



# Registration Form for Winter 2018 Adult Classes and Activities

Class descriptions are available in office and online at [www.montpelier-vt.org/CS](http://www.montpelier-vt.org/CS).

Name (first & last) \_\_\_\_\_ Town of Residence: \_\_\_\_\_

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

## Programs for All Adults – see *additional programs for adults 50+ on page 3*

### Performing and Fine Arts

Additional materials fees may be required for some classes. Consult the Program Guide.

| Circle class # and fee | Class/Event  | Instructor                             | Day/Time  | Location           | Ages | Fee                               |
|------------------------|--|--|---|--------------------|------|-----------------------------------|
|                        | Adult Coloring Group   | Led by dianne richardson               | Every Fri, 1-3pm  | MSAC               | 18+  | Free drop-in group                |
| 3422A                  | NEW: Cooking: Chocolate 101 <b>CANCELLED</b>                     | Hailey Cohn                            | Mon. January 15, 3:30-6:30pm                                    | MSAC               | 18+  | \$40 resident/\$60 non-resident   |
| 3422B                  | NEW: Cooking: Food as Medicine <b>CANCELLED</b>                  | Hailey Cohn                            | 8 Mondays, start January 22 (skip 2/12, 2/19, 2/26) 5:15-7:15pm | MSAC               | 18+  | \$160 resident/\$225 non-resident |
| 6121                   | NEW: Cooking: Winter is Here: Stay Healthy with Food As Medicine | Lisa Mase                              | <b>New Date:</b> Monday, February 5, 4:00-5:30pm                | MSAC               | 15+  | \$20 MSAC members/\$30 public     |
|                        | Crafters Group   | Led by Joan Barrett and Sally DeCiccio | Every Wed, 12-2pm   | MSAC               | All  | Free drop-in group                |
| 6114                   | Expressive Intuitive Art Exploration                             | Suki Ciappara                          | 10 Mondays, starts 1/8, 3-4:30pm                                | MSAC               | 14+  | \$25 members / \$50 public        |
| 6106B                  | Advanced Beginner Guitar   | Tom Wales                              | 10 Wednesdays, 5-6pm, starts 1/10                               | MSAC               | 14+  | \$25 MSAC members/\$50 public     |
| FULL 6120              | NEW: Learn to Knit   | Lee Youngman                           | 6 Saturdays, 10am-12pm, starts 1/27                             | Yarn, 112 Main St. | 12+  | \$50 MSAC members/\$75 public     |
| 6122                   | NEW: Intro to Origami (Paperfolding)                             | Rachel Zimet                           | 10 Fridays, 3:30-5pm, starts 1/12                               | MSAC               | 15+  | \$40 MSAC members/\$65 public     |
| 2409B                  | Painting Winter Scenes in Water Colors                           | Robert J. O' Brien                     | Sat. December 9, 12-4pm   | T.W. Wood Gallery  | 18+  | \$90 <b>CANCELLED</b>             |
| FULL 6101              | Digital Photography – Mixed Levels                               | Linda Hogan                            | 10 Fridays, starts 1/12, 10am-12pm                              | MSAC               | All  | \$30 MSAC members/\$55 public     |
|                        | Photography Club   | Linda Hogan                            | Every Tues, 12-1pm  | MSAC               | All  | Free drop-in group                |
| 6123                   | NEW: Quilting for Beginners Workshop                             | Janet Ressler                          | 2 Saturdays, March 10 & March 31, 1-4pm                         | MSAC               | 15+  | \$20 MSAC members/\$45 public     |
| 6115                   | Reelin' & Rockin': Singing Songs of the 50s and 60s              | John Harrison                          | 10 Tuesdays, starts 1/9, 2-3 pm                                 | MSAC               | 14+  | \$40 MSAC members/\$65 public     |
|                        | Ukulele Group  | Led by Bob Barrett                     | Every Thurs, 6-8pm  | MSAC               | 14+  | Free drop-in group                |

Continued...

