

MSCR FREE COMMUNITY CLASSES



EAST - 4620 Cottage Grove Road, Madison

Functional Fitness	50+ yrs	W	1/3	10:00-11:00am
Yoga Flow	14+ yrs*	W	1/3	6:00 - 7:00pm
Drawing	18+ yrs	R	1/4	9:00-11:00am
Persistent Pain	18+ yrs	R	1/4	10:00-11:00am
Mini Fairy Gardens (parent/child)	4-8 yrs	R	1/4	4:30-5:30pm
Pre-Ballet	3 yrs	R	1/4	5:45-6:15pm
Ballet	Gr K-1	R	1/4	6:30-7:20pm
Acrylic Painting	18+ yrs	F	1/5	9:00-11:30am
Movie Make It Mash Up (parent/child)	4-8 yrs	M	1/8	4:30-5:30pm
WERQ	14+ yrs*	M	1/8	6:00-6:45pm
Dance With Me	2-3 yrs	T	1/9	9:00-9:30am
Watch Me Dance	3-5 yrs	T	1/9	9:45-10:15am
Circuit Training	50+ yrs	T	1/9	10:00-11:00am
Pre-Ballet	3 yrs	T	1/9	10:30-11:00am
Pre-Ballet	4-5 yrs	T	1/9	11:15-11:55am
Functional Fitness	50+ yrs	W	1/10	10:00-11:00am
Arthritis Exercise	50+ yrs	W	1/10	1:00-1:45pm
Sewing - Cancelled	18+ yrs	W	1/10	
Boot Camp	14+ yrs*	W	1/10	6:00-6:45pm
Zumba	14+ yrs*	W	1/10	7:00-8:00pm
Strong Women	50+ yrs	R	1/11	10:15-11:15am
Einkorn Flour, Olive Oil & Vinegar-Who Knew?	18+ yrs	R	1/11	1:00-2:15pm
Calendar Creations (parent/child)	4-8 yrs	R	1/11	4:30-5:30pm
Pre-Ballet	4-5 yrs	R	1/11	5:45-6:25pm
Tap	Gr K-1	R	1/11	6:40-7:30pm



HOYT - 3802 Regent Street, Madison

Movie Make It Mash Up (parent/child)	4-8 yrs	W	1/3	5:15-6:00pm
Ballroom Dance	18+ yrs	W	1/3	7:30-8:30pm
Einkorn Flour, Olive Oil & Vinegar-Who Knew?	18+ yrs	R	1/4	1:00-2:15pm
Art Exploration (parent/child)	1 ½-5 yrs	R	1/4	5:15-5:45pm
Low Impact	50+ yrs	F	1/5	12:00-1:00pm
Pilates	50+ yrs	M	1/8	1:00-2:00pm
Mini Fairy Gardens (parent/child)	4-8 yrs	M	1/8	5:15-5:45pm
Tales for Tots	3-5 yrs	T	1/9	9:00-9:45am
Curiosity Kids (parent/child)	2-3 yrs	T	1/9	10:15-11:00am
Scottish Country Dance	14+ yrs*	T	1/9	7:00-8:15pm
Calendar Creations (parent/child)	4-8 yrs	W	1/10	5:15-6:00pm
Art Exploration (parent/child)	1 ½-5 yrs	R	1/11	5:15-5:45pm
Mixed Media Collage	18+ yrs	R	1/11	6:00-7:30pm
Gentle Exercise	50+ yrs	F	1/12	12:00-1:00pm
Wizards, Galaxies & Leprechauns	Gr 2-6	F	1/12	4:30-6:00pm



ODANA - 5625 Odana Road, Madison

Core de Force Studio	14+ yrs*	W	1/3	6:30-7:15pm
HIIT	14+ yrs*	R	1/4	6:00-6:45pm
Pilates	14+ yrs*	R	1/4	7:00-7:45pm
Tales for Tots	3-5 yrs	F	1/5	9:00-9:45am
Curiosity Kids (parent/child)	2-3 yrs	F	1/5	10:15-11:00am
Scottish Highland Dance	Gr K-5	F	1/5	5:00-6:00pm
Scottish Highland Dance	Gr 6-12	F	1/5	6:00-7:00pm
Yoga Flow	14+ yrs*	M	1/8	6:00-7:00pm
Gentle Yoga	50+ yrs	T	1/9	1:15-2:15pm
HIIT (High Intensity Interval Training)	14+ yrs*	T	1/9	6:00-6:45pm
Simple Strength	50+ yrs	W	1/10	9:00-10:00am
Core de Force	14+ yrs*	W	1/10	6:30 7:15 pm
Crazy for Cross Stitch	Gr 5-8	R	1/11	6:30-7:30pm
Dance With Me	2-3 yrs	F	1/12	9:00-9:30am
Watch Me Dance	3-5 yrs	F	1/12	9:45-10:15am
Pre-Ballet	3 yrs	F	1/12	10:30-11:00am
Pre-Ballet	4-5 yrs	F	1/12	11:15-11:55am



MEMORIAL HS - 201 S. Gammon Road, Madison

Scottish Highland Dance	18+ yrs	R	1/11	6:30-7:45pm
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*Teens ages 14+ may attend with a participating adult.



