

## • ADULT PROGRAMS •

SATURDAY CLASSES ARE HIGHLIGHTED

### CLASSES & WORKSHOPS

#### 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](http://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

3309.201  
 Class Dates: 6/24/2017 - 7/29/2017 Sat

3309.211  
 Class Dates: 8/19/2017 - 9/23/2017 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](http://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

3309.203  
 Class Dates: 6/24/2017 - 7/29/2017 Sat

3309.213  
 Class Dates: 8/19/2017 - 9/23/2017 Sat

**Location: Xcel Canine Training, Inc.**



★ NEW! NEW! NEW! ★

#### Essential Oils for Summer Survival

Description: Have you ever wanted to replace store bought insect repellent with one made with essential oils but did not know where to start? Let Beth Chatham, Certified Clinical Aromatherapist from Bethel Park, teach you how to do just that. She has over 430 hours of training in essential oil usage and is a professional member of The National Association for Holistic Aromatherapy. In this workshop, you will make three products as part of a Summer Survival Kit. Learn which essential oils are good for keeping bugs at bay, soothing an itch or cooling a sunburn. The therapeutic and safe use of each essential oil will be discussed as well as why they are so effective when used properly. \$25 fee includes all supplies for students to take home 3 products they make in this workshop.

Instructor: Beth Chatham  
 Certified Clinical Aromatherapist  
 Ages: 18 years and over  
**Resident Fee: \$25.00** Non-Res Fee: \$30.00  
 1 Night Workshop

3970.201  
 Class Dates: 6/13/2017 Tue  
 Class Times: 6:45 PM - 8:45 PM

**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 Night Workshop

3975.201  
 Class Dates: 6/13/2017 Tue  
 Class Times: 6:30 PM - 9:00 PM

**Location: Community Center**

### 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: \$35.00** Non-Res Fee: \$40.00  
**Twice a week: \$55.00** Non-Res Fee: \$60.00  
 5 Session Dates

3935.206  
 Class Dates: 6/5/2017 - 7/10/2017 Mon  
 Class Times: 7:00 PM - 8:00 PM

3935.208  
 Class Dates: 6/7/2017 - 7/12/2017 Wed  
 Class Times: 5:00 PM - 6:00 PM

3935.209  
 Class Dates: 6/7/2017 - 7/12/2017 Wed  
 Class Times: 7:00 PM - 8:00 PM

3935.210  
 Class Dates: 6/9/2017 - 7/14/2017 Fri  
 Class Times: 5:00 PM - 6:00 PM

3935.216  
 Class Dates: 7/17/2017 - 8/28/2017 Mon  
 Class Times: 7:00 PM - 8:00 PM

3935.218  
 Class Dates: 7/19/2017 - 8/30/2017 Wed  
 Class Times: 5:00 PM - 6:00 PM

3935.219  
 Class Dates: 7/19/2017 - 8/30/2017 Wed  
 Class Times: 7:00 PM - 8:00 PM

3935.220  
 Class Dates: 7/21/2017 - 9/1/2017 Fri  
 Class Times: 5:00 PM - 6:00 PM

**Location: Community Center**  
**NO CLASS ON: Jul 3, Jul 5, Jul 7, Jul 28, Jul 31, Aug 2, Aug 7, Aug 9, Aug 11**

#### 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 Sculpt 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

3910.201  
 Class Dates: 6/5/2017 - 7/17/2017 Mon

3910.211  
 Class Dates: 7/24/2017 - 8/28/2017 Mon

**Location: Community Center**  
**NO CLASS ON: Jul 3**



**Don't forget to reserve a room at the Community Center soon for your upcoming graduation party. We have rooms to accommodate small or large groups. Call 412-851-2910.**

## SATURDAY CLASSES ARE HIGHLIGHTED

### Country Heat™ LIVE

Description: Country Heat™ LIVE is an easy-to-follow, completely exhilarating, country dance-inspired workout perfect for beginners! No complicated moves, students simply follow along with the instructor to enjoy the low-impact/high-energy dance class set to the chart topping hottest country hits. You'll have so much fun moving, stepping, clapping, stomping, and laughing, you'll forget you're burning mega calories and toning your body from head to toe! No dance experience is necessary. Whether you're a dance newbie or you've already got great moves, you will love stepping it up to the hottest country hits around! This country dance-inspired workout is unlike any other workout you've tried and perfect for all fitness levels.