**Humanities and More**

| Circle class # and fee | Class/Event  | Instructor                        | Day/Time                                    | Location      | Ages | Fee                              |
|------------------------|--|-----------------------------------|---|---------------|------|----------------------------------|
|                        | <b>Club de Français Intermédiaire</b>                          | Led by David Kahn and Ellen Sholk | Every Mon, 12:45-2pm                        | MSAC          | All  | Free drop-in group               |
| <b>FULL 6201A</b>      | <b>NEW: Film Appreciation: Social Commentary Through Humor</b> | Rick Winston                      | 8 Tuesdays, 9:30am-12pm, starts 1/9         | Savoy Theater | 14+  | \$50 MSAC members/\$75 public    |
| <b>6201B</b>           | <b>NEW: Film Appreciation: Post-War Japanese Cinema</b>        | Rick Winston                      | 8 Thursdays, 10am-12:30pm, starts 1/11      | Savoy Theater | 14+  | \$50 MSAC members/\$75 public    |
|                        | <b>Italian Group</b>   | Led by Myriam Romanoff            | Every Tuesday, 1:15-2:45 pm                 | MSAC          | 18+  | Free drop-in group               |
| <b>6209A</b>           | <b>Spanish 3</b>   | Carlos Reyes                      | 10 Tuesdays, 9-10:15am, starts 1/23         | MSAC          | 14+  | \$30 MSAC members/\$55 public    |
| <b>6209B</b>           | <b>Spanish 4</b>   | Carlos Reyes                      | 10 Thursdays, 9-10:15am, starts 1/25        | MSAC          | 14+  | \$30 MSAC members/\$55 public    |
| <b>3407A</b>           | <b>NEW: Intro to Creative Writing CANCELLED</b>                | Chelsea Catherine                 | 10 Tuesdays, 6:30-8pm starts 1/9, skip 3/13 | MSAC          | 21+  | \$80 resident/\$120 non-resident |

**Active Living and Wellness**

| Circle class # and fee | Class/Event   | Instructor               | Day/Time  | Location               | Ages | Fee                               |
|------------------------|---|--------------------------|---|------------------------|------|-----------------------------------|
| <b>6202</b>            | <b>NEW: Introduction to Appreciative Living CANCELLED</b> | Alexandra Arnold         | 4 Thursdays, 6:30-8pm, starts January 11 (skip 2/1)                       | MSAC                   | 15+  | \$25 MSAC members/\$50 public     |
| <b>FULL 3425A</b>      | <b>Archery</b>  | R&L Staff                | 4 Tuesdays, 6-7pm, starts January 9                                       | R&L Archery            | All  | \$24                              |
| <b>2521A</b>           | <b>Noontime Basketball</b>                                | N/A                      | Every Mon-Fri thru 8/31; 12-1:15pm  | Rec Center             | 18+  | \$80 resident/\$120 non-resident  |
| <b>2522A</b>           | <b>Sunday Basketball</b>                                  | N/A                      | Sun 10am-12pm, starts November 5 (skip 12/14, 12/31, 3/4)                 | MHS Gym                | 18+  | \$50 resident/\$75 non-resident   |
| <b>6317A</b>           | <b>NEW: Four Styles of Ballroom Dancing: Swing</b>        | Bill and Carolyn Pedrick | 4 Fridays, 6-7pm, starts 1/19   | MSAC                   | 15+  | \$40 MSAC members/\$65 public     |
| <b>6317B</b>           | <b>NEW: Four Styles of Ballroom Dancing: Waltz</b>        | Bill and Carolyn Pedrick | 4 Fridays, 7-8pm, starts 1/19   | MSAC                   | 15+  | \$40 MSAC members/\$65 public     |
| <b>6317C</b>           | <b>NEW: Four Styles of Ballroom Dancing: Foxtrot</b>      | Bill and Carolyn Pedrick | 4 Fridays, 6-7pm, starts 3/2 (skip 3/16)                                  | MSAC                   | 15+  | \$40 MSAC members/\$65 public     |
| <b>6317D</b>           | <b>NEW: Four Styles of Ballroom Dancing: Rumba</b>        | Bill and Carolyn Pedrick | 4 Fridays, 7-8pm, starts 3/2 (skip 3/16)                                  | MSAC                   | 15+  | \$40 MSAC members/\$65 public     |
| <b>3529A</b>           | <b>Co-Ed Dodgeball League</b>                             | N/A                      | 6 Tuesdays, 7-9pm, starts January 9                                       | Union School Gym       | 18+  | \$15 resident/\$20 non-resident   |
| <b>3529B</b>           | <b>Co-Ed Dodgeball League</b>                             | N/A                      | 6 Tuesdays, 7-9pm, starts March 13 (skip 4/17)                            | Union Schol Gym        | 18+  | \$15 resident/\$20 non-resident   |
| <b>3509A</b>           | <b>Fitness Hooping: new start date</b>                    | Carol Becker             | 6 Thursdays, 7-8pm, starts January 11                                     | Rec Center             | 18+  | \$45 resident/\$65 non-resident   |
| <b>3516A</b>           | <b>HIIT Kick</b>  | Renee Ancel              | 22 classes, Tues & Th 5:30-6:30pm, starts January 4 (skip 2/27, 3/1, 3/6) | Union School Small Gym | 18+  | \$121 resident/\$164 non-resident |