MSCR FREE COMMUNITY CLASSES

Drop-in only, no pre-registration for classes. All classes are free.

Please note: Materials are provided for all art classes and space is limited to first come, first served. A partial list of class descriptions is below.

Acrylic Painting Learn acrylic painting techniques along with color mixing and composition. Paintings cover a range of subjects. All levels welcome. Space is limited to first come, first served.

Ballroom Dance Learn basic ballroom dance steps and variations including fox trot, waltz & swing. Learn to lead, follow and how to relax on the dance floor. Please wear smooth-soled shoes. Partner required.

Boot Camp-This interval class is designed to improve your fitness level and change your body composition. Combine strength training, plyometrics, cardio drills, and core exercises for total body workout. Get ready to move! Bring a water bottle and wear indoor fitness shoes. BYOM.

Calendar Creations Parent/Child-Craft your way through different seasonal holidays in this mini-workshop designed to give you a taste of our popular holiday-themed workshops for families. Space is limited to first come, first served.

Core de Force Studio and Core de Force-Core De Force workouts are broken into 3 minute rounds, just like a real boxing match! Experience boxing, kickboxing, Muay Tai combinations and bodyweight moves. You'll pummel calories and build a strong core! This class is non-contact, no experience necessary!

Drawing Using the many supplies available to artists, students learn the steps to build up a finished drawing. Explore how to see light and shadow to create the illusion of 3-dimensional objects on paper. Draw from still life arrangements and photographs. Space is limited to first come, first served.

Einkorn Flour, Olive Oil and Balsamic Vinegar-Who Knew?-Get tips, health news and recipes from Lori Hackman, Owner of The Oilerie in Sun Prairie. Hear about her appearance on the TV show Shark Tank and how it led her to the store in Sun Prairie. In addition, Diana Konkle will inspire you by sharing the health benefits of incorporating Einkorn flour into your diet. Diana is a down to earth nutritionist, former food business owner and cookbook author. Free samples! Space is limited to the first 60 people, first come, first served.

HIIT-High Intensity Interval Training (HIIT) mixes bouts of speed, power and intensity with brief periods of rest. This workout is perfect for cardio and strength training, variety and burning calories! BYOM.

Mixed Media Collage Looking for creative freedom? Explore a wide variety of materials as you create a unique mixed media collage while learning about composition and different techniques. No experience necessary. All supplies provided, but you are welcome to bring elements to incorporate into your collage. Space is limited to first come, first served.

Movie Make-It Mash Up-Parent/Child-Create fun projects based on your favorite children's movies! This mini-workshop is designed to give you an idea of what it's like to come to one of our popular Movie Make It workshop series. Projects will be taken from new and classic films. Space is limited to first come, first served.

Persistent Pain-Have you been diagnosed with fibromyalgia, myofascial pain, or any other chronic pain condition lasting for more than 6 months? Do you have trouble tolerating traditional exercise? This combination class presents the latest information on the neuroscience of pain, self care techniques for persistent pain, and gentle exercise using Tai Chi movements and principles.

Pilates-Build strength and improve flexibility and posture with Pilates. This class begins with an introduction or refresher on the fundamentals of Pilates mat work, learning and mastering the basics, then progresses through more challenging exercises. All levels welcome. BYOM.

Scottish Country Dance Have fun learning the social dances of Scotland, danced around the world. No need for a partner, a kilt or even to be Scottish. Taught by experienced teachers from the Madison Scottish Country Dancers.

Scottish Highland Dance Experience Scottish Highland culture through movement! Learn the basics of Highland dance technique and explore dances from the Highland and Scottish National dancing repertoires. A marriage of art and sport, Highland dance is a high-energy aerobic dance form, expect a good workout from each class.

Sewing Start from scratch and learn the brief basics of sewing, from threading the machine to sewing your first stitches. No experience necessary. Sewing machines provided. Space is limited to first come, first served.

WERQ-A fiercely fun dance fitness class based on pop, rock and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses.

Wizards, Galaxies and Leprechauns-This class is designed to give participants a taste of the Galaxy Art, Wonderful Wizarding World and the Luck O' the Irish classes being offered this winter. Space limited.

Yoga Flow-This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures. Yoga Flow is perfect for: active yoga, strength building and improving flexibility. BYOM.

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