



SPRING CLASS SCHEDULE

CLASS	DAY	TIME	DATES	Fee	Fee 62+	INSTRUCTOR	HOW TO REGISTER		
Fitness and Health									
Hatha Yoga (In Person & Virtual)	T/Th	9:15-10:15	Apr 4– Jun 15	\$105	\$74	Becky Pyles	Online via SmartRec https://www.amilia.com/store/en/city-of-oregon-city/shop/programs Phone: 503-657-8287 In person at Center: 615 5th St.		
Tai Chi Beginning	T/Th	10:30-11:30	Apr 4– Jun 15	\$105	\$74	Ulises Correa			
Tai Chi Continuing	M/W	10:30-11:30	Apr 3– Jun 14	\$110	\$77				
Pilates Continuing	T/Th	8:30-9:30	Apr 4– Jun 15	\$100	\$70	Stacy Rabe			
Stretch & Tone	T/Th	10:00-11:00	Apr 4– Jun 15	\$100	\$70				
Tai Chi Extra Study	T/Th	11:45-12:45	Apr 4– Jun 15	\$8 drop in fee		Ulises Correa	graylife13@gmail.com		
Restorative Gong Sound Healing Yoga	Sun	2-4pm	March 19	\$25 drop in fee		Saha Devi	sahajana@yahoo.com		
Restorative Gong Sound Healing Yoga	Sun	2-4pm	April 30	\$25 drop in fee					
Restorative Gong Sound Healing Yoga	Sun	2-4pm	May 28	\$25 drop in fee					
Creative Expression									
Beginning Ukulele	M	11:00-12:00	Apr 3– Jun 12	\$143, \$18 drop-in, 1st drop in Free		Brian Fergus	Online via SmartRec https://www.amilia.com/store/en/city-of-oregon-city/shop/programs		
Beyond Beginning Ukulele	M	12:00-1:30	Apr 3– Jun 12	\$143, \$18 drop-in, 1st drop in Free					
Watercolor Painting	Th	10:00-12:30	Apr 6– May 25	\$100	\$70	Melissa Gannon	Online via SmartRec		

