

# Sports, Leisure & Exercise

## Intermediate Golf

Shane Allen, PGA

Review the "full swing" skills, chipping, putting and sand play. You will learn techniques to execute shots from special circumstances. Course will also cover practice, conditioning, and improving your game.

NOTE: Clubs can be provided if necessary. Prerequisite: Completion of a beginners golf course or a score of 60 or less in 9 holes (women) or 50 or less (men).

LOCATION: Gulf Pines Golf Course

09FSP101AG, 08/20/2009 - 11/19/2009  
13 Sessions, Th from 4:00 PM to 5:15 PM  
\$89

## Weekend Golf: Ladies Only Beginner & Intermediate

Frank Freel, PGA

Sessions 1-5 will cover the basic skills of hitting irons, woods, chipping and putting. Course etiquette and the rules of golf will be discussed. The sixth session will be a 9-hole round of golf (allow 2 1/2 hours). In case of inclement weather, a classroom is available in the Gulf Pines clubhouse.

Included in the course fee is an "awards and sandwich" picnic following the final class session.

LOCATION: Gulf Pines Golf Course

09FSP121AG, 09/26/2009 - 10/31/2009  
6 Sessions, Sa from 10:30 AM to 11:45 AM  
0.7 CEU, \$95



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## Evening and Weekend Golf

Frank Freel, PGA

Shane Allen, PGA

Sessions 1-5 will cover the basic skills of hitting irons, woods, chipping and putting. Course etiquette and the rules of golf will be discussed. The sixth session will be a 9-hole round of golf (allow 2 1/2 hours).

NOTE: In case of inclement weather, a classroom is available in the Gulf Pines clubhouse.

LOCATION: Gulf Pines Golf Course

09FSP102AG, 09/26/2009 - 10/31/2009:  
Frank Freel  
6 Sessions, Sa from 9:00 AM to 10:15 AM

09FSP102BG, 09/27/2009 - 11/01/2009:  
Shane Allen  
6 Sessions, Su from 2:00 PM to 3:15 PM

0.7 CEU, \$89



**Join Frank Freel for a  
relaxing course on the  
finer points of  
the game of golf!**

## Golf "Fore" Beginners

Shane Allen, PGA

Learn the basic skills of hitting irons, woods, chipping and putting. Course will also cover proper etiquette on the course and the basic rules of golf. Group lessons will be held on the driving range and practice greens.

NOTE: In case of inclement weather, a classroom is available in the Gulf Pines clubhouse.

LOCATION: Gulf Pines Golf Course

09FSP103AG, 08/18/2009 - 12/01/2009  
16 Sessions, Tu from 2:30 PM to 3:45 PM

09FSP103BG, 08/19/2009 - 11/18/2009  
14 Sessions, W from 2:30 PM to 3:45 PM

09FSP103CG, 08/20/2009 - 11/19/2009  
14 Sessions, Th from 2:30 PM to 3:45 PM

0.7 CEU, \$89

## Disc Golf

Staff

Disc golf is a lot like traditional "ball" golf, except players use specially made plastic flying discs instead of balls and clubs, and throw them for 'par' at an above-ground target instead of a hole in the ground. There are different types of discs used for different purposes, much like ball golfers use different clubs. The object of the game is to throw a golf disc into the target, typically a "Pole Hole®" basket in the fewest number of throws. The player begins by 'driving' from a designated tee area and continues toward the target, throwing each consecutive shot from the spot where the previous throw has landed. Finally, a successful 'putt' sends the disc into the target. The most satisfying sound a disc golfer can hear is the 'ching!' of a disc crashing the chains before dropping into the basket. Come learn the fundamentals of disc golf, rules, etiquette, and identify strategies, techniques, and personal skills needed in disc golf. You should be ready to play 18 holes at the completion of the course. Basic throwing discs will be available. LOCATION: HPELS 1085

09FSP129AG, 08/18/2009 - 12/01/2009  
16 Sessions, Tu from 12:30 PM to 2:10 PM  
\$89

# Sports, Leisure & Exercise

## Table Tennis

Yan J Ge

This fast-paced class is for the serious ping-pong player. Yan Jun is a national table tennis champion from the city of Beijing in the People's Republic of China. Fundamentals of the sport will be covered and playing techniques will be stressed for both singles and doubles play.

