

# SPOKE THE HUB



Revised 3/1/18

**ADULTS  
SPRING  
2018**

**CREATIVE ARTS & WELLNESS CLASSES FOR THE WHOLE FAMILY**

718.408.3234

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Restorative Yoga</b> w/ Daliene Majors 10:00am - 11:00am</p> <p><b>Ballet</b> (Open Level) w/ Sarah Pope 11:00am - 12:00pm</p> <p><b>Yoga for Arthritis</b> w/ Dolores Natividad 1:45pm - 2:45pm</p> <p><b>Kripalu Yoga</b> w/ Mina Hamilton 6:45pm - 8:00pm</p> <p><b>Kripalu Yoga</b> w/ Mina Hamilton 8:15pm - 9:30pm</p>	<p><b>Contemporary Hip Hop</b> (teens &amp; adults) w/ Kwabena Safo-Agyekum 6:30pm - 7:30pm</p>	<p><b>Step 'n' Sculpt</b> w/ Karen Munson 1:00pm - 2:30pm <i>rsvp required</i> <a href="mailto:kdance4all@aol.com">kdance4all@aol.com</a></p> <p><b>Aloha Wednesdays</b> w/ Kaina Quenga 6:30pm - 7:45pm</p> <p><b>Isadora Duncan</b> (teens &amp; adults) w/ Faith Kimberling 6:30pm - 7:30pm</p>	<p><b>T'ai Chi &amp; Qi Gong*</b> w/ Susan Hamovich 11:15am - 12:15pm</p> <p><b>Cardio/Dance, Pump &amp; Stretch</b> w/ Elise Long 12:30pm - 1:30pm</p> <p><b>Beg. Ballroom &amp; Latin</b> w/ Laurie Shayler * 7:30 - 8:30pm</p> <p><b>Intermediate Salsa on 2</b> w/ Jose Luis Leon* 7:30 - 9:00pm</p> <p><b>Intermediate Ballroom*</b> w/ Laurie Shayler* 8:30 - 9:30pm <a href="http://danceconnectionnyc.com">danceconnectionnyc.com</a></p>	<p><b>Integral Hatha Yoga</b> w/ Dolores Natividad 7:45am - 9:00am</p> <p><b>Chair Yoga</b> w/ Dolores Natividad 11:30am - 12:30pm</p> <p><b>Zumba</b> w/ Bethina Sayegh 12:45 - 1:45pm <i>rsvp required</i> *Time change</p> <p><b>STH Intergenerational Bandwagon Production</b> 🖐️ (Kids/Adults) w/ Elise Long 7:00pm - 9:00pm</p>	<p><b>Super Sunday Workout</b> w/ Karen Munson 10:00am - 11:30am <i>rsvp required</i> <a href="mailto:kdance4all@aol.com">kdance4all@aol.com</a></p> <p><b>Afro-Beats Soca</b> (teens &amp; adults) w/ Kwabena Safo-Agyekum 3:00pm - 4:00pm</p>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p><b>2018 WINTER/SPRING SEMESTER</b> <b>Feb. 6th thru Jun. 25, 2018</b></p> <p><i>Not sure? Join us for a Trial Class for \$20!</i></p> </div>



## 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.

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.*

\* Teaching Associate

Photos: Marcia Halperin

**748 UNION STREET — 718.408.3234 — WWW.SPOKETHEHUB.ORG**