

MOLLOY UNIVERSITY COMMUNITY CLASSES

Molloy University

Each session is \$100, \$800 total for all sessions

January 6, 8, 13 & 15

10:00-11:30 and 12:20-2:00pm

Yoga – Michelle Cavanagh

A gentle introduction to foundational yoga poses, breathing, and mindfulness. Students will build flexibility, balance, and a sense of calm through guided practice.

Fitness – Marlene Kirsch

This class combines light cardio with gentle stretching to increase mobility and overall wellness. Students will move at a comfortable pace while building healthy exercise habits.

Dance – Jen Apostol

Students will learn basic ballet positions, simple movements, and musicality in a supportive environment. The class focuses on body awareness, coordination, and the joy of movement.

Executive Function – Dr. Quinn

Students will practice executive functioning skills through real-life social scenarios, role play, and guided modeling. Feedback will help them apply these strategies across different settings.

Intro to Theatre – Marianne O'Donnell

Students will explore storytelling, character work, and self-expression through fun theatre exercises. The class builds confidence, creativity, and communication skills.

Reflexology – Maureen Flanagan

Students will learn basic reflexology techniques that support relaxation and overall well-being. The class introduces pressure-point methods to promote calm and reduce stress.