



Fall 2018
 Weekly Program
 At the Old Art Building

111 South Main Street, PO Box 883
 Leland, MI 49654

231-256-2131
 info@oldartbuilding.com
 www.oldartbuilding.com

Monday	Tuesday	Wednesday	Thursday
<p>8:20- 9:20 am Step Aerobics Kathy Miller A medium to high level cardio challenge using high energy music. Cost: \$8</p>	<p>9:00 am - 2:00 pm Open Studio Leelanau Artists Group Leelanau Artists Group meet on Tuesday mornings to paint, share techniques and talents. All levels and mediums are encouraged to participate.</p>	<p>9:30 - 10:30 am Gentle Yoga Kerry Satterwhite A restorative & healing yoga that uses slow, gentle standing and floor stretches and meditation for deep relaxation. Cost: \$10</p>	<p>8:20 - 9:20 am Step Aerobics Kathy Miller See Monday Cost: \$8</p>
<p>9:30 - 10:30 am Senior Exercise Jeanette Egler Full body workout with resist bands Cost \$4</p>		<p>3:00—4:30 pm Tai Chi Jane Hale Emphasizes balance, muscle strength, joint mobility, circulation, & a sensation of energy Cost: \$15</p>	<p>9:30 - 10:30 am Senior Exercise Jeanette Egler Full body workout with resist bands Cost: \$4</p>
		<p>7:00 - 9:00 pm Open Acoustic Band Jim Redmond Meet Wednesday evenings , bring your acoustic instruments share techniques and talents.</p>	

This schedule will begin the week of September 10