|       |  |                      |  |                        |     |  |
|-------|--|----------------------|--|------------------------|-----|--|
|       | <b>Long Life Qi Gong</b>                                       | Led by Nancy Schulz  | Every Tues/Fri 11:30-11:50am                   | MSAC                   | 18+ | Free – drop in!                                      |
| 6305  | <b>Guided Mindfulness Meditation Class</b><br><i>CANCELLED</i> | Ragan Sheridan Royer | 10 Wednesdays, 4-5pm, starts 1/10              | MSAC                   | 14+ | \$25 MSAC members/\$50 public                        |
| 3505  | <b>Pickleball: Beginners</b>                                   | N/A                  | Every Tues & Th 1:15-3pm                       | Rec Center             | 18+ | 22-visit punch card: \$30 resident/\$45 non-resident |
| 3505  | <b>Pickleball: Intermediate</b>                                | N/A                  | Every Mon & Th 9-11:30am                       | Rec Center             | 18+ | 22-visit punch card: \$30 resident/\$45 non-resident |
| 3505  | <b>Pickleball: Advanced</b>                                    | N/A                  | Every Mon & Wed 1:15-3pm, Every Fri 9am-1:30pm | Rec Center             | 18+ | 22-visit punch card: \$30 resident/\$45 non-resident |
| 3514A | <b>NEW: Learn to Unicycle</b>                                  | Geoff Beyer          | 6 Tuesdays, 4-5:15pm, starts January 9         | Union School Small Gym | 6+  | \$72 resident/\$105 non-resident                     |
| 3430A | <b>Hatha Yoga</b>  | Bessie Sandberg      | 10 Tuesdays, 6:30-8pm, starts January 9        | MSAC                   | 16+ | \$100 resident/\$150 non-resident                    |
| 6318  | <b>Zumba</b>   | Megan Pow            | 10 Thursdays, 7-8pm, starts 1/11               | MSAC                   | 15+ | \$60 resident/\$90 non-resident                      |



## Montpelier Senior Activity Center Programs for 50+

These programs are open only to members of the Senior Activity Center, unless indicated by a 🌐.

Classes indicated with a 🌐 are open to anyone 50 or older, regardless of membership.

Membership is open to anyone 50 or older from any town. Membership is just \$15 per year for Montpelier residents, \$30 for residents of supporting towns (Berlin, Calais, East Montpelier, Middlesex, Moretown, Worcester), or \$50 for all others.






Where prices are listed as \$XX/\$XX, the first price indicates the rate for Montpelier members and the second price for all other members.

