

# • ADULT PROGRAMS •

## CLASSES & WORKSHOPS

### CRAFTING with a SPLASH!

Join us for a fun Friday 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 FUN themed art project. 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](http://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 and over  
**Resident Fee: \$25.00** Non-Res Fee: \$30.00  
 1 night workshop  
 Time: 6:30PM - 8:30PM

3905.301 Silk Scarf Dying Fri  
 Date: 09/14/2018

3905.302 Painting Wine Glasses Fri  
 Date: 10/12/2018

3905.303 Pumpkin Wreath Fri  
 Date: 11/09/2018

3905.304 Holiday Candle Holder Fri  
 Date: 12/07/2018

**Location: Community Center**



### Basic Dog Obedience

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. Classes are held at Xcel Canine Training, Inc., 5400 Progress Boulevard, 412-833-2504, [www.xcelcaninetraining.com](http://www.xcelcaninetraining.com).

Ages: 12 and over  
**Resident Fee: \$80.00** Non-Res Fee: \$85.00  
 6 session dates

3309.211  
 Dates: 08/25/2018 - 09/29/2018 Sat  
 Time: 10:00AM - 11:00AM

3309.301  
 Dates: 10/20/2018 - 12/01/2018 Sat  
 Time: 10:00AM - 11:00AM

**Location: Xcel Canine Training, Inc.**  
**NO CLASS ON: Nov 24**

### Trick Dog Class

Dogs must be 6 months of age to participate. This is a fun new class to teach new handlers and puppies/dogs how to interact. It will build skills for the dog as well as a sense of accomplishment for the owner. Also, if the dog is registered with the AKC they are offering this as a titling class. **Prerequisite: Team must have taken a puppy or basic obedience class previous to this from any training facility.** 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. Classes are held at Xcel Canine Training, Inc., 5400 Progress Boulevard, 412-833-2504, [www.xcelcaninetraining.com](http://www.xcelcaninetraining.com).

Ages: 12 and over  
**Resident Fee: \$70.00** Non-Res Fee: \$75.00  
 6 session dates

3309.212  
 Dates: 08/25/2018 - 09/29/2018 Sat  
 Time: 12:15PM - 1:15PM

3309.302  
 Dates: 10/20/2018 - 12/01/2018 Sat  
 Time: 12:15PM - 1:15PM

**Location: Xcel Canine Training, Inc.**  
**NO CLASS ON: Nov 24**

### Puppy Obedience

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. Classes are held at Xcel Canine Training, Inc., 5400 Progress Boulevard, 412-833-2504, [www.xcelcaninetraining.com](http://www.xcelcaninetraining.com).

Ages: 12 and over  
**Resident Fee: \$80.00** Non-Res Fee: \$85.00  
 6 session dates

3309.213  
 Dates: 08/25/2018 - 09/29/2018 Sat  
 Time: 9:00AM - 10:00AM

3309.303  
 Dates: 10/20/2018 - 12/01/2018 Sat  
 Time: 9:00AM - 10:00AM

**Location: Xcel Canine Training, Inc.**  
**NO CLASS ON: Nov 24**

### Voice Over Workshop

#### Making Money with Your Voice

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: [www.voicecoaches.com/gppt](http://www.voicecoaches.com/gppt). **Please register by October 24.**

Ages: 18 and over  
**Resident Fee: \$20.00** Non-Res Fee: \$25.00  
 1 night workshop

3975.301  
 Date: 11/01/2018 Thu  
 Time: 6:30PM - 9:00PM

**Location: Community Center**

## DANCE

### Belly Dancing

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 rate may be used with Barre, Ultimate Saber and Tone & Tighten Fitness. Discount rate is not available with online registration.

Instructor: Renea Bishop.  
 Ages: 16 and over  
**Resident Fee: \$49.00** Non-Res Fee: \$54.00  
**Twice a week: \$77.00** Non-Res Fee: \$82.00  
 \*Material fee: \$25.00  
 7 session dates

3935.301  
 Dates: 09/10/2018 - 10/22/2018 Mon  
 Time: 8:00PM - 9:00PM

3935.302  
 Dates: 11/05/2018 - 12/17/2018 Mon  
 Time: 8:00PM - 9:00PM

**Location: Community Center**

## FITNESS & EXERCISE

### Barre Fitness

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 Belly Dance, Ultimate Saber and Tone & Tighten Fitness. Twice a week rate is not available with online registration. Please bring fitness mat and water to class.

Instructor: Renea Bishop  
 Ages: 16 and over  
**Resident Fee: \$49.00** Non-Res Fee: \$54.00  
**Twice a week: \$77.00** Non-Res Fee: \$82.00  
 7 session dates

3935.305  
 Dates: 09/10/2018 - 10/22/2018 Mon  
 Time: 7:00PM - 8:00PM

3935.308  
 Dates: 09/12/2018 - 10/24/2018 Wed  
 Time: 7:00PM - 8:00PM

3935.315  
 Dates: 11/05/2018 - 12/17/2018 Mon  
 Time: 7:00PM - 8:00PM

3935.318  
 Dates: 11/07/2018 - 12/19/2018 Wed  
 Time: 7:00PM - 8:00PM

**Location: Community Center**

**You can register online  
 for most Recreation  
 programs!  
[www.bethelpark.net](http://www.bethelpark.net)**

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First Class is FREE!!!

