



Bedford Recreation Adult Programs

Winter 2016



Treat yourself or someone else in the New Year!

~ Creative Classes ~

Mixed Media Art Workshop ~ Oil Painting ~ Taste Of Blacksmithing ~ Stone Carving

~ Let's Eat! Cooking, Food & Healthy Lifestyle Classes ~

Cooking with Grains and Beans ~ H Mart Tour ~ Classic Pasta Sauces

Sweet Chocolate Truffles ~ Stews and Biscuits ~ Knife Skills

Sweet and Savory Crepes ~ Gluten Free Baking ~ Hand Roll Sushi Party

~ CPR Classes ~

CPR Heartsaver and CPR for Healthcare Providers

~ Personal Interest Classes and Workshops ~

How the Gut Microbiome Keeps You Healthy ~ Ice Dam Prevention

Meditation and Energy Balancing Spa Hour ~ Planning Your European Vacation

Art and Soul Museum Tours ~ Intuition 101 ~ You Can Afford College If....

Self Protection Course ~ Spring Gardening Classes

~ Exercise and Dance ~

BodyJam ~ BodyPump ~ BodyFlow ~ Zumba ~ Zumba Gold ~ Cardio Barre Blast

Piloxing ~ NIA ~ High Intensity Interval Training ~ Beginner Reformer Pilates

Mat Pilates ~ Pilates & Yoga Fusion ~ Stretch and Tone ~ Hatha Yoga ~ Barre Balance

Yoga to Energize Your Day ~ Yoga Fit and Strong ~ Restorative Yoga

Yoga For Women: Finding Balance ~ Ballroom Dance ~ Irish Step Dance

Modern Dance ~ Tai Chi ~ AquaZumba ~ AquaAerobics

~ Sport Instruction and Pick-Up Sports ~

Archery ~ Volleyball ~ Basketball ~ Pickleball ~ Badminton ~ Soccer

Intermediate/Advanced Badminton League



Winter Brochure Link: <http://goo.gl/NrDt96>
Register For Classes: <https://goo.gl/mRXWMK>