LOCATION: Student Recreation Center

09FSP450AG, 8/17/2009 - 11/30/2009  
29 Sessions, M and W from 9:05 -9:55 AM

09FSP450BG, 8/17/2009 - 11/30/2009  
29 Sessions, M & W from 10:10-11:00 AM  
\$59

*No class September 7 and November 25, 2009*

## Basketball

Staff

This course will familiarize you with the basic rules and fundamental skills of the game of basketball. Topics to be covered include: defensive and offensive skills and strategy, dribbling, passing, shooting, two-man game, pick and roll, give and go, screening and footwork.

LOCATION: HPELS 1140

09FSP560AG, 8/18/2009 - 12/1/2009  
30 Sessions, Tu & Th from 12:30-1:20 PM  
NOTE: *No class November 26, 2009*

1.5 CEU, \$89

## Gymnastics

Steven F Pugh, Ph.D.

Develop the basic concepts, skills, and techniques used in gymnastics. You will learn safety factors involved in the skills and techniques. Topics include: jumps, rolls, scales and balances, springs combination, vaulting, and much more.

LOCATION: HPELS 2025

09FSP700AG, 10/6/2009 - 12/1/2009  
16 Sessions, Tu & Th from 12:30-1:20 PM  
NOTE: *No class November 26, 2009*  
\$79

## Weight Training

Staff

A progressive conditioning course using isotonic contraction for the development of strength and muscular endurance. You will learn proper warm up and stretching techniques, the benefits of resistance training, proper lifting techniques and the benefits associated with weight training. Weight training has been shown to better define and sculpt muscles resulting in a more toned appearance.

LOCATION: HPELS 1130

09FSP310AG, 8/17/2009 - 11/30/2009  
29 Sessions, M & W from 9:05 AM - 9:55 AM

09FSP310BG, 8/17/2009 - 11/30/2009  
29 Sessions, M & W from 10:10-11:00 AM

*No class September 7 and November 25, 2009*

09FSP310CG, 8/18/2009 - 12/1/2009  
30 Sessions, Tu & Th from 8:00 -8:50 AM

09FSP310DG, 8/18/2009 - 12/1/2009  
30 Sessions, Tu & Th from 9:30-10:20 AM

*No class November 26, 2009*

\$89

## Jogging

Staff

Understand the basics of running/jogging, including warm-up and cool-down, the fundamentals of form, and how long and how often to run. Topics also include proper clothing and shoes, alternate techniques of conditioning, and the connection between jogging and weight control.

LOCATION: HPELS 1140

09FSP650AG, 8/17/2009 - 11/30/2009  
29 Sessions, M and W from 8:00 AM to 8:50 AM

\$59

*No class September 7 and November 25, 2009*

## Muscle Toning and Conditioning

Renee Cooper and Staff

This is a physical activity class which includes various methods of physical conditioning. Through active participation, you will develop knowledge and skills sufficiently adequate to toning all muscle groups of the body using weights, resistance tubes and other equipment, as provided, as well as to increase cardioconditioning. Agility, coordination and balance, strength, flexibility, posture and good positioning will also be gained. Bring exercise mat to each class.

LOCATION: HPELS 2030

09FSP320AG, (Staff) 8/18/2009 - 12/1/2009  
30 Sessions, Tu & Th from 9:30 to 10:20 AM

09FSP320BG, (Renee Cooper)  
8/18/2009 - 12/1/2009  
30 Sessions, Tu & Th from 6:00 to 6:50 PM

09FSP320CG, (Renee Cooper)  
8/18/2009 - 12/1/2009  
30 Sessions, Tu & Th from 7:00 to 7:50 PM

3.7 CEU, \$89

*No class November 26, 2009*

## Beginner's Bowling

Staff

Learn the basics of bowling at Camellia Bowling Lanes. You will learn beginning bowling terminology and etiquette, as well as the four-step approach, ball control and pin bowling.