Instructor: Kerri Lewis  
 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: 7:15 PM - 8:15 PM

3918.201  
 Class Dates: 6/5/2017 - 7/17/2017 Mon

3918.202  
 Class Dates: 6/14/2017 - 7/19/2017 Wed

3918.211  
 Class Dates: 7/24/2017 - 8/28/2017 Mon

3918.212  
 Class Dates: 7/26/2017 - 8/30/2017 Wed

**Location: Community Center**  
**NO CLASS ON: Jun 12**



### 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: \$42.00** Non-Res Fee: \$47.00  
 6 Session Dates  
 Class Times: 11:00 AM - 12:00 PM

3203.201  
 Class Dates: 6/7/2017 - 7/19/2017 Wed

3203.202  
 Class Dates: 7/26/2017 - 8/30/2017 Wed

**Location: Locke's Personal Fitness**  
**NO CLASS ON: Jul 5**

### 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: \$30.00** Non-Res Fee: \$35.00  
**Twice a week: \$45.00** Non-Res Fee: \$50.00  
 5 Session Dates

3912.201  
 Class Dates: 6/7/2017 - 7/5/2017 Wed  
 Class Times: 6:00 PM - 7:00 PM

3912.202  
 Class Dates: 6/10/2017 - 7/8/2017 Sat  
 Class Times: 9:30 AM - 10:30 AM

3912.211  
 Class Dates: 7/26/2017 - 8/23/2017 Wed  
 Class Times: 6:00 PM - 7:00 PM

3912.212  
 Class Dates: 7/29/2017 - 8/26/2017 Sat  
 Class Times: 9:30 AM - 10:30 AM

**Location: Community Center**

### 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

3910.202  
 Class Dates: 6/7/2017 - 7/19/2017 Wed

3910.212  
 Class Dates: 7/26/2017 - 8/30/2017 Wed

**Location: Community Center**  
**NO CLASS ON: Jul 5**

### SilverSneakers® CLASSIC

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  
 Tuesday 12:15 AM - 1:10 PM Instructor: Debbie Liberto  
 Wednesday 12:20 AM - 1:10 PM Instructor: Debbie Liberto  
 Thursday 12:15 AM - 1:15 PM Instructor: Anne Brucker

**Location: Community Center**  
**NO CLASS ON: May 29, Jul 4**

### SilverSneakers® Yoga

YogaStretch 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  
 Thursday 1:15 PM - 2:15 PM Instructor: Debbie Liberto

**Location: Community Center**  
**NO CLASS ON: May 29**

### Walking Track

SilverSneakers® members can take advantage of the climate controlled, elevated indoor walking track just by swiping their SilverSneakers® 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

**Location: Community Center**  
**Track is open May 29 from 9:00am - 2:00pm and closed on July 4**

### 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 wellbeing. 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. Please bring socks or slippers. Twice a week rate is not available with online registration.

Instructor: Tamara Stark  
 Ages: 18 years and over  
**Resident Fee: \$32.00** Non-Res Fee: \$37.00  
**Twice a week: \$50.00** Non-Res Fee: \$55.00  
 4 Session Dates  
 Class Times: 6:30 PM - 7:15 PM

3932.201  
 Class Dates: 6/13/2017 - 7/11/2017 Tue

3932.211  
 Class Dates: 8/8/2017 - 8/29/2017 Tue

**Location: Community Center**  
**NO CLASS ON: Jul 4**

## SATURDAY CLASSES ARE HIGHLIGHTED

### 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: \$32.00** Non-Res Fee: \$37.00  
**Twice a week: \$50.00** Non-Res Fee: \$55.00  
 4 Session Dates  
 Class Times: 7:15 PM - 8:00 PM

3932.202  
 Class Dates: 6/13/2017 - 7/11/2017 Tue

3932.212  
 Class Dates: 8/8/2017 - 8/29/2017 Tue

**Location: Community Center**  
**NO CLASS ON: Jul 4**

### 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: \$32.00** Non-Res Fee: \$37.00  
**Twice a week: \$50.00** Non-Res Fee: \$55.00  
 4 Session Dates  
 Class Times: 7:00 PM - 7:45 PM

3932.203  
 Class Dates: 6/15/2017 - 7/13/2017 Thu

3932.213  
 Class Dates: 8/10/2017 - 8/31/2017 Thu

**Location: Community Center**  
**NO CLASS ON: Jul 6**



**The Community Center will be OPEN**

**From 9:00 AM to 2:00 PM ONLY on Memorial Day, Monday, May 29, 2017**

**Municipal Offices will be CLOSED**

**On Monday, May 29 For the Memorial Day holiday.**

**The Community Center and Municipal Offices will be Closed for the following holidays:**

**Independence Day on Tuesday, July 4, 2017**  
**Labor Day on Monday, September 4, 2017**

Garbage collection will be delayed 1 day the week of Memorial Day, 4th of July and Labor Day.

