

Sports, Leisure & Exercise

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

10ISP103AG, 1/12/2010 - 4/27/2010
15 Sessions, Tu from 2:30 PM to 3:45 PM
NOTE: No class February 16, 2010

10ISP103BG, 1/13/2010 - 4/28/2010
16 Sessions, W from 2:30 PM to 3:45 PM

10ISP103CG, 1/14/2010 - 4/29/2010
15 Sessions, Th from 2:30 PM to 3:45 PM

0.7 CEU, \$89

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

10ISP250AG, 1/11/2010 - 4/26/2010
15 Sessions, M from 2:30 PM to 3:45 PM
NOTE: No class January 18, 2010

10ISP250BG, 1/12/2010 - 4/27/2010
15 Sessions, Tu from 2:30 PM to 3:45 PM
NOTE: No class February 16, 2010

10ISP250CG, 1/13/2010 - 4/28/2010
15 Sessions, W from 2:30 PM to 3:45 PM

10ISP250DG, 1/14/2010 - 4/29/2010
16 Sessions, Th from 2:30 PM to 3:45 PM

1.8 CEU, \$59

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

10ISP101AG, 1/14/2010 - 4/29/2010
16 Sessions, Th from 4:00 PM to 5:15 PM
\$89



Learn from Frank Freel on the finer points of the game of golf!

Evening and Weekend Golf

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).

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

LOCATION: Gulf Pines Golf Course

10ISP102AG, 1/23/2010 - 2/27/2010
6 Sessions, Sa from 9:00 AM to 10:15 AM
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. The object of the game is to throw a golf disc into the target, typically a "Pole Hole" basket (a steel basket over which chains hang), 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 and see an improvement in distance, accuracy and scores. Wear appropriate apparel for walking and throwing disc outdoors. Basic throwing discs will be available.


NOTE: This course qualifies for discounts, coupons and value pricing.

LOCATION: HPELS 1090

10ISP129AG, 1/12/2010 - 4/27/2010
15 Sessions, Tu from 12:30 PM to 2:10 PM
NOTE: No class February 16, 2010

10ISP129BG, 1/12/2010 - 4/27/2010
16 Sessions, Tu from 2:30 PM to 4:10 PM
NOTE: No class February 16, 2010

\$89



The Center for Continuing Education follows official University of South Alabama decisions regarding class closings. Information about class closings due to inclement weather or other emergencies can be obtained by calling the USA Emergency/Weather Hotline at **460-6999** or online at www.southalabama.edu

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

10ISP450AG, 1/11/2010 - 4/28/2010

31 Sessions, M and W from 9:05- 9:55 AM

NOTE: No class January 18, 2010

10ISP450BG, 1/11/2010 - 4/28/2010

31 Sessions, M and W from 10:10-11:00 AM

NOTE: No class January 18, 2010

\$59

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

10ISP310AG, 1/11/2010 - 4/28/2010

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

NOTE: No class January 18, 2010

10ISP310BG, 1/11/2010 - 4/28/2010

32 Sessions, M and W from 10:10-11:00 AM

NOTE: No class January 18, 2010

10ISP310CG, 1/12/2010 - 4/29/2010

31 Sessions, Tu and Th from 8:00- 8:50 AM

NOTE: No class February 16, 2010

10ISP310DG, 1/12/2010 - 4/29/2010

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

NOTE: No class February 16, 2010

\$89

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

10ISP320AG, (Staff)

1/11/2010 - 4/28/2010

31 Sessions, M and W from 3:35- 4:25 PM

NOTE: No class January 18, 2010

10ISP320BG, (Staff)

1/12/2010 - 4/29/2010

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

NOTE: No class February 16, 2010

10ISP320CG, Renee Cooper, AFAA Certified

1/12/2010 - 4/29/2010

31 Sessions, Tu and Th from 6:00-6:50 PM

NOTE: No class February 16, 2010

10ISP320DG, Renee Cooper, AFAA Certified

1/12/2010 - 4/29/2010

31 Sessions, Tu and Th from 7:00-7:50 PM

NOTE: No class February 16, 2010

3.7 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

10ISP700AG, 1/12/2010 - 3/4/2010

15 Sessions, Tu and Th from 12:30 PM to

1:20 PM **NOTE: No class February 16**

\$79

Beginner's Tennis

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

10ISP470AG, Staff

1/11/2010 - 4/28/2010

31 Sessions, M and W from 9:05- 9:55 AM

NOTE: No class January 18, 2010

10ISP470BG, Staff

1/11/2010 - 4/28/2010

31 Sessions, M and W from 10:10 -11:00 AM

NOTE: No class January 18, 2010

10ISP470CG, Staff

1/12/2010 - 4/29/2010

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

NOTE: No class February 16, 2010

10ISP470DG, Randolph C Hunter, M.E.