### FIT4MOM - Stroller Strides

Stroller Strides is a stroller based fitness program for moms with little ones. Each 60 minute, total body workout incorporates power walking, running, strength, toning, songs, and activities. Each class offers moms (current and soon to be) an opportunity to get fit, meet other moms, and have fun with their little ones! Class is led by certified instructors (who are also moms) and is a great total body workout that can be modified for any fitness level.



Instructor: Cortney Sweeney  
Ages: 18 years and over  
Fees vary based on frequency of participation.  
First Class is Free!

**Fee for Single Class: \$15.00**  
**Fee for 5 Class Pass: \$55.00**  
**Fee for 10 Class Pass: \$120.00**  
**Monthly Membership: \$65.00 with \$50.00 registration fee**

Class Dates: 9/4/2018 – 12/18/2018 Tue  
Class Times: 10:30 AM– 11:30 AM

Class Dates: 9/6/2018 – 12/27/2018 Thu  
Class Times: 10:30 AM – 11:30 AM

Class Dates: 9/7/2018 – 12/28/2018 Fri  
Class Times: 9:15 AM – 10:15 AM

**Registration can ONLY be completed through [bethelpark.fit4mom.com](http://bethelpark.fit4mom.com)**  
No registrations will be accepted at the Community Center.

**Location: Community Center**  
**NO CLASSES ON: Nov 20, Nov 22, Nov 23, Dec 25**

### FIT4MOM – Body Back

Body Back is designed for moms who are ready to take their fitness and vitality to the next level!



This is a high intensity interval training (HIIT) workout with short periods of anaerobic exercise with recovery periods. Students experience high intensity workouts, inspiration and motivation in every class. Sessions last 8 weeks with 2 group workouts weekly, at home online workouts, and a nutrition guide full of recipes for healthy eating.

Instructor: Cortney Sweeney  
Ages: 18 years and over  
**Fee: \$250.00**  
8 session dates

Class Dates: 9/18/2018 – 11/8/2018 Tue, Thu  
Class Times: 7:30 PM – 8:30 PM

**Registration can ONLY be completed through [bethelpark.fit4mom.com](http://bethelpark.fit4mom.com)**  
No registrations will be accepted at the Community Center.

**Location: Community Center**

★ NEW! NEW! NEW! ★

### Fitness 101

Did you just finish physical therapy for an injury or surgery? Do you suffer from arthritis or are you looking to start a fitness routine? Let's continue your healing and strengthen your body together. Use physical therapy exercises to create a safe, fun and effective fitness routine that will increase flexibility, range of movement, strength and endurance. Includes metabolism-boosting and stamina-building exercises. Join this exercise program to help you feel good, get better, and be your best! Bring a mat and water to class.

Instructor: Renea Bishop  
Ages: 16 and over  
**Resident Fee: \$49.00** Non-Res Fee: \$54.00  
7 session dates

3935.307  
Dates: 09/12/2018 - 10/24/2018 Wed  
Time: 5:00PM - 6:00PM

3935.317  
Dates: 11/07/2018 - 12/19/2018 Wed  
Time: 5:00PM - 6:00PM

**Location: Community Center**

## Your Ad Could Be Here!

Advertise in the Dec. 10th issue of *Chronicles*!  
Call Janet Davin at 412-831-6800, x211 to reserve your spot.  
Ad deadline is Nov. 13th!

### Power Sculpt

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 and over  
**Resident Fee: \$35.00** Non-Res Fee: \$40.00  
**Twice a week: \$55.00** Non-Res Fee: \$60.00  
6 session dates

3910.303  
Dates: 09/12/2018 - 10/17/2018 Wed  
Time: 7:00PM - 8:00PM

3910.304  
Dates: 10/24/2018 - 12/12/2018 Wed  
Time: 7:00PM - 8:00PM

**Location: Community Center**  
**NO CLASSES ON: Oct 31, Nov 21**

### Star Wars and Kendo Inspired Ultimate Saber Fitness

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. Take this with Belly Dance, Barre, or Tone & Tighten Fitness and get the twice a week discount. Twice a week rate not available online.

Ages: 16 and over  
**Resident Fee: \$49.00** Non-Res Fee: \$54.00  
**Twice a week: \$77.00** Non-Res Fee: \$82.00  
7 session dates

3935.321  
Dates: 09/10/2018 - 10/22/2018 Mon  
Time: 6:00PM - 7:00PM

3935.322  
Dates: 11/05/2018 - 12/17/2018 Mon  
Time: 6:00PM - 7:00PM

**Location: Community Center**

### Body Burn Boot Camp

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 and over  
**Resident Fee: \$35.00** Non-Res Fee: \$40.00  
**Twice a week: \$55.00** Non-Res Fee: \$60.00  
6 session dates

3910.301  
Dates: 09/17/2018 - 10/22/2018 Mon  
Time: 7:00PM - 8:00PM

3910.302  
Dates: 10/29/2018 - 12/10/2018 Mon  
Time: 7:00PM - 8:00PM

**Location: Community Center**  
**NO CLASS ON: Nov 26**

### Country Heat™ LIVE

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. Take this class twice a week for a discount rate. Twice a week rate is not available with online registration.

