Times: 9:30 AM - 10:30 AM

3203.357
 Class Dates: 11/10/2016 - 12/22/2016 Thur
 Class Times: 6:00 PM - 7:15 PM

3203.358
 Class Dates: 11/11/2016 - 12/16/2016 Fri
 Class Times: 9:30 AM - 10:30 AM

Location: John McMillan Church
NO CLASS ON: Nov 24

ZUMBA® Fitness

Description: Come dance your way to a better you! Each Zumba® class is designed to bring people together to sweat it out. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Benefits: a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Twice a week rate may be used with Zumba® Step class. Twice a week rate is not available with online registration.

Instructor: Christine Froelich
 Ages: 18 years and over
Resident Fee: \$35.00 Non-Res Fee: \$40.00
Twice a week: \$55.00 Non-Res Fee: \$60.00
 6 Session Dates

Class Times: 6:00 PM - 7:00 PM

3930.301
 Class Dates: 9/12/2016 - 10/17/2016 Mon

3930.302
 Class Dates: 10/31/2016 - 12/12/2016 Mon

Location: Community Center
NO CLASS ON: Nov 28

ZUMBA® Step

Description: If you already like Zumba® or are looking for a class that uses fitness steps, try one of the newer Zumba® specialty classes! Class is perfect for those who are looking to strengthen and tone legs and glutes and who are looking to feel the burn. We'll combine the awesome toning and strengthening power of step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs. Step right up for more Zumba® fun! Twice a week rate may be used with Zumba® Fitness class. Twice a week rate is not available with online registration.

Instructor: Christine Froelich
 Ages: 18 years and over
Resident Fee: \$35.00 Non-Res Fee: \$40.00
Twice a week: \$55.00 Non-Res Fee: \$60.00
 6 Session Dates

Class Times: 6:00 PM - 7:00 PM

3930.303
 Class Dates: 9/14/2016 - 10/19/2016 Wed

3930.304
 Class Dates: 11/2/2016 - 12/14/2016 Wed

Location: Community Center
NO CLASS ON: Nov 30

ZUMBA® GOLD

Description: September is a great time to start a new exercise program. The kids are back to school and into their routine so it's time to start a new routine for you!! Whether you are exercising for the first time or have been doing it for years, it's a great time to Zumba®. Students of all ages and skills are welcomed into this fun Zumba® class. We foster a strong sense of community and offer an awesome sweat session in the process. Any form of exercise that gets your heart rate up and makes you sweat is going to have big benefits for your brain and body, but Zumba® transforms any old, boring cardio routine into a big party! Twice a week rate is not available with online registration.

Instructor: Kathy Raeder
 Ages: 18 years and over
Resident Fee: \$35.00 Non-Res Fee: \$40.00
Twice a week: \$55.00 Non-Res Fee: \$60.00
 6 Session Dates

3930.305
 Class Dates: 9/13/2016 - 10/18/2016 Tue
 Class Times: **9:30 AM - 10:30 AM**

3930.306
 Class Dates: 9/13/2016 - 10/18/2016 Tue
 Class Times: 7:00 PM - 8:00 PM

3930.307
 Class Dates: 9/14/2016 - 10/19/2016 Wed
 Class Times: **9:30 AM - 10:30 AM**

3930.308
 Class Dates: 9/15/2016 - 10/20/2016 Thur
 Class Times: **9:30 AM - 10:30 AM**

3930.309
 Class Dates: 9/15/2016 - 10/20/2016 Thur
 Class Times: 6:00 PM - 7:00 PM

3930.315
 Class Dates: 11/1/2016 - 12/13/2016 Tue
 Class Times: **9:30 AM - 10:30 AM**

3930.316
 Class Dates: 11/1/2016 - 12/13/2016 Tue
 Class Times: 7:00 PM - 8:00 PM

3930.317
 Class Dates: 11/2/2016 - 12/14/2016 Wed
 Class Times: **9:30 AM - 10:30 AM**

3930.318
 Class Dates: 11/3/2016 - 12/15/2016 Thur
 Class Times: **9:30 AM - 10:30 AM**

3930.319
 Class Dates: 11/3/2016 - 12/15/2016 Thur
 Class Times: 6:00 PM - 7:00 PM

Location: Community Center
NO CLASS ON: Nov 22, Nov 23, Nov 24

ZUMBA® GOLD for the Active Senior

Description: If you have never exercised or have been out of the groove for a while, now is the perfect time to get started. Join a great bunch of men and women who are enjoying the same great Zumba® beat at a modified level. Low impact moves for the active adult or beginner. A great way to start your Zumba® journey, this class will help improve your balance, flexibility and improve your cardio and mental health. What are you waiting for?? Experience is not required. Twice a week rate is not available with online registration.

