Winter 2027 ADULT Fitness & Enrichment Classes

Registration opens Tuesday, December 1st at 10am

Click on Class ID# below to see full class descriptions

****All classes are IN PERSON unless otherwise indicated****

Color Key:

	Enrichment
	Fitness
	Yoga & Pilates
	Adapted

ADULT Class Schedule

SUNDAYS	Name of Class	Dates	Ages	Class ID#
Sun, 10:00-11:30AM	Iyengar Yoga - **HYBRID**	1/10-3/14	10th-Adult	3706.606
Sun, 10:00AM-12:00PM	Adult & Child Ceramics: Come Clay with Me!	1/10-3/7	K-6th & an Adult	2298.601
Sun, 1:00-3:00PM	Adult & Child Sunday Spin: Pottery Wheel	1/10-3/7	3rd-10th & an Adult	2298.602
Sun, 1:00-2:00PM	Adult Co-Ed Self Defense	1/10-2/21	12th-Adult	3315.606
Sun, 2:00-4:00pm	**NEW!** The Power of Not Rescuing Your Anxious Child	2/7 ONLY	Adults/ Parents	9185.601
Sun, 2:00-4:30PM	Art of Gyoza (Japanese Dumpling) Making	3/14 ONLY	9th-Adult	1385.601
Sun, 3:00-4:30PM	Intro to Taiko Drumming	1/10 ONLY	8th-Adult	1766.601
Sun, 6:00-7:15PM	Yoga Flow & Restorative - **IN PERSON**	1/10-3/14	10th-Adult	3711.609
MONDAYS	**Name of Class**	**Dates**	**Ages**	**Class ID#**
Mon, 9:15-10:30AM	Yoga Pilates - **ONLINE**	1/4-3/15	10th-Adult	3110.607
Mon, 11:00AM-12:00PM	SHiNE Light™ Dance Fitness	1/4-3/8	12th-Adult	3168.601
Mon, 4:00-5:30PM	Strike Force Bowling	1/11-3/15	9th-Adult	6112.601
Mon, 5:00-5:50PM	Indian Tabla Drumming - Adult	1/11-3/1	Adult	1356.601
Mon, 5:30-8:30PM	Adult Pottery: Introduction to Ceramics	1/4-3/8	10th-Adult	2196.601
Mon, 6:00-7:00PM	Cardio Dance & Pilates - **HYBRID**	1/4-3/8	10th-Adult	3108.606