LOCATION: All classes held at Camellia Bowling Lanes

09FSP250AG, 8/17/2009 - 11/30/2009  
15 Sessions, M from 2:30 PM to 3:45 PM  
*No class September 7, 2009*

09FSP250BG, 8/18/2009 - 12/1/2009  
16 Sessions, Tu from 2:30 PM to 3:45 PM

09FSP250CG, 8/19/2009 - 11/18/2009  
13 Sessions, W from 2:30 PM to 3:45 PM  
*No class November 25, 2009*

09FSP250DG, 8/20/2009 - 11/19/2009  
13 Sessions, Th from 2:30 PM to 3:45 PM  
*No class November 26, 2009*  
1.8 CEU, \$59

# Sports, Leisure & Exercise

## Beginner's Swimming

Alexandra S Barter, M.Ed., ARC Certified Instructor

Instruction and practice in beginning swimming and water safety. You will have the opportunity to become more confident in and around water and have an opportunity to participate in an outstanding form of exercise.

LOCATION: USA Pool

09FSP800AG, 8/18/2009 - 10/1/2009

14 Sessions, Tu and Th from 12:30 PM to 1:20 PM

\$89

## Beginner's Tennis

Brian A Allred, M.A., C.R.S.S.  
Randy Hunter and Staff

Learn the fundamentals of an active and popular sport. Forehand and backhand ground strokes, volley, approach shots, and the serve will be covered. Additionally, you will learn the rules of the game, strategy, and singles and double play. This course is progressive as new skills and techniques are introduced each week.

SUPPLIES: Please bring a racquet to each class.  
LOCATION: USA varsity tennis courts adjacent to Student Recreation Center/HPELS Building

09FSP470AG, (Brian Allred)

8/17/2009 - 11/30/2009

29 Sessions, M and W from 9:05 AM to 9:55 AM

09FSP470BG, (Brian Allred)

8/17/2009 - 11/30/2009

29 Sessions, M and W from 10:10 AM to 11:00 AM

09FSP470CG, (Staff)

8/18/2009 - 12/1/2009

30 Sessions, Tu and Th from 9:30 AM to 10:20 AM

09FSP470DG, (Randy Hunter)

8/18/2009 - 12/1/2009

30 Sessions, Tu and Th from 11:00 AM to 11:50 AM

1.3 CEU, \$59

*No class September 7 and November 25 and November 26, 2009*

## American Red Cross Water Safety Instructor

Alexandra Barter M.Ed., ARC Certified Instructor

The purpose of this course is to train instructor candidates to become American Red Cross Water Safety Instructors. Instruction included development of personal water safety and swimming skills. Candidates will learn to prepare and use block plans and lesson plans for all levels of swimming instruction from infant, pre-school stage through adult levels. Upon successful completion of skills and written tests candidates will receive Water Safety Instructor Certification. Attendance at all class sessions is essential if certification is desired. Candidates must be 17 years of age or older.

LOCATION: 1st class HPELS 2036, then USA pool.

09FSP221AG, 8/17/2009 - 10/2/2009

21 Sessions, W & F from 12:20 - 2:15 PM  
4.0 CEU, \$89

## Racquetball

Staff

Racquetball is an exciting year-round sport ... fast-paced and mentally stimulating. Beginners are invited to learn correct techniques, skills and strategies. You may compete in singles and doubles play as the course progresses. Enroll with a friend for a wonderful time and a healthy workout.

LOCATION: USA Student Recreation Center

09FSP400AG, 8/17/2009 - 11/30/2009

29 Sessions, M and W from 9:05 AM to 9:55 AM

09FSP400BG, 8/17/2009 - 11/30/2009

29 Sessions, M and W from 10:10 AM to 11:00 AM

09FSP400CG, 8/18/2009 - 12/1/2009

30 Sessions, Tu and Th from 9:30 AM to 10:20 AM

09FSP400DG, 8/18/2009 - 12/1/2009

30 Sessions, Tu and Th from 11:00 AM to 11:50 AM

\$79

*No class September 7 and November 25 and November 26, 2009*

## American Red Cross First Aid: Responding to Emergencies

Alexandra Barter M.Ed., ARC Certified Instructor

This course is designed to help the citizen responder react in respiratory and circulatory emergencies and provide care in life threatening situations of cardiac arrest, shock, and bleeding. Course covers first aid for musculoskeletal injuries and sudden illnesses and more. This course is a complete first aid program with certification offered in Adult CPR and First Aid. Final Certification Exam Date (check with instructor).

