Programs for Adults (continued)

Belly Dance Class
Wednesdays, 6:00—7:00 PM
March 1—March 29
Learn how to belly dance with Dawn Rhys! Prefunction lobby on the 3rd floor of the Library.

Intermediate & Advanced Tai Chi
Fridays, 10:00 AM
January—December
Are you a more advanced Tai Chi student? Then this is the class for you! Auditorium.

Beginner Tai Chi
Fridays, 11:00 AM
January—December
Come learn the practice of Tai Chi. Auditorium.

Raw Food Uncooking Class: Healthy Raw Soups
Tuesday, 6:30—7:30 PM
March 14
Have you ever made a soup in under 10 minutes? Learn how to make a nutrient-packed soup, without heating up the kitchen! Raw foods deliver maximum vitality to our bodies in an easy-to-digest manner. They've also been shown to provide more energy,
support heart health, reduce inflammation, and much more!
Clematis Room.

Fitness After 70: Creating a Safe Exercise Program
Tuesday, 1:30—3:00 PM
April 11
Starting or maintaining a regular exercise routine can be a hallenge at any age—and it doesn't get any easier as you get older. Join speaker Vesna Poirier, RN, Director of Patient Services, MorseLife Home Care, and discover a healthy and safe exercise program for those who are over 70 years old. Clematis Room.

Raw Food Uncooking Class: SeeFood Ceviche
Wednesday, 6:30—7:30 PM
April 12
No seafood here, just great raw food to see! You don't have to give up your favorite dishes to experience the benefits of raw food. Ceviche so good, it could fool any fisherman! Hibiscus Room.

Mandel Public Library of West Palm Beach

Introducing Healthy You a series of nutrition, exercise and wellness classes designed to inspire a healthy and active lifestyle!

Programs for Children

Itsy Bitsy Yoga
Mondays
10:00 AM for Crawlers & Walkers
11:00 AM for Non-Crawlers
January 9—April 24
For ages birth - 24 months. Move with your baby! Itsy Bitsy Yoga will help your baby become happier and healthier. Two sessions: one for newborns to almost crawling babies with a caregiver, and one for babies who are crawling and walking, with a caregiver. ***Space is limited. Sign-up upon arrival.*** Children's Program Space.

Intro to Ballet
Wednesdays, 3:30—4:30 PM
January 11—April 26
For ages 3 - 6. Learn the basics of ballet. Registration is required due to class size requirements ***Online and phone registration will open every Wednesday at 9:30 AM. Call 561-868-7703 to register.*** Children's Program Space.

QUANTUM FOUNDATION *Sponsored by a grant obtained by the WPB Library Foundation from the Quantum Foundation.*

WPB WEST PALM BEACH
411 Clematis Street
West Palm Beach, FL 33401
561.868.7701
wpbcitylibrary.org

Programs for Children (continued)

Kids Can Cook
Thursdays, 4:00—5:00 PM
January 12, February 9, March 9, April 13
For kids in grades 3 – 5. Kids will learn cooking basics during this fun and interactive class while engaging literacy, math and science skills. ***Registration required and space is limited. Call 561-868-7703 to register.*** Children's Program Space.

Spring Break Soccer
Monday, March 20; Wednesday, March 22, Friday, March 24
Ages 2-5 3:45—4:15 PM Grades K-5: 4:15—4:45
Children will learn how to play soccer through interactive stories! Participants will act out a variety of storylines that replicate soccer drills in this fun, educational, age appropriate skill, fitness and motor development program. A certified coach will demonstrate soccer techniques, so children can see a skill, learn it, practice it and replicate it. ***Space is limited. Sign-up at the desk upon arrival.*** Auditorium.

Kids Fitness
Mondays, 6:30—7:30 PM
April 3—April 24
For kids ages 9 - 12. Kids will build muscle endurance through aerobic exercises that focus on improving balance and core strength. Join us for a huge dose of fun as we use burpees, mountain climbers, resist balls, jump ropes and more through a variety of games and drills. Yoga-style stretches and poses finish each class. ***Sign-up upon arrival.*** Children's Program Space.

Zumba® Kids
Wednesdays, 6:30 PM
April 5 – April 26
For kids ages 7 – 11. Learn kid-friendly routines based on original Zumba® choreography! We break down the steps and add games, activities and cultural exploration elements into this fun class. ***Sign up upon arrival.*** Children's Program Space.

Programs for Teens

Teen Hip-Hop Dance
Saturdays, 3:00—4:00 PM
March 4—April 29
Teens — like to dance? An instructor from Loud Live Productions will be teaching Hip-Hop dancing on Saturday afternoons. ***Class size is limited. Sign up upon arrival.*** Pre-Function Area on the 3rd Floor.

Programs for Adults

Lunch Time Roll: Rollology
Mondays and Fridays, 12:05—12:50 PM
January—December
Learn this strengthening and stretching technique! Strengthen your core muscles. Auditorium.

Yoga Classes
Tuesdays, 5:45 and 7:00 PM
Saturdays, 9:45 AM and 11:00 AM
January—December
Bring your mat and practice yoga with Priyanka! Auditorium.

Zumba Gold
Wednesdays, 2:00 PM
January—December
The easy-to-follow program that lets you move to the beat at your own speed. Zumba Gold® classes provide modified, low-impact moves for active older adults. Auditorium.

Pilates Classes
Thursdays, 10:30 AM
January—December
Bring your mat and practice Pilates! Auditorium.

Yoga for Seniors
Thursdays, 1:30—2:30 PM
March—April
Seniors, this class was designed especially for you! Bring your mat and practice with Priyanka! Auditorium.

Zumba
Thursdays, 6:00 PM
January—December
Get fit and have some fun at the same time! Exercise to salsa and more! Auditorium.