### 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: \$35.00** Non-Res Fee: \$40.00  
**Twice a week: \$55.00** Non-Res Fee: \$60.00  
 5 Session Dates

3935.203  
 Class Dates: 6/7/2017 - 7/12/2017 Wed  
 Class Times: 6:00 PM - 7:00 PM

3935.204  
 Class Dates: 6/9/2017 - 7/14/2017 Fri  
 Class Times: 6:00 PM - 7:00 PM

3935.205  
 Class Dates: 6/5/2017 - 7/10/2017 Mon  
 Class Times: 8:00 PM - 9:00 PM

3935.213  
 Class Dates: 7/19/2017 - 8/30/2017 Wed  
 Class Times: 6:00 PM - 7:00 PM

3935.214  
 Class Dates: 7/21/2017 - 9/1/2017 Fri  
 Class Times: 6:00 PM - 7:00 PM

3935.215  
 Class Dates: 7/17/2017 - 8/28/2017 Mon  
 Class Times: 8:00 PM - 9:00 PM

**Location: Community Center**  
**NO CLASS ON: Jul 3, Jul 5, Jul 7, Jul 28, Jul 31, Aug 2, Aug 7, Aug 9, Aug 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, 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

3920.201  
 Class Dates: 6/1/2017 - 7/13/2017 Thu  
 Class Times: 7:00 PM - 8:00 PM

3920.202  
 Class Dates: 6/3/2017 - 7/15/2017 Sat  
 Class Times: 9:30 AM - 10:30 AM

3920.211  
 Class Dates: 7/20/2017 - 8/24/2017 Thu  
 Class Times: 7:00 PM - 8:00 PM

3920.212  
 Class Dates: 7/22/2017 - 8/26/2017 Sat  
 Class Times: 9:30 AM - 10:30 AM

**Location: Community Center**  
**NO CLASS ON: Jul 6, Jul 8**

### 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. Dress in athletic, work-out clothing. Add this class to another Renea Bishop class and get the twice a week discount. Twice a week rate is not available online.

Instructor: Renea Bishop  
 Ages: 16 years and over  
**Resident Fee: \$35.00** Non-Res Fee: \$40.00  
**Twice a week: \$55.00** Non-Res Fee: \$60.00  
 5 Session Dates

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

3935.212  
 Class Dates: 6/5/2017 - 7/10/2017 Mon

3935.222  
 Class Dates: 7/17/2017 - 8/28/2017 Mon

**Location: Community Center**  
**NO CLASS ON: Jul 3, Jul 31, Aug 7**

### Beginner's Yoga

Description: Yoga has been shown to increase muscle strength, improve flexibility and help lower stress. This Beginner Yoga Class is for those new to yoga, or those who want a slower yoga practice. Classes end with relaxation. 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.

Instructor: Lynn Duda, Certified Yoga Instructor 500-E-RYT  
 Ages: 18 years and over  
**Resident Fee: \$55.00** Non-Res Fee: \$60.00  
**Twice a week: \$100.00** Non-Res Fee: \$105.00  
 6 Session Dates

3203.203  
 Class Dates: 5/15/2017 - 6/26/2017 Mon  
 Class Times: 9:30 AM - 10:30 AM

3203.204  
 Class Dates: 5/15/2017 - 6/26/2017 Mon  
 Class Times: 7:15 PM - 8:15 PM

3203.205  
 Class Dates: 5/18/2017 - 6/22/2017 Thu  
 Class Times: 9:30 AM - 10:30 AM

3203.213  
 Class Dates: 7/10/2017 - 8/14/2017 Mon  
 Class Times: 9:30 AM - 10:30 AM

3203.214  
 Class Dates: 7/10/2017 - 8/14/2017 Mon  
 Class Times: 7:15 PM - 8:15 PM

3203.215  
 Class Dates: 7/13/2017 - 8/17/2017 Thu  
 Class Times: 9:30 AM - 10:30 AM

**Location: John McMillan Church**  
**NO CLASS ON: May 29**

## SATURDAY CLASSES ARE HIGHLIGHTED

### All Level Yoga

Description: An All-Level Yoga Class which is taught in a fluid sequence. This class emphasizes alignment in both standing and seated poses. Attention on proper form is taught to increase the benefits of yoga. 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, Certified Yoga Instructor, 500 E-RYT  
 Ages: 18 years and over  
**Resident Fee: \$55.00** Non-Res Fee: \$60.00  
**Twice a week: \$100.00** Non-Res Fee: \$105.00  
 6 Session Dates