**Performing and Fine Arts** Classes run for 10 weeks – start week of 1/8, end week of 3/13, unless noted.

Additional materials fees may be required for some classes. Consult the Program Guide.

| Circle class # and fee | Class/Event  | Instructor      | Day/Time  | Location         | Fee (Resident/Non-Res.)     |
|------------------------|--|-----------------|---|------------------|-----------------------------|
| 6119                   | 🌐 <b>NEW: Art Journaling: Play with Color, Words, Images</b> | Suki Ciappara   | <b>New Start Date:</b> January 18, 10 Thursdays, 2:30-4pm | Westview Meadows | \$50 member/\$75 non-member |
| FULL 6103              | <b>Drawing Basics I</b>                                      | Janice Walrafen | Thurs 1-2:30pm (skip 3/8)                                 | MSAC             | \$35/\$45                   |
| 6109                   | <b>Drawing Basics II</b>                                     | Janice Walrafen | Mon 5-7pm   | MSAC             | \$45/\$55                   |
| FULL 6107              | <b>Handbuilding in Clay</b>                                  | Nicole Galipeau | Mon 1-2:30 pm   | MSAC             | \$55 all members            |
| FULL 6111              | <b>Painting: As You Want It</b>                              | Sylvia Walker   | Mon 10 am-12 pm   | MSAC             | \$30/\$40                   |
| FULL 6113              | <b>Intermediate Pastels</b>                                  | Jeneane Lunn    | Wed. 4:30-6:30pm  | MSAC             | \$30/\$40                   |
| FULL 6116              | <b>Rug Hooking</b>   | Pam Finnigan    | Wed 9:30-11:30am  | MSAC             | \$30/\$40                   |
| FULL 6117              | <b>Beginner and Intermediate Voice for Shy Singers</b>       | Naomi Flanders  | Thurs 4-5 pm  | MSAC             | \$25/\$35                   |
| 6118                   | <b>Advanced Voice: Keeping Your Voice in Shape for Life</b>  | Naomi Flanders  | Fri 4-5pm (skip 2/2, 3/2)                                 | MSAC             | \$25/\$35                   |







**Humanities and More** Classes run for 10 weeks – start week of 1/8, end week of 3/13, unless noted


| Circle class # and fee | Class/Event  | Instructor          | Day/Time  | Location               | Fee (Resident/ Non-Res.)      |
|------------------------|--|---------------------|---|------------------------|-------------------------------|
| FULL 6203              |  Using Google Applications & Services 101   | MSMS Students       | 6 Thursdays, 1/11, 1/25, 2/8, 2/22, 3/15, 3/29, 11:30am-12:30pm | Main St. Middle School | \$5 members/<br>\$10 public   |
| 6204A                  |  Beginner Italian <b>CANCELLED</b>          | Angelo Caserta      | 20 sessions, Tues/Fri 1:15-2:15pm, starts 1/9                   | Gary Residence         | \$30 members/<br>\$55 public* |
| 6204B                  |  Intermediate Italian                       | Angelo Caserta      | 20 sessions, Tues/Fri 2:30-4pm, starts 1/9                      | Gary Residence         | \$30 members/<br>\$55 public  |
| FULL 6212              | <b>NEW: Making Poems</b>   | Jeanne Cook         | Wed 10am-12pm   | MSAC                   | \$30/\$40                     |
| 6206                   |  Reading and Writing Poems <b>CANCELLED</b> | Charles Barasch     | Mon 1:30-3:30pm   | Westview Meadows       | \$30 members/<br>\$40 public  |
|                        |  Weekly Read-Aloud                          | Led by Nancy Schulz | Every Tuesday, 1-2pm  | MSAC                   | Free, drop-in group           |
| FULL 6210A             | <b>Writing</b>   | Maggie Thompson     | Mon 10:30am-12:30pm   | MSAC                   | \$30/\$40                     |
| FULL 6210B             | <b>Writing</b>   | Maggie Thompson     | Wed 12:30-2:30pm  | MSAC                   | \$30/\$40                     |