Instructor: Kathy Raeder
 Ages: 50 years and over
Resident Fee: \$25.00 Non-Res Fee: \$30.00
Twice a week: \$45.00 Non-Res Fee: \$50.00
 6 Session Dates

Class Times: 10:35 AM - 11:15 AM

3930.310
 Class Dates: 9/12/2016 - 10/17/2016 Mon

3930.311
 Class Dates: 9/14/2016 - 10/19/2016 Wed

3930.312
 Class Dates: 10/31/2016 - 12/12/2016 Mon

3930.313
 Class Dates: 11/2/2016 - 12/14/2016 Wed

Location: Community Center
NO CLASS ON: Nov 21, Nov 23

SPORTS

Couch Potato Basketball

Description: Get off the couch and join us! Enjoy an evening of basketball, get some exercise, and make new friends!

Ages: 35 years and over
Resident Fee: \$45.00 Non-Res Fee: \$50.00
 12 Session Dates

3207.330
 Class Dates: 9/19/2016 - 12/12/2016 Mon
 Class Times: 9:00 PM - 10:30 PM

Location: Neil Armstrong Gym
NO CLASS ON: Nov 28

Beginner / Intermediate Fencing

Description: Experience and enjoy the fun and challenging Olympic sport of foil fencing. The introductory and intermediate level instruction progressively establishes fundamental skills needed for successful fencing and great fitness. Sessions include instruction and practice bouts. Note: All essential equipment will be provided by the instructors, but students will be required to wear comfortable pants, non-marking athletic shoes, and a glove (official protective fencing gloves are not required but available at class for \$10) Shorts or jeans are not permitted.

Ages: 7 years and over
Resident Fee: \$80.00 Non-Res Fee: \$85.00
 6 Session Dates

Class Times: 7:00 PM - 8:30 PM

3140.301
 Class Dates: 9/12/2016 - 10/17/2016 Mon

3140.302
 Class Dates: 11/7/2016 - 12/19/2016 Mon

Location: Community Center
NO CLASS ON: Nov 28

Look for the next issue of the
Bethel Park Chronicles
 mailed the week of
 December 5, 2016!

SATURDAY CLASSES ARE HIGHLIGHTED

Advanced* Fencing

Description: Take your fencing to a new level! This twice a week instructional class focuses on techniques, fitness, and winning strategy to help the dedicated to be able to succeed at an advanced competitive level in this martial art. Sessions include instruction and practice bouts. ***Prerequisites include a minimum of 1 year of fencing experience and approval of the instructors.** Note: All essential equipment will be provided by the instructors, but students will be required to wear comfortable pants, non-marking athletic shoes, and a glove (official fencing gloves are not required but are available at class for \$10). Shorts or jeans are not permitted.

Ages: 11 years and over
Resident Fee: \$110.00 Non-Res Fee: \$115.00
 12 Session Dates

Class Times: 6:30 PM - 8:30 PM Mon
 7:00 PM - 9:00 PM Wed

3140.303
 Class Dates: 9/12/2016 - 10/19/2016

3140.304
 Class Dates: 11/7/2016 - 12/21/2016

Location: Community Center
NO CLASS ON: Nov 23, Nov 28

Beginner Karate

Description: Students will receive instruction in the Isshinryu style of Karate from a 9th degree black belt instructor. Class will include warm-up exercises, basics of the style, as well as simple and practical self-defense techniques. Classes will also emphasize self-discipline and respect. Students will learn self-defense skills as well as a sense of accomplishment. Traditional karate uniform (Gi) is recommended, but not mandatory. Uniforms may be purchased through the instructor.

Ages: 6 years and over
Resident Fee: \$36.00 Non-Res Fee: \$41.00
 6 Session Dates

Class Times: 6:15 PM - 7:00 PM

3825.301
 Class Dates: 9/12/2016 - 10/17/2016 Mon

3825.303
 Class Dates: 10/24/2016 - 12/12/2016 Mon

Location: Community Center
NO CLASS ON: Oct 31, Nov 28

Intermediate* Karate

Description: Students will receive instruction in the Isshinryu style of Karate from a 9th degree black belt instructor. Class will include warm-up exercises, basics of the style, as well as simple and practical self-defense techniques. Classes will also emphasize self-discipline and respect. Students will learn self-defense skills as well as a sense of accomplishment. *The intermediate level requires instructor recommendation. Traditional karate uniform (Gi) is recommended, but not mandatory. Uniforms may be purchased through the instructor.

