

SPOKE THE HUB



ADULTS
FALL
2017

CREATIVE ARTS & WELLNESS CLASSES FOR THE WHOLE FAMILY

718.408.3234

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Restorative Yoga
w/ Dalienne Majors
10:00am - 11:00am

Ballet (Open Level)
w/ Sarah Pope
11:00am - 12:00pm

Yoga for Arthritis
w/ Dolores Natividad
1:45pm - 2:45pm

NEW! Intro to Tap
(teens & adults)
w/ Amber Schmiesing
6:30pm - 7:30pm

Kripalu Yoga
w/ Mina Hamilton
6:45pm - 8:00pm

Kripalu Yoga
w/ Mina Hamilton
8:15pm - 9:30pm

NEW! Flex & Flow Yoga
w/ Lydia Rojas
12:30pm - 1:30pm

NEW! The Dance of Isadora Duncan
(teens & adults)
w/ Faith Kimberling
6:30pm - 7:30pm

Step 'n' Sculpt
w/ Karen Munson
1:00pm - 2:30pm
rsvp required
kdance4all@aol.com

T'ai Chi & Qi Gong*
w/ Susan Hamovich
3:00pm - 4:00pm

NEW! Modern/ Ballet II/III
(teens & adults)
w/ Gentry George
6:30pm - 7:30pm

Aloha Wednesdays
w/ Kaina Quenga
6:30pm - 7:45pm

Cardio/Dance, Pump & Stretch
w/ Elise Long
12:30pm - 1:30pm
rsvp required
spoke@spokethehub.org

NEW! Hip Hop
(teens & adults)
w/ Michela Deidda
6:30pm - 7:30pm

Beg. Ballroom & Swing*
w/ Laurie Shayler†
7:30-8:30pm

Intermediate Salsa on 2 & Cha Cha*
w/ Jose Luis Leon
7:30-9:00pm

Beg. Salsa on 2*
w/ Laurie Shayler
8:30-9:30pm
danceconnectionnyc.com

Integral Hatha Yoga
w/ Dolores Natividad
7:45am - 9:00am

T'ai Chi & Qi Gong*
w/ Susan Hamovich
10:00am - 11:00am

Chair Yoga
w/ Dolores Natividad
11:30am - 12:30pm

NEW! Zumba
w/ Bethina Sayegh
1:00pm - 2:00pm

STH Intergenerational Bandwagon Production 🖐️
(Kids/Adults)
w/ Elise Long
7:30pm - 9:30pm
Call for details and start date!

Cardio/Dance, Pump & Stretch
w/ Elise Long
9:30am - 10:30am
rsvp required
spoke@spokethehub.org

Super Sunday Workout
w/ Karen Munson
10:00am - 11:30am
rsvp required
kdance4all@aol.com

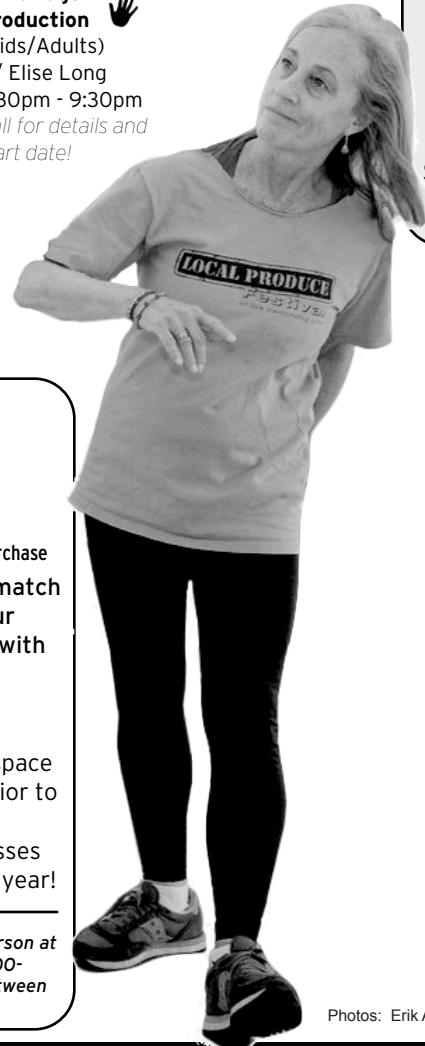
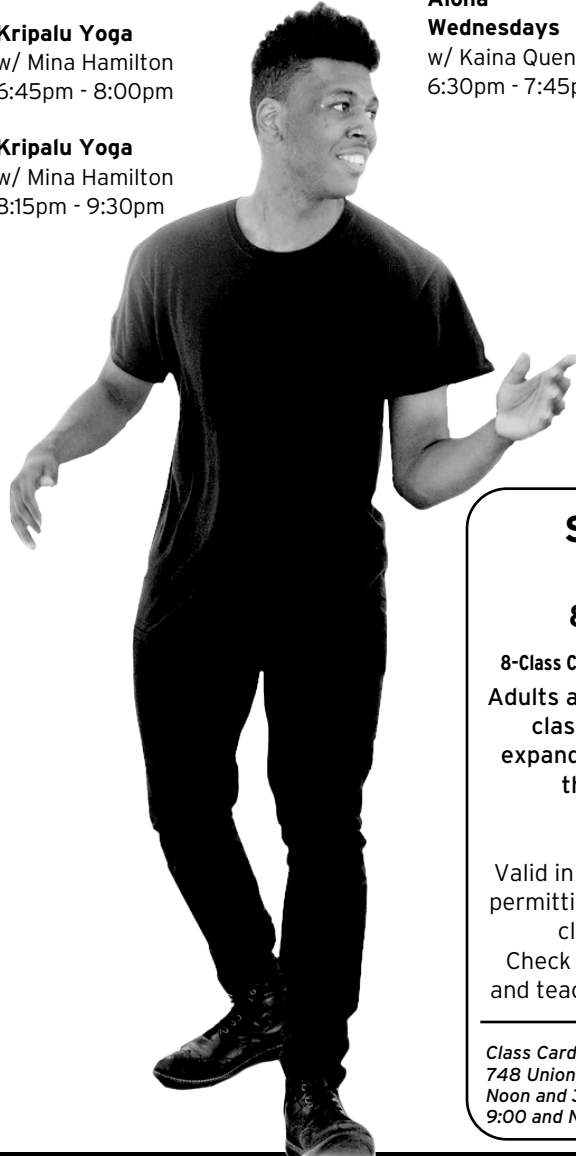
2017 FALL SEMESTER

SEPT. 11th thru FEB. 5, 2018

Not sure? Join us for FREE trial mini-classes & in-person registration:

OPEN HOUSE WEEKEND

SEPT. 9 & 10 2017



STH Class Cards (Adults/Teens) 8 classes/\$150.00

8-Class Cards are valid up to 10 weeks after purchase. Adults and older teens can mix 'n' match classes at STH. Choose from our expanding roster of adult classes with the finest teachers around.
* Teaching Associate

Valid in participating classes only (space permitting). Sign up online or call prior to class. Class sizes are limited. Check back frequently for new classes and teachers added throughout the year!

Class Cards may be purchased online or in person at 748 Union Street location Monday-Friday, 9:00-Noon and 3:00-6:00pm, and on Saturdays between 9:00 and Noon.

Photos: Erik Almeida