TEXTBOOK: First Aid: Responding to Emergencies

LOCATION: HPELS room 2036

09FHL500AG, 8/17/2009 - 11/30/2009

15 Sessions, M from 10:10 to 11:00 AM

09FHL500BG, 8/19/2009 - 11/18/2009

14 Sessions, W from 10:10 to 11:00 AM

09FHL500CG, 8/17/2009 - 11/30/2009

15 Sessions, M from 11:15 to 12:05 PM

09FHL500DG, 8/19/2009 - 11/18/2009

14 Sessions, W from 11:15 to 12:05 PM

09FHL500EG, 8/18/2009 - 12/01/2009

16 Sessions, Tu from 6:00 - 6:50 PM

1.5 CEU, \$79

## Volleyball

Staff

This course will familiarize you with the basic elements of volleyball including scoring, defending and attacking. Topics to be covered include: rotation, digs, passing, sets, spikes, dinks, basic team strategy and defensive skills.

LOCATION: HPELS room 1140

09FSP580AG, 8/18/2009 - 12/1/2009

30 Sessions, Tu and Th from 9:30 AM to 10:20 AM

09FSP580BG, 8/18/2009 - 12/1/2009

30 Sessions, Tu and Th from 11:00 AM to 11:50 AM

1.5 CEU, \$89

*No class November 26, 2009*

# Sports, Leisure & Exercise

## Ballet I

Aleesha Palombo

Join Aleesha Smith Palombo for the finer "pointes" of ballet. Enjoy this classic art form with emphasis on developing the strength and flexibility necessary for proper body alignment. The course will teach all levels of expertise and you are encouraged to progress at your own pace.

NOTE: Wear leotard, tights and ballet slippers.

LOCATION: HPELS 2030

09FDA050AG, 8/20/2009 - 11/19/2009

13 Sessions, Th from 11:00 AM- 12:15 PM  
\$79

## Dance Performance

Aleesha Palombo

Dance Performance provides dancers with an opportunity to gain Performance experience in all forms of dance. Participants will present several programs throughout the semester.

LOCATION: HPELS 2030

PREREQUISITE: Advance dance experience

09FDA150AG, 8/21/2009 - 11/20/2009

13 Sessions, F from 11:15 AM- 12:55 PM  
\$79

## Cajun and Swing Dance

Aleesha Palombo

This course will help you develop an understanding of Latin and Swing Dancing. Through movement participation, vocabulary understanding, visual aids and partnering you will become knowledgeable of the history of Latin and Swing Dance as well as the various techniques, dances and styles of this form of dance.

09FDA515AG, 8/17/2009 - 11/30/2009

15 Sessions, M from 7:30 - 8:45 PM  
\$89

## Ballroom and Swing Dance

Aleesha Palombo

Take a trip down memory lane and enjoy the smooth sounds of the Big Band era! Learn many popular dances including the Swing, the Waltz, the Fox Trot, the Cha Cha and the Cotton-Eyed Joe. In addition to learning steps, you will be introduced to other essentials such as rhythm, timing, variations of dances and dance etiquette. Wear comfortable clothes.

09FKA745AG, 8/18/2009 - 12/01/2009

16 Sessions, T from 11:00 am to 12:15 PM  
\$89

## Musical Aerobics

Aleesha Palombo

Dance/exercise your way to improved coordination, muscle strength, and cardiovascular endurance. Set to music, you will learn floor patterns for upper body exercise and floor stretches concentrating on each body part. Wear exercise clothes and tennis shoes. Feel free to use the women's locker room in USA's gymnasium.