Ages: 6 years and over
Resident Fee: \$36.00 Non-Res Fee: \$41.00
 6 Session Dates

Class Times: 7:15 PM - 8:00 PM

3825.302
 Class Dates: 9/12/2016 - 10/17/2016 Mon

3825.304
 Class Dates: 10/24/2016 - 12/12/2016 Mon

Location: Community Center
NO CLASS ON: Oct 31, Nov 28

Free Program!

Pickleball

Description: Men and women, boys and girls of all ages are invited to participate in a "drop-in" format Pickleball program at the Bethel Park Community Center gym. This sport with the funny name is a combination of tennis, badminton and ping-pong and is slowly gaining a devoted following of players, from children through senior citizens. Pickleball is a low-impact sport played with 2-4 players on a court half the size of a tennis court. Although the rules are simple and easy to pick up, instructions will be provided to players. No experience is required to play. Call 412-851-2912 for more information.

Ages: 12 years - Senior Adults
Fee: Free

Class Times: 9:30 AM - 11:30 AM Mon
 12:30 PM - 2:30 PM Wed
 12:30 PM - 2:30 PM Fri

Location: Community Center
NO PLAY ON: Sep 5 & Nov 25



Tennis

Dates: 8/22/2016 - 10/2/2016
 Ages: 18yrs and over
 Clinics are offered for ALL skill levels. Registration forms are now online at www.bethelpark.net. The link is on the [Recreation](#) page. Call to register and direct questions to 412-831-2630 or Email: tennis@usctdp.com.

Location: USC Tennis Center

Co-Ed Volleyball

Description: Looking for some fun, "backyard" style volleyball play? This is an informal program for co-ed volleyball play. Not designed as an instructional class, but an opportunity to have fun, socialize and meet new people.

Ages: 18 years and over
Resident Fee: \$18.00 Non-Res Fee: \$23.00
 6 Session Dates

Class Times: 7:00 PM - 9:00 PM

3239.330
 Class Dates: 9/11/2016 - 10/16/2016 Sun

3239.331
 Class Dates: 10/30/2016 - 12/11/2016 Sun

Location: Community Center
NO CLASS ON: Nov 27

Not for Beginners!

Ladies Volleyball

Description: You MUST be registered and paid BEFORE you can play. Ladies play on Monday nights at the Community Center. **ADVANCED COMPETITIVE PLAY!** Not for BEGINNERS! Not INSTRUCTIONAL! Players are expected to know and play by modified PIAA rules. You should be proficient in the areas of setting, passing, serving, proper bump and spike techniques. Past experience in competitive volleyball is necessary for this class.

Ages: 18 years and over
Resident Fee: \$25.00 Non-Res Fee: \$30.00
 8 Session Dates

Class Times: 8:30 PM - 10:30 PM

3239.310
 Class Dates: 8/22/2016 - 10/17/2016 Mon

3239.311
 Class Dates: 10/31/2016 - 12/19/2016 Mon

Location: Community Center
NO CLASS ON: Sep 5

Men's Volleyball

Description: Men play on Wednesday nights at IMS Gymnasium. Pick-up Men's Volleyball. Prior experience not necessary but players are expected to follow official USA indoor volleyball rules. Everyone must register and prepay to participate.

Ages: 18 years and over
Resident Fee: \$45.00 Non-Res Fee: \$50.00
 15 Session Dates

3239.320
 Class Dates: 9/7/2016 - 12/21/2016 Wed
 Class Times: 8:00 PM - 10:00 PM

Location: IMS Gym
NO CLASS ON: Nov 23

Senior Citizen's Annual Holiday Luncheon

Save the Date!



Any Bethel Park resident 60 years+ is invited to attend the annual Holiday Luncheon on **Friday, December 16**, at 1:00 PM in the Bethel Park High School Cafeteria.

Guests will enjoy a traditional holiday meal while also being entertained by performances of high school musical groups including Top 21 singers, Orchestra and Symphonic band. This is a great way to enjoy holiday food, music and fellowship with friends and neighbors!

