



2021 Adult Classes

SEPTEMBER CLASSES

New
2:30pm
session
just
added

CLASS NAME	DAY	DATES	TIME	LOCATION
GOLF FROM TEE TO GREEN	SATURDAY	9/11 - 10/9	4:00PM - 5:00PM OR 5:00PM - 6:00PM	TARA GREEN GOLF RANGE (FRANKLIN TOWNSHIP) ADDITIONAL BALL PRICE OF \$45
SELF-DEFENSE: A PRACTICAL GUIDE TO MARTIAL ARTS FORM & FUNCTION	TUESDAY	9/28 - 11/23 (NO CLASS OCT. 12)	7:30PM - 8:45PM	MONMOUTH JUNCTION ELEMENTARY SCHOOL GYM
FITNESS LINE DANCING	THURSDAY	9/30 - 10/28	7:00PM - 8:00PM	DAYTON ELEMENTARY SCHOOL GYM

Adult classes are for individuals ages 21 and older

Register at

<https://sbschools.shopsite.com/COM-ED/sb-community-adult-school.html>

OCTOBER CLASSES

CLASS NAME	DAY	DATES	TIME	LOCATION
INTRODUCTION TO MICROSOFT WORD	THURSDAY	10/14, 10/21, & 10/28	7:00PM-8:30PM	HS ROOM E201
KICKBOXING	TUESDAY, THURSDAY	10/5-11/30 & 10/7-12/9 (NO CLASS 11/4 AND 11/25)	7:00 PM - 8:00 PM	BRUNSWICK ACRES GYM
GREEN SMOOTHIES 101 (HEALTHY LIFE)	THURSDAY	10/14	6:00PM-7:30PM	XRDS NORTH D408
STOP SMOKING W/ HYPNOSIS	TUESDAY	10/5	6:30PM-7:30PM	XRDS SOUTH ROOM A100
LOSE WEIGHT W/ HYPNOSIS	TUESDAY	10/5	7:30PM-8:30PM	XRDS SOUTH ROOM A100
BETTER SLEEP W/ HYPNOSIS	TUESDAY	10/5	8:30PM-9:15PM	XRDS SOUTH ROOM A100
MEDICARE: LEARN HOW TO NAVIGATE THE ABCD'S OF MEDICARE	TUESDAY	10/26	7:00PM-9:00 PM	XRDS SOUTH ROOM A101
SOCIAL DANCING	MONDAY	10/4- 11/29 (NO CLASS 11/1)	7:00PM - 8:00PM	DAYTON
YOGA	MONDAY, WEDNESDAY	10/4- 11/29 (NO CLASS 11/1) & 10/6-11/24 (NO CLASS 11/3)	7:00PM-8PM	DEANS GYM
YOUR HAPPINESS JOURNEY: JOURNALING (WELLNESS)	TUESDAY	10/12 & 11/16	7:00PM-8:30PM	XRDS NORTH ROOM A100
LATIN DANCING	MONDAY	10/4-10/25	8:05 PM - 9:05PM	DAYTON GYM
FINANCIAL STRATEGIES FOR SUCCESSFUL RETIREMENT	THURSDAY	10/7, 10/14 & 10/21	7:00 PM - 10:00 PM	XRDS NORTH ROOM A101
YOUR HAPPINESS JOURNEY: RECOVERY FROM STRESS (WELLNESS)	THURSDAY	10/7 & 11/11	7:00PM-8:30PM	XRDS NORTH ROOM A100
THE POWER OF HOME (INTERIOR DESIGN)	WEDNESDAY	10/13 & 10/20	6:00PM-7:30PM	XRDS NORTH ROOM A100
GLITTERHOOPS	TUESDAY	10/5-11/16 (NO CLASS 11/2)	7:00PM-8:00PM	DEANS GYM



NOVEMBER CLASSES

CLASS NAME	DAY	DATES	TIME	LOCATION
SUGAR RESET (HEALTHY LIFE)	TUESDAY	11/16	6:00PM-7:00PM	XRDS NORTH ROOM D408
GETTING PAID TO TALK: AN INTRODUCTION TO VOICE OVER - LIVE VIA ZOOM	THURSDAY	11/11	6:30PM-8:00PM	ZOOM
SWING/JITTERBUG DANCING	MONDAY	11/8- 11/29	8:05 PM - 9:05PM	DAYTON GYM
BOLLYWOOD	THURSDAY	11/11-12/16	8:05 PM-9:05PM	DAYTON GYM
BASIC EXCEL	TUESDAY	11/9 , 11/ 16, & 11/23	7:00PM-8:30PM	HS ROOM E201

DECEMBER CLASSES

More classes coming soon!!

CLASS NAME	DAY	DATES	TIME	LOCATION
WEIGH LESS, LIVE MORE (HEALTHY LIFE)	THURSDAY	12/9	6:00PM-7:00PM	XRDS NORTH ROOM D408