Mon & Thurs, 6:00-7:00PM	Cardio Dance & Pilates Mon/Thurs Combo - **HYBRID**	1/4-3/11	10th-Adult	3108.608
Mon, 6:00-7:00PM	Introduction to Tai Chi	3/15-4/12	Adult	1821.602
Mon, 6:00-7:15PM	Tai Chi Walking	1/11 ONLY	Adult	2384.601
Mon, 6:00-7:30PM	Iyengar Yoga **- HYBRID**	1/4-3/8	10th-Adult	3706.604
Mon, 6:30-8:30PM	Beginning Sewing	1/4-3/8	Adult	1749.601
Mon, 6:30-8:30PM	Woodworking with Hand Tools 1 - Beginner	1/4-2/8	Adult	1714.601
Mon, 6:30-8:30PM	Woodworking with Hand Tools 1 - Beginner	2/22-3/22	Adult	1714.602
Mon, 7:00-9:00PM	Ann Arbor Civic Chorus (AACC)	2/1-5/17	Adult	1770.601
Mon, 7:15-8:15PM	SHiNE™ Dance Fitness	1/4-3/15	12th-Adult	3168.603
TUESDAYS	**Name of Class**	**Dates**	**Ages**	**Class ID#**
Tues, 9:00-10:00AM	BellyFit	1/5-3/9	Adult	3193.605
Tues, 11:00AM-12:00PM	Cardio Drumming	1/12-3/16	10th-Adult	3171.605
Tues, 11:00AM-12:00PM	Introduction to Tai Chi	1/19-2/16	Adult	1821.601
Tues, 12:15 - 1:15PM	Weight Training Through the Ages - **ONLINE**	1/12-3/16	12th-Adult	3124.605
Tues, 2:30-5:30PM	Adult Pottery: Wheel-Throwing Open Studio	1/5-3/9	10th-Adult	2198.603
Tues, 2:30-5:30PM	Adult Pottery: Hand-Building Open Studio	1/5-3/9	10th-Adult	2198.606
Tues, 5:30-8:30PM	Adult Pottery: Wheel-Throwing Open Studio	1/5-3/9	10th-Adult	2198.604
Tues, 5:30-8:30PM	Adult Pottery: Hand-Building 101	1/5-3/9	10th-Adult	2198.601
Tues, 6:00-7:00PM	Intro to Yoga	1/5-3/9	10th-Adult	3701.604
Tues, 6:00-7:00PM	Chair Yoga - **ONLINE**	1/5-3/9	Adult	3719.605
Tues, 6:00-7:00PM	**NEW!** Pilates Matwork	1/5-3/2	10th-Adult	3112.606
Tues, 6:00-7:00PM Thurs, 6:00-7:00PM	**NEW!** Pilates Matwork - Tues/Thurs COMBO Class	1/5-3/4	10th-Adult	3112.608
Tues, 6:00-7:00PM	**NEW!** Hiit Kickboxing	1/5-3/9	10th-Adult	3113.601
Tues, 5:00-6:00PM & Thurs, 5:00-6:00PM	Women's Strength Training	1/12-2/4	12th-Adult	3167.601
Tues, 6:00-7:00PM	Adult Hip Hop Street Dance	1/26-3/9	9th-Adult	1234.601

Tues, 6:00-7:15PM	French Level 1: Fun with French Verbs	2/2-3/2	10th-Adult	1512.601
Tues, 6:00-7:30PM	Spanish: Level 2	1/19-3/16	Adult	1509.602
Tues, 6:00-8:00PM	Estate Planning Basics	3/2 ONLY	Adult	1915.601
Tues, 6:00-8:00PM	Long Term Care/Medicaid Planning	2/2 ONLY	Adult	1916.601
Tues, 6:00-9:00PM	Acrylic Painting: Beginning & Continuing	1/19-3/16	10th-Adult	2186.601
Tues, 6:45-8pm	Adult Ballet - Beyond the Basics	1/19-3/2	Adult	1628.601
Tues, 7:00-8:00PM	Social Dance 101	1/5-3/9	10th-Adult	2274.601
Tues, 7:15-8:30PM	French Level 2: Fun with French Verbs	2/2-3/2	10th-Adult	1513.601
Tues, 8:00-9:00PM	Swing Dance Level 1	1/5-3/9	10th-Adult	2262.601
WEDNESDAYS	**Name of Class**	**Dates**	**Ages**	**Class ID#**
Wed, 9:15-10:30AM	Yoga Pilates - Flow Style - **ONLINE**	1/6-3/17	10th-Adult	3110.608
Wed, 10:00-11:00AM	Feldenkrais Method®: Finding Balance …in a Chair - **ONLINE**	1/6-2/24	10th-Adult	3155.602
Wed, 10:00AM-12:00PM	Woodworking with Hand Tools 1 - Beginner	1/20-3/10	Adult	1714.603
Wed, 11:30AM-12:15PM	Yogilates® - **HYBRID**	1/13-3/10	12th-Adult	3176.602
Wed, 1:00-2:00PM	SHiNE Light™ Dance Fitness	1/6-3/10	12th-Adult	3168.602
Wed, 1:00-3:00PM	Ann Arbor SoprAltos	2/17-5/26	Adult	2867.601
Wed, 5:30-6:30PM	Healthy Back Yoga - **ONLINE**	1/6-3/10	10th-Adult	3724.604
Wed, 5:00-7:30PM	Adult & Pediatric First Aid/CPR/AED Certification - Blended Learning	2/17 ONLY	Adult	1964.601
Wed, 7:00-8:30PM	**NEW!** Parenting Children with Big Feelings - **ONLINE**	2/3 ONLY	Adults/ Parents	9988.601
Wed, 6:00-7:00PM	Zumba Fitness - **HYBRID**	1/6-2/10	Adult	3140.605
Wed, 6:00-7:00PM	Hatha Yoga	1/6-3/10	10th-Adult	3718.603
Wed, 6:30-8:30PM	Sewing 2: Next Steps	1/20-3/10	Adult	1382.601
Wed, 7:00-8:00PM	Swing Dance Level 2	1/6-3/10	10th-Adult	2262.602
Wed, 7:15-8:15PM	**NEW!** Adult Tap - Beyond the Basics	1/20-3/3	Adult	1627.602
Wed, 7:45-8:30PM	Beginner Adult Tang Soo Do (Korean Karate)	1/6-2/24	12th-Adult	3192.605

