

WINTER/SPRING ADULT EDUCATION - 2018							
<i>CLASS</i>	<i>INSTRUCTOR</i>	<i>DAYS</i>	<i>WEEKS</i>	<i>TIME</i>	<i>LOCATION</i>	<i>START</i>	<i>CLASS STATUS</i>
PAINTING CLASSES (Foundations)	Melanie Home Gun	Thursday	16	6-8 pm	AJ Resource Room	Join anytime	Supply list provided @ Class
*For more information - Call Melanie 406-470-0931 or e-mail: elemmh@cutbankschools.net							
* Painting (5 Easels available)							
ADULT WOODWORKING	Quinn Kelly	Monday	8	6 - 8 pm	HS Wood Shop, Rm 102E	Jan 22nd thru March 12th	Limit 10-\$10 material fee
*Phone: 406-873-5629 xt 183 TO REGISTER or e-mail-LIMIT10							
* E-Mail: cbhsqk@cutbankschools.net for more info							
MONDAY EVENING QUILTERS	Lorrie Siebrecht	Monday	16	6:30-9:00 PM.	Coulee Quilts	Join Anytime-Call to	Bring own supplies including
* This Class is designed for participants to bring projects that they would like to work on and finish.						check availability	Sewing Machine
* Space is limited: Call Lorrie Siebrecht to check on class availability—873-2176							
FIRST AID & CPR	Patrice Larson	Mon, 3/5	1	6:30-9:30 PM	CBMS 102A	Mon, March 5th	Limit of 10 people - \$30 fee
* E-Mail: cbmspl@cutbankschools.net for more info & TO REGISTER							
BE A BETTER BOWLER	J.W. Eaton	Tuesday	4	7-8 PM	Glacier Lanes, 34 S Central	Tues, Feb 6th	Feb 6th thru Feb 27th-No Fee
* Please call J.W. Eaton for information @ 470-4335							
* E-Mail: glacrins@bresnan.net							
BASIC OIL PAINTING	Betty Rudisill	M, W, Fri	16	6-9 PM	MTN VIEW Baptist Church	Mon, Jan 22nd-May 11th	Join anytime-call before Class
* Please call Betty to register and for additional information @ 873-0210							
* E-Mail: bettysawesomeart@hotmail.com							
* \$5/week for Supplies (unless students brings own supplies)-other info will be discussed @ 1st meeting							
LADY'S WELDING CLASS	Brian Hayes	Tuesday	6	5-8:30 PM	Auto Shop by Bus Garage	Jan 23rd thru Feb 27th	Call 1st for availability \$25 supply fee
*call Brian 1st for availability -406-873-2892							
*Participants need to dress appropriately to be safe in a welding environment (Jeans/leather shoes/hair tied back/no nylon or polyester fabrics/eye protection/leather gloves/hearing protection encouraged)							
ADULT VOLLEYBALL	Amy Overstreet & Chelsey Schwindt	Tuesday	16	7:00-9:00 PM	HC Davis Gym	Join any time	No class fee
* Contact Amy Overstreet 406-470-4562 for more information							
* e-mail: cutbankoverstreet@gmail.com; cschwindt@cutbankschools.net							
PI/yo Class	Betsy Anderson	Thursday	16	4:30 - 5:30 PM	Dance Studio-2 E Main	JOIN ANY TIME	
* Contact Betsy Anderson for more information					Behind Tumbleweed Photography		
* e-mail: eander28@yahoo.com							

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YOGA CLASS	Kim Stoltz	M, T, W, Th	16	5:00 - 6:00 PM	A.J. Lunchroom	JOIN ANY TIME	
WOMEN'S FITNESS -TURBO FIRE, ZUMBA & CARDIO	Teri Bickford	M, W, F	16	6 - 7:00 AM	Anna Jeffries Gym	JOIN ANY TIME	
WOMEN'S CIRCUIT TRAINING - WEIGHTS	Teri Bickford	T, TH	16	6 - 7:00 AM	High School Weight Rm	JOIN ANY TIME	
SENIOR FITNESS	Toni Altenburg	M, W, F	16	10 - 11:00 AM	Civic Center	JOIN ANY TIME	Civic Center Fees
*Combination of cardio & strength training at slower pace with the "young at heart" in mind.							
LUNCH CRUNCH BOOT CAMP	Toni Altenburg	M, F	16	12:15-1 pm	Civic Center	JOIN ANY TIME	Civic Center Fees
*Work hard for 45 minutes & feel great the rest of your day! Make it as easy or hard as you want.							
TBW - TOTAL BODY WORKOUT (All Fitness Levels Welcome)	Linda Bruch	M, W, F	16	5:30 - 6:30 am	Civic Center	JOIN ANY TIME	Civic Center Fees
*Combination of cardio & strength training w/ focus on core	Ashley Kimmert	T, TH	16	5:30 - 6:30 pm	Civic Center	JOIN ANY TIME	Civic Center Fees
*Bring 5/8/10 pound dumbbells and a yoga mat, if available							
"THIS GIRL CAN "	Jennifer Biegler	M, T, Thur	16	7 - 8 pm	Civic Center	JOIN ANY TIME	Civic Center Fees-Limit 8
*Mini-Boot Camp designed for Beginners who want to get started working out							
*Call Jennifer Biegler first as class is limited to 8							
*Phone: 873-5581							
*Email: recdirector@ilve.com							
REGISTRATION FORM							
Please call or e-mail the specific instructor to Register if required							
(Some classes require pre-registration - please call or e-mail each instructor for more info)							
Name _____							
Class(es) _____							
Phone: _____							
E-mail: _____							