

## Enrichment Classes

**Call Community Ed. @ 794-4646 for registration and information.**

### NEW CLASS

#### ESSENTIAL OILS & BACH FLOWERS

Learn how to effectively utilize essential oils and Bach flowers/flower essences in the home for everyday and therapeutic use. Class will be held on Tuesdays for 4 weeks, October 12—Nov. 2, from 6:00 to 7:00 p.m. at the Maintenance building. Cost of \$20 is due October 11th at the Maintenance office. Certified instructor: Stephanie Herzog.

### NEW CLASS

#### HOMEOPATHY IN THE HOME

Introduction to how homeopathy works and how to utilize its benefits for your family and pets. You'll learn potencies, dosages, how to choose correct remedies for acute illnesses and much more. Class will be held on Tuesdays for 4 weeks, November 9—30, from 6:00 to 7:00 p.m. at the Maintenance building. Cost of \$20 is due November 5th at the Maintenance office. Certified instructor: Stephanie Herzog.

### PAWS-ability

#### BEGINNER DOG OBEDIENCE

Maybe you have added a new canine companion to your family... or, maybe you are thinking that the current dog in your life would be a little more fun with a few manners. This is a beginner training class for dogs and their owners. It is good for puppies 3 months of age (with at least 2 vaccines of the series) and older, as well as the "non-puppies". This is an opportunity for dogs joining your family to begin life anew with you or for a brush-up on some old skills. The goal is to help YOU teach your dog to become a COMPANION, not just a pet. You are "leader of the pack"! Dogs must have current age appropriate vaccinations. Orientation (without dogs) will be held on Wednesday, September 8th from 6:45 to 7:45 p.m. Dog Obedience classes will be held on Mondays for 7 weeks, September 13—October 25, from 6:45 to 7:45 p.m. at Woodview Elem. School gym. Cost of \$65 is due September 6th at the Maintenance office. Instructor: Ann Bromley.

### ZUMBA

Zumba is a cardio workout inspired by Latin and international rhythms. It is a mixture of body sculpting movements with easy to follow dance steps. Come ready to have fun! Classes are held every Saturday from 9:00—10:00 a.m. and on Mondays & Wednesdays from 6:00—7:00 p.m. Summer classes are held at the Belding Bible Church located at 416 S. Bridge Street. Classes will be held at Ellis Elementary gym starting September 13th. Cost is \$5.00 per class or \$40.00 for 10 classes. Payment will be collected by certified instructor Valerie Dawdy.

### HYPNOSIS WORKS!

- 1) Weight Control  
Monday, September 20th, 6:00-7:45 p.m.

You can learn to control your appetite, to increase your desire to eat healthier, and to increase your motivation to exercise regularly with hypnosis. The hypnosis session includes a weight control "tool kit" and a half-hour reinforcement tape.

- 2) Smoking Cessation/Stop Smoking Forever  
Monday, September 20th, 8:00-9:30 p.m.

You can quit smoking forever in only one hour with hypnosis. Includes a stop smoking "tool kit" and a half-hour reinforcement tape.

Classes are held at Ellis Elementary School. Class fee must be pre-paid at the Maintenance office by September 16th. Cost is \$45 per class. Hypnotherapist: Beverly Carboneau.

### PILATES

Beginners Pilates is a method of conditioning the body that uses stretching and strengthening exercises. It strengthens muscles, improves posture and increases flexibility. Please bring a mat. This class will be held every Monday from 7:05 to 8:00 p.m., starting September 13th, at Ellis School Gym. Cost is \$5 per class or \$40 for 10 classes. Class fee will be collected by certified instructor Valerie Dawdy.

### SCULPT EXPRESS

This is a 30 minute total body workout that will build strength and define your muscles. Please bring your own weights. Class will be held on Saturdays from 10:05 to 10:35 a.m. and Wednesdays from 7:05 to 7:35 p.m. at the Belding Bible Church located at 416 S Bridge Street.. Class will be held at Ellis Elementary gym beginning the week of September 13th. Cost is \$2 per visit. Certified Instructor: Valerie Dawdy.

### TAE KWON DO

Klingbeil Institute of Tae Park Tae Kwon Do welcomes you to come and be a part of one of the largest martial arts organizations in the world. We have open enrollment, so you can start at any time! Classes are held on Tuesdays and/or Thursdays at the Middle School cafeteria from 6:30—8:00 pm. Classes are open to children (ages 5+), adults and families. Cost is \$15 per month for one night/wk; \$25 per month for 2 nights/wk. Family discounts are available. Class fee is collected by instructor. Call instructor, Roland Demorest, at 616-754-0395 or the Maintenance office at 794-4500 for more information.

### BOOT CAMP FITNESS

Boot Camp combines cardio endurance, strength training, agility drills, and core and flexibility training! Come ready for one great workout! This class will be held every Tuesday from 6:00 to 7:00 p.m. at Ellis School Gym beginning September 14th. Cost is \$5.00 per class or \$40 for 10 classes. Class fee will be collected by certified instructor Valerie Dawdy.

**WATCH FOR INFO IN THE OCTOBER NEWSLETTER ON THE FOLLOWING CLASSES:**

**ZUMBATOMIC FOR KIDS  
ADULT CO-ED VOLLEYBALL  
ADULT 5-ON-5 BASKETBALL**