

Pamlico Community College's Cultural & Life Enrichment program classes starting soon.

CHAIR YOGA & MEDITATION

Instructor: Diana Peterson Certified Integral Yoga & T'ai Chi Instructor

Seated muscle toning & joint lubrication for strength, balance and stability.

Breathing techniques for relaxation, stress reduction and meditation.

Thursdays 10:30 am – 11:30 am

April 5th – June 7th, 2018 (10 classes) last day to sign-up April 11th.

\$35 (10 classes) Oriental Town Hall

JEWELRY

Instructor: Suzanne Burchfiel

Learn a new technique and design every time

Monday 10:00am – 12:30pm

April 16th, May 7th, \$35 per session/1 class per session (materials are included in price).

PCC Brinson Building Rm 404

TRADITIONAL CERAMIC PROGRAM

Instructor: Barb Drexler

Students will learn ceramic terms and the use of assorted ceramic tools.

Each student will complete 4 projects using various ceramic finishes on each piece. This class is offered to both beginners and experienced individuals.

Wednesdays, April 11th – May 9th, 1:00 pm – 3:00 pm, \$70/session (5 classes/session) *Only a cleaning kit and brushes must be purchased by students - all other materials are included in the cost* Classes held at instructor's studio - Kil "N" Thyme Ceramics in Stonewall.

REFIT® - Free!

Instructors: Yolanda Cristiani and Kacy Forbes

REFIT® is a workout program that is structured around cardio-dance movements, toning and flexibility, strength training and stretching. REFIT® uses value positive, energetic, and family-friendly music in multiple genres and is designed for all shapes, sizes, and fitness levels. These FREE classes are offered most Tuesdays 6:00pm – 7:00pm in the Delamar Center Auditorium. Class schedules are listed on "REFIT® Pamlico" on Facebook, or call Yolanda at 828-421-7981.

🎵 PCC MUSIC JAMS🎵

THIRD & FIFTH THURSDAYS!

April 19th, May 17th & 31st.

6 pm until 🎵 PCC Delamar Auditorium STAGE.

Musicians of all levels gather to share song and camaraderie in a relaxed and open atmosphere.

Pick, play, sing, or just listen!

♪ Free and Open to the Public ♪

**For more information and possible schedule changes for the C&LE classes contact:
Denise ~ 252-249-1851 Ext. 3113, dmeyerson@pamlico.edu