LOCATION: HPELS 2030

09FDA400AG, 8/17/2009 - 11/30/2009

29 Sessions M & W from 11:15- 12:05 PM

09FDA400BG, 8/18/2009 - 12/01/2009

30 Sessions T&TH from 12:30-1:20 PM  
\$89

## Latin Dance

Aleesha Palombo

This course will help you develop an understanding of Latin Dance. Through movement participation, vocabulary understanding, visual aids and partnering you will become knowledgeable of the history of Latin Dance as well as the various Latin music, techniques and dance forms.

09FDA570AG, 8/17/2009 - 11/30/2009

15 Sessions, M from 6:00 - 7:15 PM  
\$89

## Dance Fit Aerobics and Body Sculpting

Shannon Woods and  
Anita Jarreau



Dance your way into a sculpted fit body by participating in this effective, fun and highly musical aerobics class. Dance Fit will incorporate all styles of dance and music, core strengthening routines, and resistance training to help get your body into shape. You will be able to improve your breathing pattern, health and well being by becoming physically active in this course. It will also enhance your flexibility, tone the muscles, focus on balance and relieve stress. Individuals who are able to perform moderate to high impact aerobics and strength training are welcome to participate. No textbook is required; however please bring your own hand-held weights.

09FDA405AG, 9/25/2009 - 11/13/2009

8 Sessions F from 6:30 to 7:30 PM  
\$79

## Movement, Rhythms and Development Activities

Aleesha Palombo

This course begins with movement awareness and basic movement skills, and progresses to rhythmic activities such as the traditional dance steps in folk and square dancing. Developmental games and relays are also explained and practiced. Basic manipulative skills of controlling and propelling moveable objects are practiced with jump ropes.

LOCATION: HPELS 2030

09FDA301AG, 8/17/2009 - 11/30/2009

43 Sessions, M, W, & F From 9:05 - 9:55 AM

09FDA301BG, 8/17/2009 - 11/30/2009

44 Sessions M, W, & F From 10:10-11:00 AM

09FDA301CG, 8/18/2009 - 12/01/2009

30 Sessions T&TH from 9:30 to 10:45 AM

09FDA301DG, 8/17/2009 - 11/30/2009

29 Sessions, M & W from 4:40-5:55 PM  
\$79

# Sports, Leisure & Exercise

## Beginner Tai Chi

Leigh R Taylor

A moving meditation that stresses relaxation, slow continuous movements, mental focus and martial arts techniques to improve balance, flexibility, coordination, mental focus and general good health. Twenty-four (24) movements are taught individually and put together into a continuous, flowing form. This gentle exercise can be learned by persons of all ages and practiced for a lifetime. You will learn through verbal directions, demonstrations and by following the instructor in practicing the movements. An 18 movement Qi Gong is taught as a warm up exercise. Participate in the healing power of T'ai Chi...aerobic alternative, heart helper, balance booster, bone protector, and pain reliever.

09FDA440AG, 9/14/2009 - 11/18/2009  
20 Sessions, M and W from 8:30 - 9:30 PM  
3.0 CEU, \$89

## Intermediate Tai Chi

Leigh R Taylor

For those who wish to continue honing their Tai Chi skills or train in the more advanced 42 movement combined form used for competition. You may also learn a weapon form using a cane or learn a Sun style form.

09FDA441AG, 9/14/2009 - 11/18/2009  
20 Sessions, M and W from 7:30 - 8:30 PM  
3.0 CEU, \$89

## Interim Shotokan Karate Session

Charles Jared Yeend

Designed for intermediate and advanced karate students who wish to continue their karate training between semesters. A short-term session.

LOCATION: HPELS 2025

09FKA450AG, 12/03/2009 - 1/07/2010  
10 Sessions, Tu from 6:00 - 7:00 PM and  
Th from 6:00 - 8:00 PM  
\$35

## Karate I

Phyllis Logsdon

This beginning course is based on traditional teaching methods that gradually build balance, conditioning, flexibility, and concentration. Techniques include blocking, punching, striking, and kicking. This course focuses on kihon (basics), kata (form), and sanbon kumite (three step sparring). The first kata, Heian Shodan, is taught.