\*Free for Gary Residence and Westview Meadows residents

**Active Living and Wellness** Classes run for 12 weeks – start week of 1/8, end week of 3/27 unless noted

| Circle class # and fee | Class/Event                          | Instructor                                    | Day/Time                               | Location                         | Fee (Resident/ Non-Res.) |
|------------------------|--------------------------------------|---|--|----------------------------------|--------------------------|
| 6304A                  | <b>Bone Builders</b>                 | Laura Morse                                   | Wed/Sun 5:15-6:30pm                    | MSAC                             | \$30/\$40                |
| FULL 6304B             | <b>Bone Builders</b>                 | Laura Brown and Theresa Lever                 | Mon/Thur 5-6pm                         | MSAC                             | \$30/\$40                |
| 6304C                  | <b>Bone Builders</b>                 | Tina Muncy                                    | Tues/Fri 5-6 pm                        | MSAC                             | \$30/\$40                |
| FULL 6304D             | <b>Bone Builders</b>                 | Nancy Schulz                                  | Tues/Fri 10:15-11:15am                 | MSAC                             | \$30/\$40                |
| FULL 6304E             | <b>Bone Builders</b>                 | Joan Barrett/Barbara Ladabouche/Jean Phillips | Tues/Thur 8:30-9:30am                  | MSAC                             | \$30/\$40                |
| 6304F                  | <b>Bone Builders Non-Beginner</b>    | Dona & Ed Koenemann                           | Mon/Fri 9-10am                         | MSAC                             | \$30/\$40                |
| 6402A                  | <b>Indoor Cycling Session I</b>      | Brittany Tremblay                             | 6 Thursdays, 4-5pm, starts January 11  | Granite City Fitness, Montpelier | \$60/\$70                |
| 6402B                  | <b>Indoor Cycling Session II</b>     | Brittany Tremblay                             | 6 Thursdays, 4-5pm, starts February 22 | Granite City Fitness, Montpelier | \$60/\$70                |
| FULL 6302A             | <b>Dance, Stretch and Strengthen</b> | Allison Mann                                  | Wed 1:30-2:30                          | MSAC                             | \$25/\$35                |
| 6302B                  | <b>Dance, Stretch and Strengthen</b> | Allison Mann                                  | Wed 10:30am-11:15am                    | MSAC                             | \$25/\$35                |
| FULL 6303              | <b>Happiness Moves!</b>              | Louisa Nufield                                | Wed 11:30am-1pm                        | MSAC                             | \$25/\$35                |