1/12/2010 - 4/29/2010

31 Sessions, Tu and Th from 11:00- 11:50 AM

NOTE: No class February 16, 2010

1.3 CEU, \$59



Let Randy Hunter teach you the fundamentals of tennis and to better your game.

Sports, Leisure & Exercise

Badminton

Staff

This active, hands-on course offers instruction and practice in beginning and intermediate badminton. You will learn scoring and game rules, proper racquet grips and strokes, learn to understand net play, footwork and singles and doubles strategies.

TEXT: How to Play Badminton: A Step-by-Step Guide

LOCATION: HPELS 1140

10ISP480AG, 1/11/2010 - 4/28/2010

31 Sessions, M and W from 11:15 AM to 12:05 PM

NOTE: No class January 18, 2010

1.5 CEU, \$89

Softball

Staff

This course will cover the fundamental skills, rules and strategy involved in the game of softball. Topics that will be covered include: the language and lore of softball, offensive and defensive skills, patterns of play, rules and unwritten laws of the game and field etiquette.

LOCATION: HPELS 1140

NOTE: Proper attire includes shorts, tee shirt or warm-up suit, tennis shoes or rubber spikes. Bring a softball glove to class.

10ISP900AG, 1/11/2010 - 4/28/2010

31 Sessions, M and W from 11:15 AM to 12:05 PM

NOTE: No class January 18, 2010

1.5 CEU, \$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

10ISP650AG, 1/11/2010 - 4/28/2010

31 Sessions, M and W from 8:00- 8:50 AM

NOTE: No class January 18, 2010

\$59

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

10ISP400AG, 1/11/2010 - 4/28/2010

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

NOTE: No class January 18, 2010

10ISP400BG, 1/11/2010 - 4/28/2010

31 Sessions, M and W from 11:15 AM to 12:05 PM

NOTE: No class January 18, 2010

10ISP400CG, 1/12/2010 - 4/29/2010

31 Sessions, Tu and Th from 8 to 8:50 AM

NOTE: No class February 16, 2010

10ISP400DG, 1/12/2010 - 4/29/2010

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

NOTE: No class February 16, 2010

\$79

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

10ISP560AG, 1/11/2010 - 4/28/2010

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

NOTE: No class January 18, 2010

10ISP560BG, 1/12/2010 - 4/29/2010

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

NOTE: No class February 16, 2010

1.5 CEU, \$89

Dance Fit Aerobics and Body Sculpting

Shannon Woods, R.N., AFAA Certified

Anita Jarreau, AFAA Certified

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. 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.

10IDA405AG, 1/22/2010 - 3/12/2010

8 Sessions, F from 6:30 PM to 7:30 PM

1.6 CEU, \$79



Learn a different style of exercising in our Dance Fit Aerobics class with our energizing, AFAA Certified instructors Shannon Woods and Anita Jarreau. Dance your way into a fit body.

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

10ISP800AG, 3/9/2010 - 4/29/2010
16 Sessions, Tu and Th from 12:30-1:20 PM
\$89

American Red Cross Lifeguard Training

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

Become aware of the characteristics and responsibilities of a professional lifeguard. Instruction includes emergency action plans for aquatic facilities and the skills needed to respond to aquatic emergencies. American Red Cross CPR for the Professional Rescuer and Community First Aid are included in the lifeguard course. Upon successful completion of written and skill tests you will be certified in American Red Cross Lifeguarding, CPR for the Professional Rescuer and Community First Aid.

PREREQUISITES: Participants must be 15 years of age or older; able to swim 500 yards continuously using crawl, breast stroke, and sidestroke (for at least 100 yards each). Participants can choose from the three strokes for the remaining 200 yards; submerge to a minimum depth of 7ft., retrieve a 10lb diving brick and return with it to the surface; tread water for 2 minutes using legs only.

LOCATION: USA Main Campus Pool.
TEXTBOOKS: 1) Lifeguarding Today and 2) CPR for the Professional Rescuer: American Red Cross, Mosby Lifeline.
SPECIAL NOTICE: Enrollment is extremely limited. You must pre-register. Because of the highly structured nature of the course there will not be time to make-up missed skills, therefore, class attendance is required for all class sessions.