09FKA100AG, 8/17/2009 - 11/30/2009  
29 Sessions, M and W from 12:20 - 1:10 PM

09FKA100BG, 8/18/2009 - 12/01/2009  
30 Sessions, T & Th from 5:00-5:50 PM  
\$69

## Karate II

Phyllis Logsdon

This is a continuation of the beginning course that expands the concepts of this traditional martial art. Training in the katas (forms) through the Heians and advanced kata takes the student into the higher levels. Additional techniques and applications expand the concepts of this art. Black belt training is also incorporated in this class.

PREREQUISITE: Karate I  
LOCATION: HPELS room 2025

09FKA200AG, 8/17/2009 - 11/30/2009  
29 Sessions, M and W from 1:25 - 2:15 PM

09FKA200BG, 8/18/2009 - 12/01/2009  
30 Sessions, T & Th from 5:00-6:50 PM

09FKA200CG, 8/17/2009 - 11/30/2009  
29 Sessions, M & W from 6:00-6:50 PM  
\$69

## Martial Arts: Aikido

Phillip Norrell

Aikido emphasizes the use of natural movement, avoidance, off-balances and redirection of an attacker's force to overcome aggression. Aikido allows you to come to a peaceful resolution while causing the least amount of harm even if the opponent is larger and stronger than you. .  
LOCATION: HPELS room 2025

09FKA745AG, 8/17/2009 - 11/30/2009  
29 Sessions, M & W from 4:40-5:30 PM  
\$89

## 34th Fall Karate Training Camp

Takayuki Mikami

This annual karate training camp is designed for any style karate student. The focus is on basic techniques, kata, sparring, and Shotokan style karate. An instructor's training session is included. USA has been involved in Shotokan karate training for more than 42 years and Master Mikami has instructed the karate training camp since it began 34 years ago. Sensei Takayuki Mikami, 8th dan black belt (JKA hachi dan), is Chief Instructor of ASKF which he founded in 1965. Mr. Mikami, a native of Japan, was the first certified instructor sent overseas by the Japan Karate Association (JKA). He was the All-Japan Kumite (free fighting) champion twice and three time All-Japan Kata (forms) champion. Master Mikami was recently elected Senior Technical Advisor to the JKA. He is currently the Founder, Chief Instructor and Chairman of the Japan Karate Association American Federation (JKA/AF). It is an affiliated member of the JKA World Federation in Tokyo, Japan.

The camp spirit is meant to foster rigorous training from beginning to end like it is one unit or one complete experience. For this reason, rates for individual sessions are discouraged.

09FDA500AG, 10/16/2009 - 10/18/2009  
3 Sessions, F, Sa & Su from 6:00-8:00 PM  
0.8 CEU, \$85

# Sports, Leisure & Exercise

## Yoga

Deanna Burkett

Breathe in..breathe out, stretch & relax. You will learn how to stretch the body gently, increase flexibility, and use breathing techniques to improve health and calm the mind. Guided relaxation exercises will show participants ways to reduce stress and tension, improve balance and strengthen core muscles, especially the back.

LOCATION: HPELS room 2025

NOTE: Bring exercise mat to class.

09FDA452AG, 8/17/2009 - 11/30/2009  
29 Sessions, M & W from 3:45 to 4:25 PM  
\$94

## Yoga: A Total Fitness and Stress Management Program

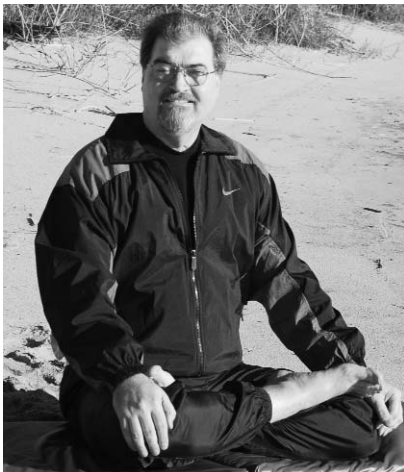
Gary D Kubina, M.Ed.

