

CLASSES / Winter 2010

ARTS

Stitches Sewing and Knitting

Instructor: Jose Santiago
Mon. + Thr. 10:30 am - 2:00 pm

Ongoing
\$5/class walk-in fee

Ages 18+ / **Location: The Studio**

Instruction in sewing, knitting and crocheting for beginners. Class will begin by making simple, useful items and progress to more complex projects.

Bookbound!

Instructor: Natasha D. Miles
Thursdays, 5:30 - 6:30 pm

Jan. 14 - Mar. 4 (8 weeks)

\$65.00

Ages 18+ **Location: The Workshops Classroom N107**

Have you always wanted to tell your story using images, words and found objects? Learn innovative book binding techniques such as Japanese Box-Stitch and Panoramic Accordion-Style. Create using collage layering with a variety of recyclable memorabilia and materials found with in your home.

Comics, Characters & Creatures Unite!

Instructor: Natasha D. Miles
Saturdays, 10:00 - 11:00 am

Jan. 16 - Feb. 20 (6 weeks)

\$50.00

Ages 10+ **Location: The Workshops Classroom N107**

Do you enjoy telling a story using pictures and words? Learn how to use your imagination for creating characters, creatures and words into your own Comic Book. From Marvel to Manga, students will have the opportunity to explore a variety of comic book designs, color layout and illustration.

Lantern Making Workshops

Instructor: Anne Cubberly
Wednesdays, 10:00 am - 12:00 pm

Jan. 20 - Feb. 3 (3 weeks)

Ages 12 - 99 **Location: The Workshops Classroom N107**

\$40/class or \$100 for all three workshops with pre-registration

*Students may sign up for one or all classes.

Wed. Jan. 20 - Lantern Making 1 / Basic Techniques

Students will learn the most basic techniques of working with split reed, building a structure, and applying tissue paper to the frame.

Wed. Jan. 27 - Lantern Making 2 / Intermediate

Students will work with more complicated structural forms and building techniques to create a frame and learn new techniques for applying the paper.

Wed. Feb. 3 - Lantern Making 3 / Advanced

Students will learn to work with wet reed in order to create sophisticated forms and learn the art of layering colored papers.

Private Art Classes

Looking for individualized instruction? Consider private art lessons with our artists-in-residence from The Workshops program. Please call for details.

Classes are FREE to Community @rts Card holders.
Community @rts Cards are available to families in the 06106 neighborhood.

FITNESS

ZUMBA

Instructor: Rodolfo Ramirez
Thursdays, 7:00 - 8:00 pm

Jan. 7 - Mar. 11 (10 weeks)

\$5/class or \$45 for 10 class card

Ages 18+ and 14+ accompanied by adult **Location: The Studio**

A fusion of Latin and international music-dance themes that create an exciting and effective fitness system. Just feel the music and dance the pounds off!

Bring a bottle of water, hand towel and wear supportive sneakers.

X-Treme Circuit Training

Instructor: Stacy Edwards
Saturdays, 11:30 am - 12:30 pm

Jan. 9 - Feb. 13 (6 weeks)

\$10/class or \$50 for 6 classes with pre-registration

Ages 16+ **Location: The Studio**

X-treme Circuit Training focuses on total body conditioning by delivering a series of workouts that will shed fat and enhance your endurance, strength, core stability. Students will boost your metabolism, increase muscle tone, and upgrade your overall level of health and physical fitness.

Yoga Meets Dance

Instructor: Lucy Rosenblatt
Saturdays, 10:00 - 11:00 am

Jan. 16, 30, Feb. 13, 27 & Mar. 13, 27 (6 weeks)

\$10/class or \$50 for 6 classes with pre-registration **Location: The Studio**

A workshop that combines gentle yoga, free dance movement and meditation. Laugh, stretch, dance and connect with others. For all ages, shapes and sizes: for dancers, non-dancers, lovers of yoga and those with two left feet.

