

Walking in the Woods

Rediscover one of the pleasures of youth.

Explore on foot and find features hidden in our urban woods and beyond. Participants will meet at CFE before the first walk of each term and the following walks meet at the designated park then hike/walk, rest a bit, continue on the hike/walk and finish within two-hours time. No special abilities nor experience needed, just wear comfortable shoes and clothing. Decide to walk? Let us know your favorite wooded spot! Carpooling is optional! Course fee does not include entry fees to state parks nor gardens.

Term 5 - Mondays-Tentative walk schedule

September 15-Kulwicks Park

September 22-Fox River County Park

September 29-Greenfield Park

October 6-Scuppernon Trail Head, Dousman

October 13-Warnimont Park

October 20-Catholic Ecology Center

Term 6 - Mondays-Tentative walk schedule

November 3-Vernon Marsh

November 10-Hidden Lake Park

November 17-Conservancy for Healing & Heritage

November 24-Lynden Gardens

December 1-Mitchell Park & Fox Brook Park

December 8-Wehr Nature Center

Time: 10:30 am-Noon

Guide: CFE Member Led

Course Fee: \$10.00 per term

CFE coupons cannot be applied.

A Breath of Energy: T'ai Chi Ch'uan- For Continuing & Advanced Students

This class will continue expanding on lessons using quiet, supple movements involving the entire body performed in a calm and peaceful

manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Qigong exercises and part of the new Chen Long form will be taught.

Term 5

6 Tuesdays, September 23-October 28 *

6 Fridays, September 26-October 31 *

Term 6

6 Tuesdays, November 4-December 9 *

6 Fridays, November 7-December 19 *

(No class November 28)

Time: 9:00-9:50 am

Instructor: Deb Solis

Course Fee: \$35.00/per 6 week class

** Dates revised after publication*

A Breath of Energy: T'ai Chi Ch'uan- Beginner

An ancient Chinese health exercise. Quiet, supple movements involving the entire body are performed in a calm and peaceful manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Qigong exercises and part of the new Chen form will be taught.

Term 5

6 Tuesdays, September 23-October 28 *

6 Fridays, September 26-October 31 *

Term 6

6 Tuesdays, November 4-December 9 *

6 Fridays, November 7-December 19 *

(No class November 28)

Tuesday Time: 10:00-10:50 am

Friday Time: 10:45-11:35 am

Instructor: Deb Solis

Course Fee: \$35.00/per 6 week class

** Dates revised after publication*

Gentle Chair Yoga

This is the practice of integrating mindful movement with the breath. The focus of improving balance, strength, flexibility and calm will all be addressed utilizing a chair whenever necessary. Wear comfortable clothing and bring a beach towel or a yoga mat. CFE coupons cannot be applied.

Term 5

6 Wednesdays, September 24-October 29

Term 6

6 Wednesdays, November 5-December 17

(No class November 26)

Time: 10:00-10:50 am

Instructor: Michelle Kreiter

Course Fee: \$35.00/per term

Intermediate Yoga

Yoga is a practice that can promote strength, balance and flexibility. It can also bring calm to the mind and balance to the whole body through poses, breathing techniques and mindfulness.

Continuing yoga students will review basic yoga positions. New poses and breathing techniques will be introduced. Bring a towel or floor mat and wear comfortable clothing.

Term 5

6 Wednesdays, September 24-October 29

Term 6

6 Wednesdays, November 5-December 17

(No class November 26)

Time: 11:00-11:50 am

Instructor: Michelle Kreiter

Course Fee: \$35.00/per term

AQUA FITNESS

All aqua fitness classes are targeted for different fitness levels. Participants are encouraged to work at their own pace. No swimming skills are required for these shallow water workouts.

Please bring your own towel, swimsuit and lock.

Water Shoes are strongly recommended.

Center for Enrichment is not responsible for lost, damaged, or stolen items. No food nor drink (other than water) in the locker rooms and pool area.

Warm Water Pool-temperature between 85°-88°.

Center for Enrichment member coupons cannot be applied to water exercise classes. CFE Membership Required. Guests not allowed.

Therapeutic Aqua Walking

March and walk through the water to create resistance and improve your cardiovascular fitness, muscular endurance, and flexibility. Walking in water is an excellent cardio and resistance training exercise option. It can help strengthen and tone many muscle groups, burn calories while being gentle on your bones and joints. This class has no instructor and is at your own pace. Min. 4, Max. 12 **Term 5**

6 Mondays, September 15-October 20

6 Wednesdays, September 17-October 22

Term 6

6 Mondays, November 3-December 8

6 Wednesdays, November 5-December 17

(NO class November 26)

Time: 8:30-9:30 am

Instructor: Self Led

Session Fee: \$20.00/6 Week Class

Aqua Fit I-Low Intensity

Make the most of water's natural resistance to help increase your flexibility and muscle strength. Low level, non-aerobic workout is safe and fun without impact to the joints. Even people who suffer from arthritis may want to give these classes a try!

Min. 6, Max. 12.

Term 5

6 Tuesdays, September 9-October 14

6 Thursdays, September 11-October 16

Term 6

6 Tuesday, November 4-December 9

6 Thursday, November 6-December 18

(NO Class November 27)

Time: 10:00-11:00 am

Instructor: Laura Haas

Course Fee: \$36.00/6 Week Class

Aqua Fit II-Moderate Intensity

This is the perfect environment to stretch your muscles, get in some cardio workout and flex your joints. Movements are tailored for moderate speed, power, agility and strength. Geared to making you more fit without stressing your body.

Min. 6, Max. 12.

Term 5

6 Tuesdays, September 9-October 14

6 Thursdays, September 11-October 16

Term 6

6 Tuesday, November 4-December 9

6 Thursday, November 6-December 18

(NO Class November 27)

Time: 11:00 am-noon

Instructor: Laura Haas

Course Fee: \$36.00/6 Week Class