Instructor: Kerri Lewis  
Ages: 18 and over  
**Resident Fee: \$35.00** Non-Res Fee: \$40.00  
**Twice a week: \$55.00** Non-Res Fee: \$60.00  
6 session dates

3918.301  
Dates: 09/10/2018 - 10/15/2018 Mon  
Time: 7:00PM - 8:00PM

3918.302  
Dates: 09/12/2018 - 10/17/2018 Wed  
Time: 7:00PM - 8:00PM

3918.311  
Dates: 10/22/2018 - 12/10/2018 Mon  
Time: 7:00PM - 8:00PM

3918.312  
Dates: 10/24/2018 - 12/12/2018 Wed  
Time: 7:00PM - 8:00PM

**Location: Community Center**  
**NO CLASSES ON: Oct 31, Nov 12, Nov 21, Nov 26**

You can register online for most Recreation programs!

[www.bethelpark.net](http://www.bethelpark.net)

**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 11:30am – 12:15pm Instructor: Tricia Wick  
 Wednesday 12:00pm – 12:45pm Instructor: Tricia Wick  
 Thursday 12:15pm – 1:15pm Instructor: Anne Brucker  
 Friday 12:00pm – 12:45pm Instructor: Tricia Wick

**Location: Community Center**  
**NO CLASS ON: Sep 3, Nov 19, Nov 21, Nov 22, Nov 23**

**SilverSneakers® Yoga**

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 12:30pm – 1:15pm Instructor: Tricia Wick  
 Tuesday 11:30pm – 12:30pm Instructor: Mary Ann Gerard

**Location: Community Center**  
**NO CLASS ON: Sep 3, Nov 19, Nov 20**

**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 9:00am – 9:00pm  
 Friday & Saturday 9:00am – 10:30pm  
 Sunday 12:00pm – 9:00pm

**Location: Community Center**  
**The Community Center is closed on Sep 3, Nov 22, 23, 24, & 25**

**T'ai-Chi Beginner I**

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

Instructor: Tamara Stark  
 Ages: 18 and over  
**Resident Fee: \$56.00** Non-Res Fee: \$61.00  
**Twice a week: \$86.00** Non-Res Fee: \$91.00  
 7 session dates

3932.301  
 Dates: 09/11/2018 - 10/23/2018 Tue  
 Time: 6:30PM - 7:15PM

3932.302  
 Dates: 11/06/2018 - 12/18/2018 Tue  
 Time: 6:30PM - 7:15PM

**Location: Community Center**

**T'ai-Chi Beginner II**

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 and over  
**Resident Fee: \$56.00** Non-Res Fee: \$61.00  
**Twice a week: \$86.00** Non-Res Fee: \$91.00  
 7 session dates

3932.303  
 Dates: 09/11/2018 - 10/23/2018 Tue  
 Time: 7:15PM - 8:00PM

3932.304  
 Dates: 11/06/2018 - 12/18/2018 Tue  
 Time: 7:15PM - 8:00PM

**Location: Community Center**

**T'ai-Chi Intermediate**

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 and over  
**Resident Fee: \$56.00** Non-Res Fee: \$61.00  
**Twice a week: \$86.00** Non-Res Fee: \$91.00  
 7 session dates

3932.305  
 Dates: 09/13/2018 - 10/25/2018 Thu  
 Time: 7:00PM - 7:45PM

3932.306  
 Dates: 11/01/2018 - 12/20/2018 Thu  
 Time: 7:00PM - 7:45PM

**Location: Community Center**  
**NO CLASS ON: Nov 22**

**Tone & Tighten Fitness (T & T)**

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 this class twice a week or add it to Belly Dance, Barre, or Ultimate Saber Fitness and get the twice a week discount. Twice a week rate is not available with online registration.