Wed, 8:00-9:00PM	Beginning West Coast Swing	1/6-3/10	10th-Adult	2628.601
THURSDAYS	**Name of Class**	**Dates**	**Ages**	**Class ID#**
Thurs, 10:30-11:30AM	Therapeutic Yoga - **HYBRID**	1/7-3/11	Adult	3750.604
Thurs, 5:30-6:15PM	Yogilates® - **HYBRID**	1/14-3/11	12th- Adult	3176.603
Thurs, 5:30-8:30PM	Adult Pottery: Wheel-Throwing 101	1/7-3/11	10th-Adult	2198.602
Thurs, 5:30-8:30PM	Adult Pottery: Hand-Building Open Studio	1/7-3/11	10th-Adult	2198.608
Thurs, 6:00-6:45PM	Strength Training	1/7-3/11	10th-Adult	3102.603
Thurs, 6:00-7:00PM	Cardio Dance & Pilates - **HYBRID**	1/7-3/11	10th-Adult	3108.607
Thurs, 6:00-7:00PM	**NEW!** Pilates Matwork	1/7-3/4	10th-Adult	3112.607
Thurs, 6:00-7:00PM	Intro to Yoga	1/7-3/11	10th-Adult	3701.605
Thurs, 6:00-7:15PM	Yoga Flow - **ONLINE**	1/7-3/11	10th-Adult	3711.608
Thurs, 6:00-7:30PM	Improv for Non-Actors	2/4-3/4	9th-Adult	1632.601
Thurs, 6:00-7:30PM	Spanish: Level 1	1/21-3/11	Adult	1509.601
Thurs, 6:00-8:00PM	American Sign Language (ASL): Level 2	1/14-2/18	9th-Adult	1502.601
Thurs, 6:00-8:00PM	Intro to Photography	2/11-2/25	10th-Adult	1253.601
Thurs, 6:00-8:00PM	**NEW!** Adult & Child: Chili Champions Cook Off	2/11 ONLY	1st-6th & an Adult	1672.601
Thurs, 6:00-8:00PM	**NEW!** Love & Cookies: Valentine Cookie Decorating	2/11 ONLY	9th-Adult	1534.601
Thurs, 6:00-8:00PM	**NEW!** Preparing Your Home for Sale: Tips, Timing & Strategy	3/4 ONLY	Adult	2438.601
Thurs, 6:00-8:00PM	**NEW!** Adult & Child: Mochi From Scratch & Matcha Shortbread	3/11 ONLY	3rd-12th & an Adult	1064.601
Thurs, 6:00-8:00PM	**NEW!** Adult & Child: Hop Into Spring Cookie Decorating	3/25 ONLY	1st-8th & an Adult	1623.601
Thurs, 6:00-8:30PM	**NEW!** Japanese Cozy Home Cooking	2/25 ONLY	10th-Adult	2256.601
Thurs, 6:00-8:30PM	Mastering Tempeh: Learn to Make and Cook Tempeh	3/25 ONLY	Adult	1326.601
Thurs, 6:00-9:00PM	**NEW!** First-Time Homebuyer Workshop	3/11 ONLY	Adult	2439.601
Thurs, 6:15-7:15PM	SHiNE™ Dance Fitness	1/21-3/18	12th-Adult	3168.604
Thurs, 6:30-8:30PM	Beginning Sewing	1/21-3/11	Adult	1749.602