3203.250  
 Class Dates: 5/15/2017 - 6/26/2017 Mon  
 Class Times: 5:45 PM - 7:00 PM

3203.251  
 Class Dates: 5/17/2017 - 6/21/2017 Wed  
 Class Times: 9:30 AM - 10:30 AM

3203.252  
 Class Dates: 5/18/2017 - 6/22/2017 Thu  
 Class Times: 6:00 PM - 7:15 PM

3203.253  
 Class Dates: 5/19/2017 - 6/23/2017 Fri  
 Class Times: 9:30 AM - 10:30 AM

3203.254  
 Class Dates: 7/10/2017 - 8/14/2017 Mon  
 Class Times: 5:45 PM - 7:00 PM

3203.255  
 Class Dates: 7/12/2017 - 8/16/2017 Wed  
 Class Times: 9:30 AM - 10:30 AM

3203.256  
 Class Dates: 7/13/2017 - 8/17/2017 Thu  
 Class Times: 6:00 PM - 7:15 PM

3203.257  
 Class Dates: 7/14/2017 - 8/18/2017 Fri  
 Class Times: 9:30 AM - 10:30 AM

**Location: John McMillan Church**  
**NO CLASS ON: May 29**

### 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

3930.201  
 Class Dates: 6/12/2017 - 7/17/2017 Mon

3930.211  
 Class Dates: 7/24/2017 - 8/28/2017 Mon

**Location: Community Center**



### ZUMBA® Step

Description: 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

3930.202  
 Class Dates: 6/7/2017 - 7/19/2017 Wed

3930.212  
 Class Dates: 7/26/2017 - 8/30/2017 Wed

**Location: Community Center**  
**NO CLASS ON: Jun 21**

### ZUMBA® GOLD

Description: Summer fun and Zumba® go hand in hand! Forget working out and come lose yourself in the music in our exhilarating Zumba class. It's easy to do! You will soon be soaring with energy and enjoying great music in a fun fitness party. This program features aerobic interval training that burns calories and helps sculpt the body. Come and join some of the nicest people in the South Hills area on their way to a healthier life style. Sign up now! 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

3930.205  
 Class Dates: 6/6/2017 - 7/18/2017 Tue  
 Class Times: 9:30 AM - 10:30 AM

3930.206  
 Class Dates: 6/6/2017 - 7/18/2017 Tue  
 Class Times: 7:00 PM - 8:00 PM

3930.207  
 Class Dates: 6/7/2017 - 7/19/2017 Wed  
 Class Times: 9:30 AM - 10:30 AM

3930.208  
 Class Dates: 6/8/2017 - 7/20/2017 Thu  
 Class Times: 9:30 AM - 10:30 AM

3930.209  
 Class Dates: 6/8/2017 - 7/20/2017 Thu  
 Class Times: 6:00 PM - 7:00 PM

3930.215  
 Class Dates: 7/25/2017 - 8/29/2017 Tue  
 Class Times: 9:30 AM - 10:30 AM

3930.216  
 Class Dates: 7/25/2017 - 8/29/2017 Tue  
 Class Times: 7:00 PM - 8:00 PM

3930.217  
 Class Dates: 7/26/2017 - 8/30/2017 Wed  
 Class Times: 9:30 AM - 10:30 AM

3930.218  
 Class Dates: 7/27/2017 - 8/31/2017 Thu  
 Class Times: 9:30 AM - 10:30 AM

3930.219  
 Class Dates: 7/27/2017 - 8/31/2017 Thu  
 Class Times: 6:00 PM - 7:00 PM

**Location: Community Center**  
**NO CLASS ON: Jul 4, Jul 5, Jul 6**

### ZUMBA® GOLD for the Active Senior

Description: Summer is a perfect time to start a new program. Come join our expanding Zumba family. Men and woman alike are enjoying the same great music that lets you move to the beat at your own speed. This class provides modified, low impact moves for the active older adult or beginner. It's friendly, it's fun and it's good for you, what more can you ask for. No experience necessary. 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