Instructor: Renea Bishop  
 Ages: 16 and over  
**Resident Fee: \$49.00** Non-Res Fee: \$54.00  
**Twice a week: \$77.00** Non-Res Fee: \$82.00  
 7 session dates

3935.303  
 Dates: 09/10/2018 - 10/22/2018 Mon  
 Time: 5:00PM - 6:00PM

3935.304  
 Dates: 09/12/2018 - 10/24/2018 Wed  
 Time: 6:00PM - 7:00PM

3935.313  
 Dates: 11/05/2018 - 12/17/2018 Mon  
 Time: 5:00PM - 6:00PM

3935.314  
 Dates: 11/07/2018 - 12/19/2018 Wed  
 Time: 6:00PM - 7:00PM

**Location: Community Center**

**Total Body Conditioning**

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 and over  
**Resident Fee: \$40.00** Non-Res Fee: \$45.00  
**Twice a week: \$65.00** Non-Res Fee: \$70.00  
 7 session dates

3920.301  
 Dates: 09/06/2018 - 10/18/2018 Thu  
 Time: 7:00PM - 8:00PM

3920.302  
 Dates: 09/08/2018 - 10/20/2018 Sat  
 Time: 9:30AM - 10:30AM

3920.303  
 Dates: 10/25/2018 - 12/13/2018 Thu  
 Time: 7:00PM - 8:00PM

3920.304  
 Dates: 10/27/2018 - 12/15/2018 Sat  
 Time: 9:30AM - 10:30AM

**Location: Community Center**  
**NO CLASSES ON: Nov 22, Nov 24**



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**Weight Loss for Real People**

Finally, a weight-loss program designed for you! This is a complete online program. It is a personalized program that is customized for you. All dietary restrictions can be adjusted, exercises can be modified, and oh the best part there's no food restrictions. What is carb cycling and macro nutrients you ask? Both are very important in getting healthy not only to lose weight but to build and tone muscles. You will learn this through the Weight Loss For Real People Program. No fancy equipment needed, just a step counter and a set of hand weights! A Meet & Greet night is scheduled to come and meet others starting the program and to ask any questions. This scheduled night is not required to do the program.

Check out our website at [www.weightlossforrealpeople.com](http://www.weightlossforrealpeople.com)  
 Send questions to [weightlossforrealpeople@gmail.com](mailto:weightlossforrealpeople@gmail.com)

Instructor: Renea Bishop  
 Ages: 18 and over  
**Resident Fee: \$150.00** Non-Res Fee: \$155.00  
 3935.310

Dates: 09/09/2018 - 10/27/2018  
**Optional Meeting Date at the Community Center:**  
 Meet and Greet: 9/11/18 Tue  
 Time: 7:00PM

3935.320  
 Dates: 10/28/2018 - 12/15/2018  
**Optional Meeting Date at the Community Center:**  
 Meet and Greet: 10/30/18 Tue  
 Time: 7:00PM

**Location: Community Center**

**★ NEW! NEW! NEW! ★**

**Yoga for Fun - a Great Family Class**

For kids and kids at heart, this mid-week yoga class is designed to help people of all ages develop flexibility of body and mind. Through movement and breath, we take a break from the stress of life and come into the wonder of our minds. Potential benefits of Hatha Yoga include improved posture, increased muscle stretch, tone & strength, improved balance/coordination, improved concentration and greater emotional balance. **Children ages 9 and under will need to be accompanied by an adult.** Please wear comfortable clothes, bring a mat and prepare to smile!

Instructor: Lorri Spada  
 Ages: 6 and over  
**Resident Fee: \$40.00** Non-Res Fee: \$45.00  
 6 session dates

3990.303  
 Dates: 09/12/2018 - 10/17/2018 Wed  
 Time: 5:45PM - 6:45PM

3990.304  
 Dates: 10/24/2018 - 12/12/2018 Wed  
 Time: 5:45PM - 6:45PM

**Location: Community Center**  
**NO CLASSES ON: Oct 31, Nov 21**

**The FINAL 2  
 RECREATION FLEA MARKET  
 of 2018 will be held  
 AUGUST 18 & SEPTEMBER 15  
 8:00 AM-2:00 PM  
 Port Authority Parking Lot,  
 at the corner of Lytle and Brightwood Roads**



### Beginner's Yoga

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 classes may be interchanged with classes by same instructor. Please bring a yoga mat. Instructors are certified yoga instructors.

Ages: 18 and over  
**Resident Fee: \$80.00** Non-Res Fee: \$85.00  
**Twice a week: \$120.00** Non-Res Fee: \$125.00

7 session dates  
 3203.301 Instructor: Lynn Duda  
 Dates: 09/10/2018 - 10/22/2018 Mon  
 Time: 9:30AM - 10:30AM

Instructor: Tracy Szemanski  
 3203.322  
 Dates: 09/10/2018 - 10/22/2018 Mon  
 Time: 7:15PM - 8:15PM

Instructor: Lynn Duda  
 3203.302  
 Dates: 09/13/2018 - 10/25/2018 Thu  
 Time: 9:30AM - 10:30AM

Instructor: Lynn Duda  
 3203.311  
 Dates: 11/05/2018 - 12/17/2018 Mon  
 Time: 9:30AM - 10:30AM

Instructor: Tracy Szemanski  
 3203.325  
 Dates: 11/05/2018 - 12/17/2018 Mon  
 Time: 7:15PM - 8:15PM

Instructor: Lynn Duda  
 3203.312  
 Dates: 11/01/2018 - 12/20/2018 Thu  
 Time: 9:30AM - 10:30AM

