



TCC Lifestyle Programming



YOGA CLASSES

**EVERY WEDNESDAY AND SATURDAY
BEGINNING ON SATURDAY, OCTOBER 3**

WEDNESDAYS • 6:30 PM
SATURDAY • 9:30 AM

Please bring your own yoga mat.

COST TO MEMBER: \$8 per class.

COST TO NON-MEMBER: \$10 per class.



“PARENT’S NIGHT OUT!”*

**THE FIRST SATURDAY OF EVERY MONTH
BEGINNING ON SATURDAY, OCTOBER 3 • 6:00 PM**

Enjoy an evening of dining! Let us entertain your little ones. We’re offering baby-sitting services in the Men’s Grille with fun activities including games, crafts, and much more!

Cost is \$8 per hour for one child and \$10 per hour for two or more children. Please note that meals for children can be provided at an additional charge.



SIP & PAINT CLASSES*

**THE THIRD THURSDAY OF EVERY MONTH
BEGINNING ON THURSDAY, OCTOBER 15 • 6:00 PM**

This is a wonderful class where you’ll sip and paint the night away! Each month will feature different creations, using different techniques. This is for the novice painter and is designed to be more fun than fancy!

COST TO MEMBER: \$25.00 per class.

COST TO NON-MEMBER: \$30.00 per class.

Cost includes canvas, paint, instruction and lots of fun!

Wine and cocktails will be available for additional cost.



TCC “WINE 101:” PAIRING & SHARING*

THURSDAY, OCTOBER 22 • 6:00 PM

Learn All About Wine and Beer too!

This two hour interactive tasting classes will introduce you to the exciting world of wines! Learn how to taste wines like a pro, practice the fundamentals of marrying wines (or beers!) with food, and take your wine and beverage confidence to a new level!

COST TO MEMBER: \$20.00

COST TO NON-MEMBER: \$25.00

*An RSVP id required by calling 330.759.4570. All proceeds raised from the Lifestyle Enhancement Program will go toward the new TCC Health and Fitness Center Fundraising Campaign.

For more information or to RSVP for the above events contact Jennifer Saul Campbell at 330.759.4570.