3930.203  
 Class Dates: 6/12/2017 - 7/17/2017 Mon

3930.204  
 Class Dates: 6/7/2017 - 7/19/2017 Wed

3930.213  
 Class Dates: 7/24/2017 - 8/28/2017 Mon

3930.214  
 Class Dates: 7/26/2017 - 8/30/2017 Wed

**Location: Community Center**  
**NO CLASS ON: Jul 5**

## SPORTS

### South Hills Men's Basketball League

Description: Register your team today! Play begins Sunday, May 21 and will run for 6 weeks. All teams will play a 7 or 8 game regular season (depending on number of entrants). All games will be played in the beautiful facilities at Bethel Park High School. A single elimination seeded tournament will follow the regular season. Cost is \$700 per team and includes team shirts with numbers. **A roster must be provided with your registration, limit of 12 players per team.** All games will have two certified officials and scorekeeper. The schedule will be made to best accommodate the needs of the teams. Any questions, please contact Josh Bears at 412-720-8431.

Ages: 18 years and over  
**Resident Fee: \$700.00** Non-Res Fee: \$700.00  
 6 Session Dates

3207.203  
 Class Dates: 5/21/2017 - 7/2/2017 Sun  
 Class Times: 5:00 PM - 10:00 PM

**Location: BPHS Gym**  
**NO PLAY ON: May 28**



**SATURDAY CLASSES ARE HIGHLIGHTED**

**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: \$90.00** Non-Res Fee: \$95.00  
 7 Session Dates

3140.201  
 Class Dates: 7/10/2017 - 8/21/2017 Mon  
 Class Times: 7:00 PM - 8:30 PM

**Location: Community Center**

**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: \$125.00** Non-Res Fee: \$130.00  
 14 Session Dates

3140.202  
 Class Dates: 7/10/2017 - 8/23/2017 Mon, Wed  
 Class Times: 6:30 PM - 8:30 PM Mon  
 7:00 PM - 8:45 PM Wed

**Location: Community Center**

*Free Program!*

**Pickleball**

Description: Men and women, boys and girls are invited to participate in our "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 new players. Call 412-851-2912 for more information.

No experience is required to play.  
 Ages: 12 years - Senior Adults  
**Fee: Free**  
 Class Times: 9:30AM - 11:30AM Mon  
 12:30PM - 2:30PM Wed, Fri

**Location: Community Center**  
**NO PLAY ON: May 29**

**Tennis**

Description: Registration information is online at [www.bethelpark.net](http://www.bethelpark.net). Go to the Recreation tab. The tennis link is on the Recreation page. Call 412-831-2630 for more information.

Ages: 18 years and over  
 Class Dates: 6/12/2017 - 8/6/2017

**Location: USC Tennis Center**

*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

3239.102  
 Class Dates: 5/15/2017 - 7/10/2017 Mon

3239.201  
 Class Dates: 7/17/2017 - 9/11/2017 Mon

**Location: Community Center**  
**NO CLASS ON: May 29, Sep 4**

**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: \$15.00** Non-Res Fee: \$20.00  
 6 Session Dates  
 Class Times: 7:00 PM - 9:00 PM

3239.230  
 Class Dates: 6/4/2017 - 7/16/2017 Sun

3239.231  
 Class Dates: 7/23/2017 - 8/27/2017 Sun

**Location: Community Center**  
**NO CLASS ON: Jul 2**

# 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 of the GOLD CARD CLUB came from the color of the membership card, not for playing card games.

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.

You MUST be a current Bethel Park resident in order to join the Gold Card Club.

**Dues can be paid at the monthly meeting or mail the required information with your check made payable to the GOLD CARD CLUB to:**

Regina Bauer, GCC Membership Chairperson  
 6018 Oak Park Drive  
 Bethel Park, PA 15102

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, mailing address, email address (if available), and telephone number.

Questions? Call Regina Bauer at 412-833-2864.

**Monthly meetings are held at the Bethel Park Community Center on the second Thursday of each month (except July and August) at 1:00 PM. Sign-in begins at 12:30 PM.** After a brief meeting, enjoy excellent entertainment, light refreshments and several games of bingo. We also have an indoor summer picnic each year, and an Anniversary luncheon and a Christmas luncheon, both held at outside banquet facilities.

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 Regina Bauer, 412-833-2864.**



*New life members: Marian Meyer, Gloria Ninness, Lois Quallich. Not pictured: Mary Farina, Shirley Roth*