Thurs, 6:30-8:30PM	Watercolor: Beginning & Continuing	1/28-3/4	8th-Adult	2182.601
Thurs, 6:30-8:30PM	Woodworking: Table Making	1/7-4/1	Adult	1298.601
Thurs, 6:30-9:00pm	Jewelry: Beginning and Continuing	2/18-3/25	9th-Adult	2163.601
Thurs, 7:00-8:00PM	**NEW!** Yin Yoga - **ONLINE**	1/7-3/11	Adult	3722.604
Thurs, 7:30-9:00PM	Iyengar Yoga **- HYBRID**	1/7-3/11	10th-Adult	3706.607
FRIDAYS	**Name of Class**	**Dates**	**Ages**	**Class ID#**
Fri, 9:15-10:30AM	Yoga Pilates - **ONLINE**	1/8-3/12	10th-Adult	3110.609
Fri, 9:30-10:30AM	Zumba Toning with Light Hand Weights - **ONLINE**	1/15-3/12	Adult	3142.605
Fri, 6:30-7:30PM	Adult Fencing	1/15-3/5	10th -Adult	3501.606
Fri, 6:30-8:30PM	Woodworking with Hand Tools 2 - Intermediate	1/8-3/19	Adult	1736.601
Fri, 6:30-8:30PM	Woodworking with Hand Tools 3 - Advanced	1/8-3/19	Adult	1738.601
Fri, 7:00-7:45PM	Cardio Kickboxing	1/8-3/12	10th-Adult	3314.605
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	1/8-2/5	Adult	2653.601
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	2/19-3/19	Adult	2653.602
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	1/8-2/5	Adult	2654.601
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	2/19-3/19	Adult	2654.602
Fri, 8:00-9:00PM	Traditional Argentine Tango: Intermediate	1/8-3/19	Adult	2259.601
SATURDAYS	**Name of Class**	**Dates**	**Ages**	**Class ID#**
Sat, 9:00-10:00AM	Cardio Barre	1/9-3/13	10th-Adult	3104.605
Sat, 9:00-10:00AM	Organized for Calm: Decluttering Your Space & Mind	1/9 ONLY	Adult	1870.601
Sat, 9:00AM-12:00PM	Adult & Child Woodworking Adventure	3/6 & 3/13	4th-8th & an Adult	1763.601
Sat, 10:00-11:30AM	Iyengar Yoga **- HYBRID**	1/9-3/13	10th-Adult	3706.605
Sat, 10:00AM-12:00PM	Adult & Child: Let's Sew Together Level 1	1/23-3/6	1st-6th & an Adult	1637.601
Sat, 10:00AM-12:00PM	Michigan Wildflowers: Family-Friendly Winter Planting	3/13 ONLY	Adult Individuals or Families (ages 5+)	2759.601
Sat, 10:15-11:15AM	Abs & Core for a Strong Back	1/9-3/13	10th-Adult	3172.601
Sat,	Adult Ballet - Absolute Beginners	1/16-3/6	Adult	1824.601

11:30AM-12:45PM				
Sat, 12:15-2:15PM	Adult & Child: Let's Sew Together Level 2	1/23-3/6	1st-8th & an Adult	**1742.601**
Sat, 12:30-3:30PM	Adult Pottery: Wheel-Throwing Open Studio	1/9-3/20	10th-Adult	**2198.605**
Sat, 12:30-3:30PM	Adult Pottery: Hand-Building Open Studio	1/9-3/20	10th-Adult	**2198.607**
Sat, 1:15-2:15PM	**NEW!** Adult Tap - Absolute Beginners	1/16-3/6	Adult	**1627.601**