



Giant Step

ELECTIVE CLASSES

MEN'S GROUP

These electives address areas in personal care, empowerment, understanding social and current events. These guided discussions are used to help master social skills in the workplace and promote greater awareness in relationships.

Monday
6:30pm- 7:00 pm
\$26 a class
Twice a month

WOMEN'S GROUP

These electives address areas in personal care, empowerment, understanding social and current events. These guided discussions are used to help master social skills in the workplace and promote greater awareness in relationships.

Monday
6:30pm- 7:00pm
\$26 a class
Twice a month

YOGA

Yoga class is designed to support a healthy lifestyle with emphasis on personal care, self-awareness and self-development. Social skills are incorporated into every class.

Wednesday 5:30pm-6:00 pm
\$13 a session

FITNESS

Focuses on a healthy lifestyle and self-awareness. Individual goals and abilities are carefully guided by the instructor. Self-care and personal hygiene are also addressed.

Monday 4:30pm-5:00pm
\$13 a session

DANCE

Dance class is geared towards self-expression, personal care, and healthy lifestyle. Social skills are incorporated into every class.

Tuesday 5:45pm-6:30pm
\$13 a session

ART CLUB

Art class addresses self-expression, self-development, and cooperative learning. Social skills are a part of every class.

Thursday 7:00pm-8:00pm
\$13 a session

Members of the community can inquire about participating in Giant Step elective classes.