



Available Courses

REGISTRATION REQUIRED

Learn How to Register Below



Register for
Courses
to take this month!

May 2024

NEVER STOP LEARNING, KEEP ON GROWING!

THU
2

Yoga Flow with Yoga Nidra

Sterling Heights | 11AM | \$65

BE! Brain Enrichment Course

Lake Miona | 6PM | \$93

SAT
4

Paint like Bob Ross in One Day: Northern Lights

Lake Okahumpka | 2:30PM | \$65

MON
6

Yoga: Yo.Pi.Chi.Med = Flexible Forever

Allamanda | 9:30AM | \$48

Building a Balanced Relationship with Others

Lake Miona | 1PM | \$40

WED
8

Pilates Basics for a Strong, Flexible Body

Coconut Cove | 4PM | \$50

THU
9

Activate Your Body's Healing Energy

Trillium | 9:30AM | \$50

Secret Service: Assassinations to Arrests

Rohan | 6PM | \$12

MON
13

Discover Scuba

Everglades | 10AM | \$63

Understanding the "Big Four" Digital Camera Settings

Lake Miona | 6:30PM | \$40

Snorkeling

Everglades | 11AM | \$63

Tai Chi for the Soul

Mulberry Grove | 7PM | \$75

Chair Yoga

First Responders | 5:30PM | \$60

Integrative Nutrition

Bacall | 12PM | \$60

WED
15

Finrobics Intermediate

SeaBreeze | 3PM | \$70

Finrobics Beginner

SeaBreeze | 4:10PM | \$70

Tablescape Creations

Lake Miona | 10AM | \$30

THU
16

Re-TIRE-ment to Re-ENERGIZE-ment

Rohan | 10AM | \$20

FRI
17

Coffee Home Roasting and Tasting

Lake Miona | 9:30AM | \$25

Kickboxing Low Impact Cardio

Big Cypress | 10AM | \$48

Ballroom: Dance Jam Intermediate to Advanced

Lake Miona | 10AM | \$40

Ballroom: Foxtrot & Waltz Levels I & II

Lake Miona | 11:15AM | \$40

SAT
18

Healthier You: The Importance of Sleep and Dreams

Lake Miona | 2PM | \$15

Line Dance: Latin All Levels

Hibiscus | 2PM | \$40

THU
23

Aerobics: Sals-Aerobics ALL Levels

Allamanda | 3:30PM | \$40

Jazz Dance for Beginners

Aviary | 11:15AM | \$50

Ballroom: Swing, Swing, Swing All Levels

Allamanda | 4:45PM | \$40

TUE
28

Yoga for Beginners

Colony Cottage | 2PM | \$40

HOW TO REGISTER

Register now for these select Learn & Grow monthly courses and many others available from The Enrichment Academy. Some classes are offered multiple days. For more information about course offerings, cost, supplies and how to register visit our website. Registration is required.



Register Online: Visit the website [TheEnrichmentAcademy.org](https://www.TheEnrichmentAcademy.org)

Register In-Person: At Your Service Location Monday - Friday 8:30AM - 4PM.

Saturday & Sunday 8:30AM - Noon at La Hacienda, Lake Miona, Eisenhower, Rohan & Everglades.

The Villages®
Recreation & Parks



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