|  |   |                              |   |                        |                                 |
|--|---|------------------------------|---|------------------------|---------------------------------|
|  | <b>Living Strong Group</b>  | No instructor                | M 2:30-3:30pm, F 2-3pm  | MSAC                   | Free – drop in!                 |
| 6311   | <b>Vernal Equinox Continuous OM Meditation and Gong Sound Bath</b>  | Sarah Parker-Givens          | Sunday, March 18, 4-5:15pm  | MSAC                   | Free; suggested \$5-10 donation |
| 6301 A/B/C   | <b>Monthly Continuous OM Meditation</b>   | Sarah Parker-Givens          | First Friday of every month, 4-5pm (2/2, 3/2, 4/6)                    | MSAC                   | Free; suggested \$5-10 donation |
| 6307   |  <b>Moving for Wellness</b><br><i>Formerly Movement for PD</i> | Sara McMahon                 | Thurs 10-11:30am  | MSAC                   | \$25 members/<br>\$35 public    |
| 6308   |  <b>The Parkinson's Pantomime Project</b>                      | Rob Mermin                   | 10 Saturdays, 10:30am-12pm (skip 2/17, 3/3)                           | MSAC                   | \$25 members/<br>\$35 public    |
| FULL 6309  | <b>Pilates for Beginners</b>  | Shannon Hepburn              | Mon 10:30-11:30am   | MSAC                   | \$25/\$35                       |
| FULL 6310  | <b>Pilates Express</b>  | Shannon Hepburn              | Fri 9-9:45am  | MSAC                   | \$25/\$35                       |
| 6316A  |  <b>NEW: Pilates Matwork for Beginners</b> <b>CANCELLED</b>    | Mary Dobbins                 | Monday 12:45-1:45pm   | Middlesex Town Hall    | \$25 members/<br>\$35 public    |
| 6316B  | <b>NEW: Pilates Matwork for Beginners</b>   | Mary Dobbins                 | Saturday 9-10am   | MSAC                   | \$25/\$35                       |
| 6403   | <b>Swimming</b>   | N/A                          | Mon. 5-6, Tues/Wed/<br>Thurs 10-11, Fri. 5-6<br>(13 weeks starts 1/8) | FIF Berlin             | \$40/\$75                       |
| FULL 6319A   | <b>Tai Chi: Long Form Earth I</b>   | Judy Copa                    | 6 Thursdays, 12:00-1:30pm, starts 2/22                                | MSAC                   | \$25/\$35                       |
| FULL 6319B   | <b>Tai Chi: Sun Style Intro/Intermediate</b>  | Ellie Hayes & David Hartnett | 10 Tuesdays, 4:15-5pm, starts 1/9                                     | MSAC                   | \$25/\$35                       |
| 6319C  | <b>Tai Chi: Sun Style Long Form (continuing students only)</b>  | Ellie Hayes                  | 10 Tuesdays, 5-5:45 pm, starts 1/9                                    | MSAC                   | \$25/\$35                       |
| 6404A  | <b>Tennis (Session 1)</b>   | N/A                          | 6 Fridays, 11am-12:30pm , starts January 12                           | FIF Berlin             | \$45 all members                |
| 6404B  | <b>Tennis (Session 2)</b>   | N/A                          | 6 Fridays, 11am-12:30pm , starts February 23                          | FIF Berlin             | \$45 all members                |
|  |  <b>Walks with Joan</b>                                      | Led by Joan Barrett          | Tues 9:45-11:15am   | MSAC                   | Free – drop in!                 |
| 6405A  | <b>Water Aerobics</b>   | Peggy DuPont                 | 13 Tuesdays, 10-11am, starts January 9                                | FIF Berlin             | \$45/\$60                       |
| 6405B  | <b>Water Aerobics</b>   | Peggy DuPont                 | 13 Fridays, 10-11am, starts January 12                                | FIF Berlin             | \$45/\$60                       |
| <b>Yoga classes are sorted from least to most vigorous. See the Course Guide for additional information.</b> |   |                              |   |                        |                                 |
| FULL 6300A   | <b>Chair Yoga</b>   | Sarah Parker-Givens          | Tues 11am-12pm  | MSAC                   | \$25/\$35                       |
| 6300U  | <b>Chair Yoga</b>   | Ragan Sheridan Royer         | Wed 2:45-3:45pm   | MSAC                   | \$25/\$35                       |
| 6300B  | <b>Very Gentle Yoga</b>   | Sarah Parker-Givens          | Mon 3:30-4:30pm   | MSAC                   | \$25/\$35                       |
| 6300S  |  <b>Gentle Yoga</b>  | Sally Olmsted                | 10 Tuesdays, 2-3:15pm, (skip 1/23, 1/30)                              | Worcester Town Hall    | \$25 members/<br>\$35 public    |
| 6300C  |  <b>Gentle Yoga for Beginners:</b> <b>CANCELLED</b>          | Marisa Hall                  | 9 Tuesdays, 5:30-6:30pm   | CVMC Conference Room 1 | \$25 members/<br>\$35 public    |
| FULL 6300D   | <b>Yoga for Men</b>   | Jeff Mandell                 | Mon 9-10:15am (starts 1/15)   | MSAC                   | \$25/\$35                       |