**Location: John McMillan Church**  
**NO CLASS ON: Nov 22**

### All Level Yoga

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. Twice weekly classes may be interchanged with classes by same instructor. Please bring a yoga mat. Instructors are certified yoga instructors

Ages: 18 and over  
**Resident Fee: \$80.00** Non-Res Fee: \$85.00  
**Twice a week: \$120.00** Non-Res Fee: \$125.00

7 session dates  
 3203.321 Instructor: Tracy Szemanski  
 Dates: 09/10/2018 - 10/22/2018 Mon  
 Time: 5:45PM - 7:00PM

Instructor: Lynn Duda  
 3203.303  
 Dates: 09/12/2018 - 10/24/2018 Wed  
 Time: 9:30AM - 10:30AM

Instructor: Tracy Szemanski  
 3203.323  
 Dates: 09/13/2018 - 10/25/2018 Thu  
 Time: 5:45PM - 7:00PM

Instructor: Lynn Duda  
 3203.304  
 Dates: 09/14/2018 - 10/26/2018 Fri  
 Time: 9:30AM - 10:30AM

Instructor: Tracy Szemanski  
 3203.324  
 Dates: 11/05/2018 - 12/17/2018 Mon  
 Time: 5:45PM - 7:00PM

Instructor: Lynn Duda  
 3203.313  
 Dates: 11/07/2018 - 12/19/2018 Wed  
 Time: 9:30AM - 10:30AM

Instructor: Tracy Szemanski  
 3203.326  
 Dates: 11/08/2018 - 12/20/2018 Thu  
 Time: 5:45PM - 7:00PM

Instructor: Lynn Duda  
 3203.314  
 Dates: 11/02/2018 - 12/14/2018 Fri  
 Time: 9:30AM - 10:30AM

**Location: John McMillan Church**

You can register online for most Recreation programs!  
[www.bethelpark.net](http://www.bethelpark.net)

### ★ NEW! NEW! NEW! ★

#### Inclusive Parent & Me Yoga

Learn breathing techniques with gentle movements to increase physical and mental well-being. Sessions will be tailored to meet individual ability levels – making them a perfect fit for children with special needs. Yogis will learn new yoga postures, breathing exercises, and participate in mindfulness activities during each 45-minute session. Cost includes one age 16+ guardian and one child. Please register with parent/guardian name. **Parents must remain with their child and are encouraged to participate!** Note: You will need a mat to participate. If you do not have access to one, it can be provided.

Instructor: Open Up Pittsburgh  
 Ages: All Ages  
**Resident Fee: \$12.00** Non-Res Fee: \$17.00  
 6 session dates

3955.301  
 Dates: 09/08/2018 - 10/13/2018 Sat  
 Time: 9:15AM - 10:15AM

3955.311  
 Dates: 10/27/2018 - 12/08/2018 Sat  
 Time: 9:15AM - 10:15AM

**Location: Community Center**  
**NO CLASS ON: Nov 24**

### ★ NEW! NEW! NEW! ★

#### De-stress with Inclusive Gentle Movement

De-stress your mind and body! Sessions will be centered around bringing levity and joy to exercises that focus on wellness with movement and breath. Classes will be tailored to meet individual ability levels – perfect fit for participants with special needs. Students will learn new yoga postures, breathing exercises, and participate in mindfulness activities during each 45-minute session. **We welcome caregivers of adults with special needs to remain and participate in class!** Note: You will need a mat to participate. If you do not have access to one, it can be provided.

Instructor: Open Up Pittsburgh  
 Ages: All Ages  
**Resident Fee: \$12.00** Non-Res Fee: \$17.00  
 6 session dates

3955.302  
 Dates: 09/08/2018 - 10/13/2018 Sat  
 Time: 10:30AM - 11:30AM

3955.312  
 Dates: 10/27/2018 - 12/08/2018 Sat  
 Time: 10:30AM - 11:30AM

**Location: Community Center**  
**NO CLASS ON: Nov 24**



open up pgh

## All Inclusive Classes

### ★ NEW! NEW! NEW! ★

#### Inclusive Yoga and Mindfulness for Sleep Workshop

Learn strategies that you can do at home, in school, or at work! Movement, mindfulness activities, and breathing practice with a strong focus on techniques to encourage restful sleep. This workshop will be tailored to meet individual ability levels – perfect fit for participants with special needs. **We welcome caregivers or parents to remain and participate in class!** Note: You will need a mat to participate. If you do not have access to one, it can be provided.

Instructor: Open Up Pittsburgh  
 Ages: All Ages  
**Resident Fee: \$20.00** Non-Res Fee: \$25.00  
 1 night workshop

3955.303  
 Date: 09/13/2018 Thu  
 Time: 6:00PM - 7:30PM

**Location: Community Center**

### ★ NEW! NEW! NEW! ★

#### Inclusive Yoga and Mindfulness/Anxiety Workshop

Learn strategies that you can do at home, in school, or at work! Breathing with gentle movement lessons to increase self-awareness and explore healthy stress management. This workshop will be tailored to meet individual ability levels – perfect fit for participants with special needs. **We welcome caregivers or parents to remain and participate in class!** Note: You will need a mat to participate. If you do not have access to one, it can be provided.

