

Shepherd's Center Weekly Classes

Webster Hills UMC
1333 W. Lockwood Ave.
Glendale, 63122

Weights=Strength=Health

Led by Kacey Cowdery

Every Monday, 1-2

Improve your fitness using small weights! Weights provided. **Fee: \$5/week**

Interval Exercise *Mary Beth Wilczak*

Every Friday, 9:30-10:20

Five minute intervals of cardio, isolation exercises, stretching and balance done to music. With or without weights, standing or seated—suited to all exercise abilities. **Fee: \$5/week**

Chair Yoga *Debbie Daugherty*

Every Friday, 10:20-11:10

Improve your balance, learn restorative breathing, functional skills and relaxation techniques. Includes seated and standing yoga poses. **Fee: \$5/week**

Colored Pencil

Eva Brinner, Facilitator

Every Friday, 1-3 pm

This is an Open Studio for beginners and experienced students! Bring your own ideas to create your colorful, realistic artwork, or for beginners we'll have some projects to get you started! **Fee: \$10/week**

**Inspiring older adults through
enrichment, volunteerism
and community connection.**

Harrison Avenue MBC
347 S. Harrison Ave.
Kirkwood, 63122

Chair Yoga

Jaime Sanchez

Every Tuesday, 11:15-12:15

This chair-based exercise class is a blend of stretching and conditioning done to music. It includes some T'ai Chi and Yoga. **Fee: \$5/week**

Webster Groves CC
3120 W. Lockwood Ave.
Glendale, 63122

Line/Slide Dance

Glenda Gordon, Rita Lay and Pat Clark

Every Thursday, 10-11

The wobble, cupid shuffle, electric slide and much more! Wear comfortable shoes, bring a water bottle and be ready to move. **Fee: \$2/class**