|  |   |                                  |   |                     |                              |
|--|---|----------------------------------|---|---------------------|------------------------------|
| FULL 6300E   | Gentle Yoga   | Sally Olmsted                    | Tues 9-10:15am ( <b>New:</b> skip 1/23, 1/30) | MSAC                | \$25/\$35                    |
| FULL 6300F   | Gentle Yoga   | Sally Olmsted                    | Wed 9-10:15am ( <b>New:</b> skip 1/24, 1/31)  | MSAC                | \$25/\$35                    |
| 6300G  | Gentle Yoga (includes breathing, chanting & intro to meditation)                                | Ragan Sheridan Royer             | Thurs 5-6:30pm                                | MSAC                | \$25/\$35                    |
| FULL 6300H   | Gentle Flow Yoga  | Sarah Parker-Givens              | Wed 3:30-4:30pm                               | MSAC                | \$25/\$35                    |
| 6300J  | Moving into Stillness: Yoga and Meditation for Continuing Students                              | Sarah Parker-Givens              | Thursday 2-3:15pm                             | MSAC                | \$25/\$35                    |
| FULL 6300L   | Gentle/Moderate Yoga  | Monica DiGiovanni                | Fri 2:30-3:45pm                               | MSAC                | \$25/\$35                    |
| FULL 6300K   | Moderate Yoga   | Lori Flower                      | Mon 1:15-2:30pm                               | MSAC                | \$25/\$35                    |
| 6300T  |  Yoga Movement | Jeff Mandell                     | Mon 11am-12:15pm (starts 1/15)                | Middlesex Town Hall | \$25 members/<br>\$35 public |
| 6300V  | <b>NEW: Moderate Yoga to Improve Balance</b>  | Ragan Sheridan Royer             | Thursday 3:30-4:45pm                          | MSAC                | \$25/\$35                    |
| FULL 6300M   | Moderate Yoga for Balance (prior experience in this class or instructor permission required)    | Patty Crawford and Sally Olmsted | 10 Thursdays, 9-10:15am (skip 1/25, 2/1)      | MSAC                | \$25/\$35                    |
| FULL 6300N   | Moderate Flow Yoga  | Sarah Parker-Givens              | Mon 5-6:30pm                                  | MSAC                | \$25/\$35                    |
| FULL 6300O   | Moderate Flow Yoga  | Sarah Parker-Givens              | Wed 5-6:30pm                                  | MSAC                | \$25/\$35                    |
| 6300P  | Moderate/Vigorous Hatha Yoga  | Joan Stander                     | Fri 10-11:30am                                | MSAC                | \$25/\$35                    |
| 6300Q  | Vigorous Yoga   | Monica DiGiovanni                | NEW TIME: Mon 11:45am-1pm                     | MSAC                | \$25/\$35                    |
| <b>Please inquire about discounts available for MSAC members at First in Fitness in Berlin and Rehab Gym in Barre.</b> |   |                                  |   |                     |                              |

**To Apply for Financial Aid for MSAC Classes:**  
 Fill out a financial aid application and submit with your registration form. Do not submit any payment today. We will reserve a spot for you. We will be in touch with you within one week.

We subsidize most of our classes to keep them affordable for all, and offer financial aid. **Please consider making a tax-deductible donation to support our work.**

|   |               |
|---|---------------|
| <b>SUBTOTAL of class fees above</b>   |               |
| Additional donation<br><input type="checkbox"/> MSAC Area of Greatest Need <input type="checkbox"/> MSAC Scholarship Fund <input type="checkbox"/> Recreation Area of Greatest Need |               |
| Additional Fees <i>if applicable</i> (late fee; locker rental at \$15/quarter; MSAC membership fee; etc.)   |               |
| Subtract credit <i>if applicable</i>  | -             |
| <b>TOTAL PAID</b><br>(make checks payable to Montpelier Community Services)   | Check/Cash/CC |

Date received: \_\_\_\_\_ Received by: \_\_\_\_\_ Date class entered: \_\_\_\_\_ Date payment entered: \_\_\_\_\_