10ISP220AG, 3/8/2010 - 4/30/2010
23 Sessions, M, W and F from 12:20- 2:15 PM
4.5 CEU, \$89

American Red Cross First Aid: Responding to Emergencies

Alexandra S 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.

TEXTBOOK: First Aid: Responding to Emergencies

NOTE: Final Certification Exam Date (check with instructor).

LOCATION: HPELS room 2036

10IHL500AG, 1/11/2010 - 4/26/2010
15 Sessions, M from 10:10 - 11:00 AM
NOTE: No class January 18, 2010

10IHL500BG, 1/13/2010 - 4/28/2010
16 Sessions, W from 10:10 - 11:00 AM

10IHL500CG, 1/11/2010 - 4/26/2010
15 Sessions, M from 11:15 AM to 12:05 PM
NOTE: No class January 18, 2010

10IHL500DG, 1/13/2010 - 4/28/2010
16 Sessions, W from 11:15 AM to 12:05 PM

10IHL500EG, 1/12/2010 - 4/27/2010
15 Sessions, Tu from 6:00 PM to 6:50 PM
NOTE: No class February 16, 2010
1.5 CEU, \$79



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

10IDA390AG, 1/11/2010 - 4/28/2010
31 Sessions, M and W from 2:30- 3:20 PM
NOTE: No class January 18, 2010
\$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

10ISP580AG, 1/12/2010 - 4/29/2010
31 Sessions, Tu and Th from 11:00 AM to 11:50 AM
NOTE: No class February 16, 2010
1.5 CEU, \$89

Get certified with the American Red Cross or learn to swim with our qualified instructor Alex Barter.

Sports, Leisure & Exercise

Ballet I

Aleesha Palombo, M.Ed.

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

10IDA050AG, 1/11/2010 - 4/26/2010

15 Sessions, M from 7:30 PM to 8:45 PM

NOTE: No class January 18, 2010

\$79

Dance Performance

Aleesha Palombo, M.Ed.

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

10IDA150AG, 1/15/2010 - 4/30/2010

16 Sessions, F from 11:15 AM to 12:55 PM

\$79

Musical Aerobics

Aleesha Palombo, M.Ed.

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 room 2030

10IDA400AG, 1/11/2010 - 4/28/2010

31 Sessions, M and W from 11:15 AM -12:05 PM

NOTE: No class January 18, 2010

10IDA400BG, 1/12/2010 - 4/29/2010

31 Sessions, Tu and Th from 12:30-1:20 PM

NOTE: No class February 16, 2010

\$89



Spice up your workout routine and learn to dance with the instruction of Aleesha Palombo. From jazz dancing to musical aerobics, there is something for everyone.

Movement, Rhythms and Development Activities

Aleesha Palombo, M.Ed.

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

10IDA301AG, 1/11/2010 - 4/30/2010

46 Sessions, M, W and F from 9:05-9:55 AM

NOTE: No class January 18, 2010

10IDA301BG, 1/11/2010 - 4/30/2010

47 Sessions, M, W & F from 10:10- 11:00 AM

NOTE: No class January 18, 2010

10IDA301CG, 1/12/2010 - 4/29/2010

31 Sessions, Tu and Th from 9:30-10:45 AM

NOTE: No class February 16, 2010

10IDA301DG, 1/11/2010 - 4/28/2010

31 Sessions, M and W from 4:40- 5:55 PM

NOTE: No class February 18, 2010

3.5 CEU, \$79

Modern Dance

Aleesha Palombo, M.Ed.

Modern Dance introduces students to the different techniques used by modern and interpretive dancers. Students will learn to express themselves through a series of movements set to music. Body forms, objects, shapes and textures will be incorporated by the dancer. The course will also focus on choreography.

LOCATION: HPELS 2030

10IDA300AG, 1/12/2010 - 4/27/2010

15 Sessions, Tu from 11:00 AM to 12:15 PM

NOTE: No class February 16, 2010

\$89

Ballroom Dance

Aleesha Palombo, M.Ed.

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.

LOCATION: HPELS room 2030

10IDA500AG, 1/11/2010 - 4/26/2010

15 Sessions, M from 6:00 PM to 7:15 PM

NOTE: No class January 18, 2010

1.8 CEU, \$89

Jazz Dancing

Aleesha Palombo, M.Ed.

Jazz up your life with high energy and upbeat tempos! Discover easy-to-learn dance steps including locomotive movements, body isolations, leaps and turns. NOTE: Wear leotard and tights or sweats along with ballet or jazz shoes.