The cost is \$6.00 per person. Registration deadline for the luncheon is Thursday, December 8 or until it is filled. Beginning November 1 you may pick up a registration form at the Recreation Office, Bethel Park Community Center or online at www.bethelpark.net.

This event always fills up quickly, so send your reservation in early in November!

The luncheon is sponsored by Bethel Park Recreation Department. For additional information call 412-851-2910.

Preregistration is required. **Walk-ins will not be permitted to attend.**

Silver Sneakers®,
 an older adult exercise program, is offered at the
 Bethel Park Community Center.
 Check page 31 for more information.

First Annual Gingerbread House Display & Competition

Calling all Gingerbread enthusiasts! Bethel Park Recreation is excited to announce a NEW Community tradition – an annual Gingerbread House Display! Individuals, Families, and Community Groups are invited to enter their “masterpiece” in the First Annual Gingerbread House Display.

All houses will be on display at the Bethel Park Community Center for the annual Tree Lighting Ceremony, taking place on Wednesday, November 30, 2016. Judging will take place prior to the ceremony. The judges will be selected from the local community. Prize Ribbons will be awarded to the winners.

Display space will be limited. Please register by November 1, 2016 to reserve a spot for your creation. All Gingerbread Houses will be accepted for delivery on Monday & Tuesday, November 28 & 29. Entry fee Donations will be accepted and disbursed to a local charity, as yet to be determined.

For more information and instructions about entering your creation, display requirements, judging categories, and delivery dates/times, please stop by the Community Center to pick up an information packet available on Oct. 1.



Gold Card Club

Fee: \$6.00

Ages: 60yrs and over

The Gold Card Club, a social and fellowship organization for seniors, was organized by the Department of Recreation and Leisure Services for the benefit of Bethel Park residents who are 60 years of age and over, or a resident on disability retirement and not less than 50 years of age. A spouse not less than 55 years of age may join with his/her spouse if he/she meets the 60-year age minimum. The title GOLD CARD CLUB came from the color of the membership card, not for playing cards.

Annual membership dues are \$6.00 per person per calendar year, January 1 through December 31. Annual dues shall be paid beginning at the January general meeting. Current members whose dues are not paid by March 31 of the calendar year shall be dropped from active membership. Renewals paid after March 31 of the calendar year shall be assessed a \$1.00 reinstatement fee. New members will be accepted at any time during the calendar year.



Dues can be paid at the monthly meeting with a check made payable to the GOLD CARD CLUB, or phone Eleanor Wise at 412-831-1174.

Current dues cannot be accepted for more than one (1) year. When paying dues by mail, please enclose a self-addressed stamped envelope so the membership card can be mailed back to you. Information required to process membership is: your name, spouse's name (if he/she is also joining), birth dates for both, address and telephone number.

Monthly meetings are held at the Bethel Park Community Center on the second Thursday of each month (except July, August and September) at 1:00 p.m. Sign-in begins at 12:30pm. After a brief meeting, enjoy excellent entertainment, light refreshments and several games of bingo. In addition to two indoor picnics, there is an Anniversary luncheon and a Christmas luncheon at an outside banquet facility.

A monthly newsletter, prepared by the Corresponding Secretary, is sent to all members who are CURRENT on their membership dues. **Questions regarding membership should be directed to Eleanor Wise, 412-831-1174 or Regina Bauer at 412-833-2864.**

****No September meeting in 2016.****

DON'T MISS THE FARMERS' MARKET!

**Every Tuesday, 3:00PM – 7:00PM
Through September 27**

St. Thomas More Church Parking Lot
Corner of Ft. Couch Rd. and Oxford Dr.



RETURNING FAVORITE VENDORS: Kern Farms, The Spring House, Loafers Bread, Simmons Farm, Pitaland, Wild River Kettle Korn, 6 Mile Cellars, Wu's Shaved Ice, Pittsburgh Pierogi Truck, Robin Londino Jewelry, Rowdy BBQ, Rejavanated

BRAND NEW VENDORS: Jami's Farm, Wild Tansy Wellness, Cinco de Mayo Salsa, Nicole's Sweet Tooth Cupcakes, A1 Fudge, Republic Food Truck, Biber Family Farm, Paddy Wagon, Bethel Bakery, Aunt Kimmies Jams, Jellies, and Relishes, Dharma Pharma Market Gardens, Oilio LLC, Dillner Family Farm, Mediterra Bakehouse, Running OM Green

Call 412-851-2912 for more information.