Instructor: Open Up Pittsburgh  
 Ages: All Ages  
**Resident Fee: \$20.00** Non-Res Fee: \$25.00  
 1 night workshop

3955.304  
 Date: 09/27/2018 Thu  
 Time: 6:00PM - 7:30PM

**Location: Community Center**

### ★ NEW! NEW! NEW! ★

#### Inclusive Yoga for Mobility Workshop

Learn strategies that you can do at home, in school, or at work! Movement, mindfulness, and breathing practice with adaptations for accessibility -making the benefits of yoga accessible to all through adaptations and modifications. This workshop will be tailored to meet individual ability levels – perfect fit for participants with special needs. **We welcome caregivers or parents to remain and participate in class!** Note: You will need a mat to participate. If you do not have access to one, it can be provided.

Instructor: Open Up Pittsburgh  
 Ages: All Ages  
**Resident Fee: \$20.00** Non-Res Fee: \$25.00  
 1 night workshop

3955.305  
 Date: 10/11/2018 Thu  
 Time: 6:00PM - 7:30PM

**Location: Community Center**

### ★ NEW! NEW! NEW! ★

#### Inclusive Theater Games/Improv for Social Skills

Learn strategies that you can do at home, in school, or at work! Explore the opportunity to accept and express feelings appropriately through breathing, movement, mindfulness, and improvisational theater activities. Focus on the social and therapeutic benefit of imaginative, interactive games. This workshop will be tailored to meet individual ability levels – perfect fit for participants with special needs. **We welcome caregivers or parents to remain and participate in class!** Note: You will need a mat to participate. If you do not have access to one, it can be provided.

Instructor: Open Up Pittsburgh  
 Ages: All Ages  
**Resident Fee: \$20.00** Non-Res Fee: \$25.00  
 1 night workshop

3955.306  
 Date: 10/25/2018 Thu  
 Time: 6:00PM - 7:30PM

**Location: Community Center**



**Zen Meditation for Mind/Body Health & Qi-Gung**

Be a part of the new emphasis on mindfulness and mind/body exercise that is gaining popularity to balance out the stresses of everyday life. This course will teach students Zen Meditation & Qi-Gung, which is a series of slow motion, energy building exercises & proper breathing techniques, all of which can be performed in a matter of a few minutes. Students will learn a routine that can be performed almost anywhere, on a regular basis, without special equipment, and modified for individual goals and physical abilities. Studies have shown Zen Meditation and Qi-Gung improves energy, inner peace, strength, sleep quality and vitality. Who doesn't need that?! Almost immediately, you will notice improvements both physical and emotional that make life simpler and more enjoyable, giving you renewed energy. Instructor, Chuck Wallace, is a 9th Degree black belt in Okinawan Karate with over 50 years' experience in practicing martial arts and meditation. Loose clothing and lightweight athletic shoes are recommended.

Instructor: Chuck Wallace  
 Ages: 18 and over  
**Resident Fee: \$45.00** Non-Res Fee: \$50.00  
 6 session dates

3990.301  
 Dates: 09/11/2018 - 10/16/2018 Tue  
 Time: 10:30AM - 11:30AM

3990.302  
 Dates: 10/30/2018 - 12/11/2018 Tue  
 Time: 10:30AM - 11:30AM

**Location: Community Center**  
**NO CLASS ON: Nov 20**

**ZUMBA® GOLD**

Come and join the party!! We are celebrating 10 years of Zumba®!! From teaching my very first class, where I taught the same 4 songs, each twice, in September of 2008 until now, we have a lot to celebrate. I've come a long way and many of you have gone the distance with me. For that I am thankful. There is much more to a class than exercise and this Zumba® family screams friendship and fun. You don't need coordination or any previous dance experience, you just need to show up ready. There are new friends to be made and new connections to be enjoyed and embraced. The communal benefits of coming together with friends and colleagues and exercising, while encouraging one another, pays dividends beyond exercising alone. Come and celebrate 10 years with me this September. Sign up for twice a week at a discounted rate! Twice a week rate is not available with online registration.

Instructor: Kathy Raeder  
 Ages: 18 and over  
**Resident Fee: \$40.00** Non-Res Fee: \$45.00  
**Twice a week: \$65.00** Non-Res Fee: \$70.00  
 7 session dates