Breathe in..breathe out, stretch & relax. You will learn how to stretch the body gently, increase flexibility, and use breathing techniques to improve health and calm the mind. Guided relaxation exercises will show participants ways to reduce stress and tension, improve balance and strengthen core muscles, especially the back.

LOCATION: HPELS room 2025

NOTE: Bring exercise mat to class.

09FDA450AG, 9/15/2009 - 11/10/2009  
8 Sessions, Tu from 7:00 PM to 8:30 PM  
1.2 CEU, \$94



"Gary explained the benefits to health and wellness well and encouraged interaction with each other"

- Rebecca Van Hoogmoed

## Soo Bahk Do: Beginning

Steven Diaz

This course is designed to you with the basic skills to perform traditional Soo Bahk Do techniques. The course will focus on beginner conditioning and flexibility exercises, and the step by step instruction of basic hand and foot movements. Beginner self defense and hand-to-hand practice with partners will also be introduced. Uniform is required.

LOCATION: HPELS room 2025

09FKA740AG, 8/22/2009 - 11/21/2009  
13 Sessions on Sa from 9:00 to 10:50 AM  
\$89

## Soo Bahk Do: Intermediate

Steven Diaz

This intermediate course of Soo Bahk Do is designed for students who have completed the beginner course of this traditional Korean martial art. Focusing on the development of mind, body and spirit, intermediate training involves a completion of basic movements and an introduction to pre-sequenced and non-sequenced sparring techniques. Uniform is required.

LOCATION: HPELS room 2025

PREREQUISITE: Soo Bahk Do: Beginner

09FKA741AG, 8/22/2009 - 11/21/2009  
13 Sessions on Sa from 11:00 to 12:50 PM  
\$89

## Cardio Mix Fitness

Sarah Rentz

If you easily get bored with your cardio workout, this class has been designed for you. With sessions focused on various cardio activities, you accomplish your workout and stay motivated to continue your exercise program. Kickboxing, step aerobics, traditional floor aerobics (hi- and low-impact) and dance aerobics will be covered throughout the course. All levels of physical fitness are welcomed as you learn guidelines for each type of cardio exercise and understand how to build your own exercise program.

LOCATION: HPELS 1125

09FDA389AG, 8/18/2009 - 12/01/2009  
29 Sessions, T & Th from 8:00 - 8:50 AM  
\$89

## Belly Dancing: Beginning

Jane McWilliams

Belly Dancing is a basic in Middle Eastern dancing. Isolations from the shoulders and arms to feet, it comprises a total body workout. In the beginning class the camel walk, Egyptian walk, 3-point turn, 5 Arabic steps, and 5 types of hip shimmies will be taught. You will learn basic steps progressing to a whole choreographed dance. As Jane says about Belly Dancing, "It is a creative outlet; a way to have fun and a form of expression. It's something all of your own."

09FDA561AG, 9/26/2009 - 11/14/2009  
8 Sessions, Sa from 10:00 - 11:15 AM  
1.0 CEU, \$67

## Belly Dancing: Intermediate

Jane McWilliams

Continue your abdominal work out in belly dancing with this intermediate course. You will start out reviewing and perfecting techniques learned in the basic class then build on those with new and more complex movements. New Middle Eastern rhythms including the Cheftitelli and 9/8 will be introduced. After successfully completing the intermediate class, you will have the opportunity to audition for the junior Zuri Middle Eastern Dance Troupe.

PREREQUISITE: Belly Dancing: Beginning

09FDA563AG, 9/26/2009 - 11/14/2009  
8 Sessions, Sa from 11:30 AM to 12:45 PM  
1.0 CEU, \$67

## Step Aerobics

Staff

This course provides a fun, exciting and challenging low impact aerobic workout with minimal stress to the joints. You will begin by learning the fundamentals of STEP Aerobics and progress to more complex routines. All fitness levels can enjoy this class by adjusting the bench height. Wear exercise clothes and tennis shoes, and bring a bottle of water. Feel free to use the locker rooms in the USA Gymnasium.

LOCATION: HPELS 2030

09FDA390AG, 8/17/2009 - 11/30/2009  
29 Sessions, M & W  
from 2:30 PM to 3:20 PM  
\$79