LOCATION: HPELS 2030

10IDA200AG, 1/14/2010 - 4/29/2010

16 Sessions, Th from 11:00 AM to 12:15 PM

3.5 CEU, \$79

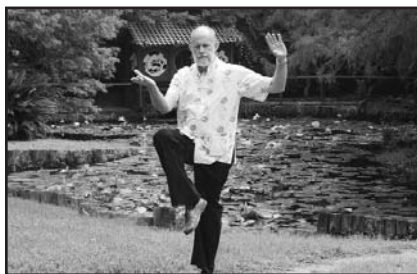
Sports, Leisure & Exercise

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.

10IDA440AG, 1/11/2010 - 3/17/2010
20 Sessions, M and W from 8:30 - 9:30 PM
NOTE: No class January 18, 2010
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.

10IDA441AG, 1/11/2010 - 3/17/2010
20 Sessions, M and W from 7:30- 8:30 PM
NOTE: No class January 18, 2010
3.0 CEU, \$89

Karate I

Phyllis Logsdon 3rd Degree black-belt (Sandan), M.S.

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.

NOTE: The course is designed especially for men and women over 14.

LOCATION: HPELS 2025

10IKA100AG, 1/11/2010 - 4/28/2010
31 Sessions, M and W from 12:20-1:10 PM
NOTE: No class January 18, 2010

10IKA100BG, 1/12/2010 - 4/29/2010
31 Sessions, Tu and Th from 5:40- 6:30 PM
NOTE: No class February 16, 2010
\$69

Martial Arts: Aikido

Phillip M Norrell, Sandan, Ed.D.

Interested in learning self-defense techniques but are concerned that you may not be strong or aggressive enough to benefit from martial arts training? Then Aikido--a defensive, but effective Japanese martial art--is a must for you! 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
TEXTBOOK: Aikido: Principles of Kata and Randori

10IKA745AG, 1/12/2010 - 4/29/2010
31 Sessions, Tu and Th from 4:40-5:30 PM
NOTE: No class February 16, 2010
\$89

Karate II

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

10IKA200AG, Phyllis A Logsdon, 3rd Degree blackbelt (Sandan), M.S.
1/11/2010 - 4/28/2010
31 Sessions, M and W from 1:25- 2:15 PM
NOTE: No class January 18, 2010

10IKA200BG, James T Williams, 2nd Degree Blackbelt (Nidan)
1/11/2010 - 4/28/2010
31 Sessions, M and W from 6:00- 6:50 PM
NOTE: No class January 18, 2010

10IKA200CG, Phyllis A Logsdon, 3rd Degree blackbelt (Sandan), M.S.
1/12/2010 - 4/29/2010
31 Sessions, Tu and Th from 6:40- 7:30 PM
NOTE: No class February 16, 2010

\$69



Join our well-trained Shotokan style Karate professionals this winter and learn traditional teaching methods of this art.

Sports, Leisure & Exercise

Yoga

Deanna Burkett, M.S., M.A., Kripalu Yoga Teacher Certification

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.

LOCATION: HPELS room 2025

NOTE: Bring exercise mat to class.

10IDA452AG, 1/11/2010 - 4/28/2010

31 Sessions, M and W from 3:35-4:25 PM

NOTE: No class January 18, 2010

\$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.

10IDA450AG, 1/19/2010 - 3/16/2010

8 Sessions, Tu from 7:00 PM to 8:30 PM

NOTE: No class February 16, 2010

1.2 CEU, \$94

Soo Bahk Do: Beginning

Steven A Diaz, Ph.D., 6th degree Master Instructor

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

10IKA740AG, 1/16/2010 - 4/24/2010

15 Sessions, Sa from 9:00 -10:50 AM

\$89

Soo Bahk Do: Intermediate

Steven A Diaz, Ph.D., 6th degree Master Instructor

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

10IKA741AG, 1/16/2010 - 4/24/2010

15 Sessions, Sa from 11:00 AM to 12:50 PM

\$89



Develop skills in traditional Soo Bahk Do techniques as a beginner or intermediate student with Steven Diaz.

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." Wear comfortable clothes to dance and exercise in

10IDA561AG, 1/23/2010 - 3/13/2010

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

10IDA563AG, 1/23/2010 - 3/13/2010

8 Sessions, Sa from 11:30 AM to 12:45 PM

1.0 CEU, \$67

Cardio Mix Fitness

Sarah S Rentz, M.S., AFAA Certified

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

10IDA389AG, 1/12/2010 - 4/29/2010

31 Sessions, Tu and Th from 8:00- 8:50 AM

NOTE: No class February 16, 2010

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