3930.305  
 Dates: 09/11/2018 - 10/23/2018 Tue  
 Time: 9:30AM - 10:30AM

3930.306  
 Dates: 09/11/2018 - 10/23/2018 Tue  
 Time: 7:00PM - 8:00PM

3930.307  
 Dates: 09/12/2018 - 10/24/2018 Wed  
 Time: 9:30AM - 10:30AM

3930.308  
 Dates: 09/13/2018 - 10/25/2018 Thu  
 Time: 9:30AM - 10:30AM

3930.309  
 Dates: 09/13/2018 - 10/25/2018 Thu  
 Time: 6:00PM - 7:00PM

3930.315  
 Dates: 10/30/2018 - 12/18/2018 Tue  
 Time: 9:30AM - 10:30AM

3930.316  
 Dates: 10/30/2018 - 12/18/2018 Tue  
 Time: 7:00PM - 8:00PM

3930.317  
 Dates: 10/31/2018 - 12/19/2018 Wed  
 Time: 9:30AM - 10:30AM

3930.318  
 Dates: 11/01/2018 - 12/20/2018 Thu  
 Time: 9:30AM - 10:30AM

3930.319  
 Dates: 11/01/2018 - 12/20/2018 Thu  
 Time: 6:00PM - 7:00PM

**Location: Community Center**  
**NO CLASSES ON: Nov 20, Nov 21, Nov 22**

**ZUMBA® GOLD for Active Senior/Beginner**

Zumba® Gold for the Active Senior is a blast! Come groove at your own pace, it's easy. An ideal 40 min class for the active senior or any adult new to exercise. Get off the couch and move, you will be happy you did. Laugh, dance and work out to current songs or some of our favorite old music. This class takes the Zumba® formula and modifies the moves and pace to suit the needs of the active adult participant as well as those just starting their journey to a fit and healthy lifestyle. It is a lower impact cardio fitness program. Put on some comfy clothes and supportive shoes and come join the fun. Sign up for twice a week at a discounted rate! Twice a week rate is not available with online registration.

Instructor: Kathy Raeder  
 Ages: 50 and over  
**Resident Fee: \$30.00** Non-Res Fee: \$35.00  
**Twice a week: \$55.00** Non-Res Fee: \$60.00  
 7 session dates

3930.310  
 Dates: 09/10/2018 - 10/22/2018 Mon  
 Time: 10:35AM - 11:15AM

3930.311  
 Dates: 09/11/2018 - 10/23/2018 Tue  
 Time: 6:00PM - 6:40PM

3930.312  
 Dates: 09/12/2018 - 10/24/2018 Wed  
 Time: 10:35AM - 11:15AM

3930.320  
 Dates: 10/29/2018 - 12/17/2018 Mon  
 Time: 10:35AM - 11:15AM

3930.321  
 Dates: 10/30/2018 - 12/18/2018 Tue  
 Time: 6:00PM - 6:40PM

3930.322  
 Dates: 10/31/2018 - 12/19/2018 Wed  
 Time: 10:35AM - 11:15AM

**Location: Community Center**  
**NO CLASSES ON: Nov 20, Nov 21, Nov 26**

**Zumba® Toning/Zumba® Fitness**

Come shake up your regular exercise routine with a new Zumba® class format perfect for those who want to party but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights) helps you focus on specific muscle groups so you (and your muscles) stay engaged. Lightweight maraca-like Toning Sticks enhance a sense of rhythm and coordination, while toning target zones, including arms, core, and lower body. The first half of the class will follow the Zumba® Toning format. The second half will be pure Zumba® dance party. Twice a week rate is not available with online registration.

Instructor: Christine Froehlich  
 Ages: 18 and over  
**Resident Fee: \$35.00** Non-Res Fee: \$40.00  
**Twice a week: \$55.00** Non-Res Fee: \$60.00  
 6 session dates

3930.301  
 Dates: 09/10/2018 - 10/15/2018 Mon  
 Time: 6:00PM - 7:00PM

3930.303  
 Dates: 09/12/2018 - 10/17/2018 Wed  
 Time: 6:00PM - 7:00PM

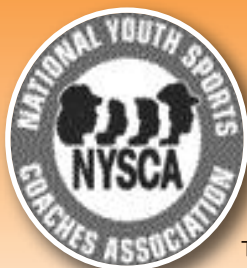
3930.302  
 Dates: 10/22/2018 - 12/10/2018 Mon  
 Time: 6:00PM - 7:00PM

3930.304  
 Dates: 10/24/2018 - 12/12/2018 Wed  
 Time: 6:00PM - 7:00PM

**Location: Community Center**  
**NO CLASSES ON: Oct 29, Oct 31, Nov 21, Nov 26**

**Check out the Family Yoga class and the Inclusive Yoga classes on page 33 & 34!**

**ARE YOU A YOUTH SPORT VOLUNTEER COACH?**



The *National Youth Sports Coaches Association* (NYSCA) is a membership organization and the most widely used volunteer coach training program in the nation, having trained more than 3 million coaches since 1981.

The NYSCA volunteer coach training program is designed to sensitize volunteer coaches to their responsibilities and hold them accountable to a strict Code of Conduct defined by the NYSCA Coaches' Code of Ethics Pledge.

The **NYSCA Introduction to Coaching Youth Sports** website is one of the most comprehensive resources for volunteer coaches, no matter what sport you're coaching.

The website is designed to improve your understanding in all the important areas of youth coaching. Coaches who are trained and educated on the many different aspects involved with coaching kids are best prepared to provide participants with a fun-filled, safe, and rewarding experience. Please consider completing this valuable online training at [www.nays.org](http://www.nays.org).

