

Foster Recreation Events and Course Offerings Fall Session I

ZUMBA, PLUS!

CLASS DATES: 9/16, 23, & 30 10/ 7, 14, & 21

Beginners encouraged! Routines that you CAN do! - and have FUN doing!

Join Lora LoPiccolo, Certified Zumba Instructor, each Thursday evening at 7 p.m. for a six week series of MODIFIED ROUTINES based on Latin & International rhythms. Classes will be 45 minutes in length, just enough time so that you leave glowing, but not overwhelmed. See YOU there! Course Instructor is Lora LoPiccolo, a certified Zumba and Yoga instructor. Lora teaches both disciplines at several locations in RI; she may be contacted directly with questions: Lora@YogaWithLora.com or (401) 829-9148

KETTLEBELLS

CLASSES DATES: 9/20 & 27, 10/ 4, 11, 18, & 25

Kettlebell workouts have been around for a few centuries but are now more popular than ever due to the intense workouts that they offer. Kettlebells have proven themselves to be an amazing piece of exercise equipment that is versatile, portable, and are extremely effective at building strength & cardiovascular health. This strange exercise tool, which resembles a cannonball with a handle on it, is an intense and powerful way to lose weight, gain muscle, build up fitness and get energized and healthy all around.

Classes are one hour long, starting with joint mobility exercises, kettlebell routines, and finishing with a cool down stretching routine. Class will be held on Monday evenings in the gymnasium at Captain Isaac Paine Elementary School from 6-7:00 pm. Class size is limited to 10 and participants will need to bring their own kettlebell. The registration fee for this 6 week introductory class is \$40.00. Course Instructor is Chris Baxter, a certified Kettlebell Instructor. Chris teaches private and group classes throughout New England; he may be contacted directly with questions: 401-480-5140.

HERBAL HARVEST CLASS

CLASS DATES: 9/22 & 29 10/6 & 13

Herbs are much more than a complement for food! Learn how to preserve fresh herbs, create culinary gifts, arrangements and aromas for the home and to use them when entertaining. The cost of this 4 week class is \$65.00 and includes the cost of all materials. Classes will be held on Wednesday evenings from 6-7:30 pm at the Captain Isaac Paine Elementary School. Course instructor is Henry Loven, owner of TLC Florist on Rt. 6 in Foster.

FOSTER'S COMMUNITY YARD SALE

SATURDAY, SEPTEMBER 18, 2010, RAIN DATE IS SUNDAY, SEPT. 19.

If you have been looking at all the extra stuff around the house and have been dreading fall cleaning, consider joining your neighbors in Foster as part of a community yard sale. The Yard Sale will be held on the Town Grounds from 9 am-3 pm. Set up will be from 7-8:45 am, tables will not be provided. Local non-profits will be selling food/drinks and Human Services will be available to collect donations at the close of the event. Music will be provided complements of Ben and Sam LoPiccolo. Registration is \$10.00. For more information please email dani2126@msn.com or call 486.6119. The registration form is available below and on the town website, www.townoffoster.com

Foster Recreation Registration Form

Mail Completed Form with payment to: Town of Foster, Recreation Committee, 181 Howard Hill Road, Foster, RI 02825

Name: _____

Address: _____

Phone: _____ Email: _____

Event: (Please circle all that apply) Yard Sale (\$10.00 per space): Number of spaces _____

Recreation Courses: Introduction to Herbs _____ \$65.00 Zumba Plus _____ \$35.00

Kettlebells _____ \$40.00

Total Amount Enclosed: _____