AM Power Yoga Express

Instructor: Kalvati Cheryl Guertin
Tuesdays, 7:15 - 8:15 am

Jan. 19 - Mar. 16 (9 weeks)

\$7/class walk-in fee or \$56 for 9 classes with pre-registration

Kalavati Cheryl Guertin began her training at the Integral Yoga Institute in New York City and she is a graduate of the West Hartford Yoga Teacher Training Program. She invites her students to the mat to engage in a joyful, challenging and liberating practice. **Location: The Studio**

Sizlin' Salsa Dancing

Instructor: Adrienne Cotter
Mondays, 5:30 - 6:30 pm

Feb. 15 - Mar. 15 (5 weeks)

\$5/class or \$20 for 5 classes with pre-registration **Location: The Studio**

This class will introduce participants to the rhythm and introductory steps of salsa dancing. You will learn beginner turns, small, tight movement for club dancing, and the start of the lead/follow. Learn these hot sexy moves and get a workout while having a fun time and listening to great music.

Full payment is required to reserve space and to register.

Classes that do not meet their required minimum enrollment will be cancelled and notification will be given 24 hours before first day of class.

For further information and registration please contact Janice La Motta, Program Coordinator at 860.548.9877 or jlammotta@billingsforgeworks.org



Reinvigorating Frog Hollow through jobs, food, arts, and housing.

539 - 563 Broad Street • Hartford, CT • 06106 • 860.548.9877
www.billingsforgeworks.org



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Registration Form

Name: _____

Street: _____

Town: _____ Zip: _____

Phone: Home: _____ Cell _____ Work _____

Email: _____

Age: (if under 18) _____ Male _____ Female _____

Program	Dates	Time	Fee
<input type="checkbox"/> Stitches Sewing & Knitting	Jan. 11 – Mar. 18	Mon. & Thr. 10:30-2:00 pm	\$5.00/class \$100.00 for 20 classes
<input type="checkbox"/> Bookbound!	Jan. 14 – Mar. 4	Thr. 5:30-6:30 pm	\$65.00/8 weeks
<input type="checkbox"/> Comics, Characters..	Jan. 16 – Feb. 20	Sat. 10:00-11:00 am	\$50.00/6 weeks
<input type="checkbox"/> Lantern Making / Basic	Jan. 20	Wed. 10:00 am – 12:00 pm	\$40.00/ class \$100 for all 3 workshops
<input type="checkbox"/> Lantern Making / Intermed.	Jan. 27	Wed. 10:00 am – 12:00 pm	\$40.00/ class \$100 for all 3 workshops
<input type="checkbox"/> Lantern Making / Advanced	Feb. 3	Wed. 10:00 am – 12:00 pm	\$40.00/ class \$100 for all 3 workshops
<input type="checkbox"/> Zumba	Jan. 7 – Mar. 11	Thr. 7:00-8:00 pm	\$5.00/class \$45.00/10-class card
<input type="checkbox"/> X-Treme Circuit Training	Jan. 9 – Feb. 13	Sat. 11:30 am – 12:30 pm	\$10.00/class \$50.00 for 6 classes
<input type="checkbox"/> Yoga Meets Dance™	Jan. 16 – Mar. 27	Sat. 10:00 – 11:00 am	\$10.00/class \$50.00 for 6 classes
<input type="checkbox"/> AM Power Yoga Express	Jan. 19 – Mar. 16	Tue. 7:15 – 8:15 am	\$7.00/class \$56.00 for 9 classes
<input type="checkbox"/> Sizlin' Salsa Dancing	Feb. 15 – Mar. 15	Mon. 5:30 – 6:30 pm	\$5.00/class \$20.00 for 5 classes

TOTAL

Payment Type

Check - Payable to *Billings Forge Community Works*

VISA Master Charge Card # _____ Expiration Date _____

- Classes take place at The Studio @ Billings Forge• 565 Broad Street • Hartford, CT and The Workshops Classroom N107 (northside of Firebox Restaurant)
- Full payment is required to reserve space and to register.
- Classes that do not meet their required minimum enrollment will be cancelled and notification will be given 24 hours before first day of class.
- For further information please contact Janice La Motta, Program Coordinator at 860.548.9877 or jlamotta@billingsforgeworks.org

Please complete registration form for each participant and mail with payment to:

Billings Forge Community Works
140 Russ Street • Suite S101
Hartford, CT 06106