### SPORTS

Recreation NEWS

#### Basketball

Men play on Thursday evenings. Limited spots are available. Everyone MUST register and prepay to participate.

Ages: 18 and over  
**Resident Fee: \$30.00** Non-Res Fee: \$35.00  
 8 session dates

3207.320  
 Dates: 10/25/2018 - 12/20/2018 Thu  
 Time: 9:00PM - 10:30PM

**Location: Community Center**  
**NO CLASS ON: Nov 22**

#### Intermediate\* Karate

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 and over  
**Resident Fee: \$36.00** Non-Res Fee: \$41.00  
 6 session dates  
 Time: 7:15PM - 8:00PM

3825.302  
 Dates: 09/10/2018 - 10/15/2018 Mon

3825.304  
 Dates: 10/29/2018 - 12/10/2018 Mon

**Location: Community Center**  
**NO CLASS ON: Nov 26**

#### Free Program!

#### Pickleball

Men and women, boys and girls ages 12 and above 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: 9:00 AM - 11:30 AM Mon  
 12:00 PM - 2:30 PM Wed  
 12:00 PM - 2:30 PM Fri

**Location: Community Center**  
**NO PLAY ON: Sep 3, Nov 23**

#### Co-Ed Volleyball

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 and over  
**Resident Fee: \$20.00** Non-Res Fee: \$25.00  
 7 session dates

3239.330  
 Dates: 09/09/2018 - 10/21/2018 Sun  
 Time: 7:00PM - 9:00PM

3239.331  
 Dates: 10/28/2018 - 12/16/2018 Sun  
 Time: 7:00PM - 9:00PM

**Location: Community Center**  
**NO CLASS ON: Nov 25**

#### Ladies Volleyball

Women's volleyball takes place on Monday nights at the Community Center. This is a fun, recreational program. General knowledge of volleyball rules is helpful and moderate skill level is preferable.

Ages: 18 and over  
**Resident Fee: \$25.00** Non-Res Fee: \$30.00  
 8 session dates

3239.310  
 Dates: 10/08/2018 - 11/26/2018 Mon  
 Time: 8:30PM - 10:30PM

3239.311  
 Dates: 12/03/2018 - 02/04/2019 Mon  
 Time: 8:30PM - 10:30PM

**Location: Community Center**  
**NO CLASSES ON: Dec 24, Dec 31**



#### Men's Volleyball

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 and over  
**Resident Fee: \$45.00** Non-Res Fee: \$50.00  
 15 session dates

3239.320  
 Dates: 09/05/2018 - 12/19/2018 Wed  
 Time: 8:00PM - 10:00PM

**Location: IMS Gym**  
**NO CLASS ON: Nov 21**

#### Couch Potato Basketball

Get off the couch and join us! Enjoy an evening of basketball, get some exercise, and make new friends! Everyone must be registered in advance to play.

Ages: 35 and over  
**Resident Fee: \$45.00** Non-Res Fee: \$50.00  
 12 session dates

3207.330  
 Dates: 09/10/2018 - 12/10/2018 Mon  
 Time: 9:00PM - 10:30PM

**Location: Neil Armstrong Gym**  
**NO CLASSES ON: Nov 5, Nov 26, Dec 17**

### ★ NEW! NEW! NEW! ★

#### Adult Beginner/Intermediate Fencing

Experience and enjoy the fun and challenging Olympic sport of epee fencing. The introductory and intermediate level instruction progressively establishes fundamental skills needed for successful fencing and excellent fitness. Come join in for all the fun in this once a week practice to learn what fencing is all about and get your feet wet. It's the perfect opportunity if you have always wanted to try fencing but never had the opportunity - this class is for you! Note: All essential equipment will be provided by the instructors - 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: 18 and over  
**Resident Fee: \$90.00** Non-Res Fee: \$95.00  
 7 session dates

3240.301  
 Dates: 09/13/2018 - 10/25/2018 Thu  
 Time: 7:00PM - 8:30PM

3240.302  
 Dates: 11/01/2018 - 12/20/2018 Thu  
 Time: 7:00PM - 8:30PM

**Location: IMS Cafeteria**  
**NO CLASS ON: Nov 22**

#### Beginner Karate

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 and over  
**Resident Fee: \$36.00** Non-Res Fee: \$41.00  
 6 session dates  
 Time: 6:15PM - 7:00PM

3825.301  
 Dates: 09/10/2018 - 10/15/2018 Mon

3825.303  
 Dates: 10/29/2018 - 12/10/2018 Mon

**Location: Community Center**  
**NO CLASS ON: Nov 26**

## The FINAL 2 RECREATION FLEA MARKET

of 2018 will be held  
**AUGUST 18 & SEPTEMBER 15**  
**8:00 AM-2:00 PM**

Port Authority Parking Lot,  
 at the corner of Lytle and Brightwood  
 Roads



Look for the next issue of the  
*Bethel Park Chronicles*  
 mailed the week of December 10, 2018!