

50+ WELLNESS PROGRAM

Mondays 8 weeks \$95

Oct 21-Dec 9

9-10:30am | *COM108 Senior Fit*

Bring 2 or 3 lb. hand weights and wear sneakers.

Tuesdays 6 weeks \$120

Oct 15-Nov 19

3-5:30pm | *COM06 Computer Basics*

Minimum or no experience necessary. Bring a flash drive. Returning students will be given advanced assignments in Microsoft Word.

Wednesdays 9 weeks \$108

Oct 16-Dec 11

9-10:30am | *COM92 Osteoporosis Workout*

Bring a set of 2 lb. ankle/wrist weights and wear sneakers.

10:40am-12:10pm | *COM17 Walk & Tone*

Bring two 2 or 3lb. hand weights and a resistance band.

Fridays 3 weeks \$40

Sept 20, 27 & Oct 4

12-1pm OR 1:15-2:15pm | *COM02 Aquasize*

Bring bathing suit, towel, water shoes and a lock.

Fridays 7 weeks \$85

Oct 18-Dec 6 (no class 11/29)

12-1pm OR 1:15-2:15pm | *COM02 Aquasize*

Bring bathing suit, towel, water shoes and a lock.

Fridays 8 weeks \$95

Oct 18-Dec 13 (no class 11/29)

10-11:30am | *COM09 Yoga & Pilates*

Bring a yoga mat and yoga belts.

11:45am-1:15pm | *COM01 Dancing Fitness*

Bring 2lb. hand weights & dance shoes. No street shoes.

Saturdays 7 weeks \$85

Oct 19-Dec 7 (no class 11/30)

4-5pm | *COM02 Aquasize*

Bring bathing suit, towel, water shoes and a lock.

Saturdays 8 weeks \$95

Oct 19-Dec 14 (no class 11/30)

9:30-11am | *COM42 Arthritis Workout*

Bring a set of 2 or 3lb hand weights and wear sneakers.

11:15am-12:45pm | *COM61 Disco Workout*

Bring resistance tubes to each class and wear sneakers.

Sundays 2 weeks \$25

Sept 22 & Oct 6 (no class 9/29)

1:15-2:15pm OR 2:30-3:30pm | *COM02 Aquasize*

Bring bathing suit, towel, water shoes and a lock.

Sundays 7 weeks \$85

Oct 20-Dec 8 (no class 12/1)

1:15-2:15pm OR 2:30-3:30pm | *COM02 Aquasize*

Bring bathing suit, towel, water shoes and a lock.

Sundays 8 weeks \$95

Oct 20-Dec 15 (no class 12/1)

9:30-11am | *COM17 Indoor Walk & Tone*

Bring two 2 or 3lb. hand weights and a resistance band.

11:15am-12:45pm | *COM109 Age Defying Workout*

Bring resistance tubes and wear sneakers.

Note: For any classes held in the gym, please bring a lock to store your personal items in a locker.

Workshops

COM111 QI GONG FOR SELF-HEALING AND INNER PEACE \$30

Fri, Dec 6 & 13, 1:45-3:15pm

This course provides an immersion in the joyful world of Qi Gong. Students will practice simple, yet fun and graceful meditative exercises, including the Eight Brocades and the Five Animal Frolic. Participants will leave each session with a renewed sense of wellness and inner peace.

Participants should wear loose fitting clothes and sneakers.

COM112 INTRODUCTION TO TAI CHI CH'UAN \$60

Fri, Oct 25-Nov 22, 12-1:30pm

This workshop will introduce participants to the peace enhancing movements of Tai Chi as well as its background in Taoist philosophy and health promoting benefits. Introductory Tai Chi Ch'uan form will be taught as part of this course. No prior knowledge or experience is necessary.

Participants should wear loose fitting clothes and sneakers.

COM110 ULTIMATE RELAXATION: THE ART OF LETTING GO \$30

Fri, Dec 6 & Dec 13 12-1:30pm

Learn how to reset your nervous system and experience deep relaxation that will leave you feeling renewed, refreshed and restored in BODY/MIND/SPIRIT. Using breathing practices from Yoga, Qi Gong movements and the soothing sounds of singing bowls and rainsticks, you will let go of tension and stress; lower blood pressure and feel calmer and happier as you experience deep relaxation.

Participants should wear loose fitting clothes and sneakers.