

# PRINCETON ISD

COMMUNITY EDUCATION SPRING

2017

## SPANISH FOR GRINGOS

Want to learn Spanish but don't have time to learn all of the rules of grammar or attend language classes? Then this class is for you! This is a completely informal language learning class that is a

Quick and easy way to pick up informal, practical Spanish.

**Instructor:** Sandra Hague

**Location:** Huddleston Intermediate

**Class Fee:** \$20 for book

**Date:** Thursdays

**Time:** 6-9pm

**Session in progress**

SE HABLA  
ESPAÑOL





## Denton ISD Adult Education & Literacy Co-op

### Serving the needs of Denton and Collin Counties

Free Adult Basic Education, GED, English Language Acquisition (ESL) and Citizenship classes.

It's never too late to learn! Would you like to join their G.E.D. Classes or just improve your math, reading or writing skills?

Morning and Evening  
Classes available

Call 940-369-0400

[www.dentonisd.org](http://www.dentonisd.org)

The classes are **FREE** and open to anyone over the age of 18 (available for 16 & 17 if special requirements are met.)

FOR REGISTRATION INFORMATION PLEASE CALL: 940-369-0400





## Slimmersize Class

Body sculpting program performed to music and designed to increase metabolism and improve body tone, circulation, and flex ability. Classes will continue throughout the year.

The morning class is \$54 per 6 weeks (18 classes). Drop- in cards may be purchased for \$20 and are good for five slimmersize classes. 10% senior discount available.

**Instructor:** Carol Bodwell (Certified personal fitness consultant – Cooper Institute)

**Location:** Princeton Community Education Building

**Monday** - Stretch & Relaxation

**Wednesday** – Aerobics & Calisthenics

**Friday** – Aerobics & Calisthenics

**Time:** 8-9 am

## Lite & Easy

Improve you mobility, strength and flexibility with light and easy movements for overall health and fitness. Perfect for beginners, senior and those with recent health problems, Class in progress.

**Instructor:** Carol Bodwell

**Location:** Community Education Building

**Mondays** – Weights & Calisthenics

**Wednesdays** - Weights & Calisthenics

**Time:** 9-9:45 am

**Class fee:** \$1 per session – under 60 years of age, over 60 years of age free  
**for more information please contact Melissa Carroll at: 469-952-5400 x 3507**



## Strength Training

Receive instruction on exercise technique in a program designed for muscle toning and body building. Classes continue throughout the school year. \$36 per week class session. Fee is prorated as of starting date. Limited enrollment.

**Instructor:** Diane Rohr (Certified Personal Fitness Consultant, Cooper Institute)

**Location:** Princeton ISD Wellness Center

**Dates:** Tuesdays and Thursdays

**Time:** 4:30-5:30p.m. (Session in progress)

For information

Contact

Melissa Carroll at

469-952-5400

EXT 3507

