

# ROWLAND ADULT & COMMUNITY EDUCATION

## DANCE / FITNESS & HEALTH



### INTERNATIONAL FOLKDANCES AND LINE DANCING

Dancing is an enjoyable way to tone and strengthen your body. It can enhance your memory, heart and lung functions, sensitivity to rhythm, muscular flexibility, and bone density. Focus will be on folkdances, including circle and pair dances, and most popular line dances. At least 3 months of dancing experience. No partner is required. Please wear comfortable shoes and bring bottled water.

**Minimum 10 students, maximum 35 students.**

230111	Tue	7:30-9:00 p.m.	08/15/17-10/10/17
9 wks	Alvarado	Cafeteria	Li \$30
230112	Tue	7:30-9:00 p.m.	10/17/17-12/12/17
8 wks	Alvarado	Cafeteria	Li \$30

**(No class on 11/21)**

*Jasmine Li* is an experienced teacher and an award-winning performer who frequently performs for the community. She currently teaches at Rowland Heights Community Center, Walnut Folkdance Club and Walnut Senior Center.

### ZUMBA/TONING/TONING

Come and find the curves hidden inside of you by doing Zumba in just 4 weeks. Students will weigh in on the first day of class and at the end of the class to see the difference. Sandra once weighed 226 lbs. and then lost 100 lbs. by doing Zumba and watching her diet. Please bring 1 lb. weights, a bottle of water, towel and tennis shoes.

**Minimum 5 students, maximum 30.**

**(No class 09/04, 11/20, 11/21, 11/22, 11/23)**

*Sandra Chavira* is a Zumba certified instructor and personal trainer. She has lost over 100 lbs. and is passionate about personal health and fitness and helping her students reach their fitness goals.

### YOGA FOR EVERYONE, HEALTHY AND BALANCED

Yoga is a practice for the unification of body, mind and spirit in harmonious experience. With Yoga you will create a body of perfect health, strength and balance; a mind with clarity and calmness; a heart filled with peace. Please bring a mat and a towel. Children under 12 must be accompanied by an adult.

**Minimum 5 students, maximum 20.**

230221	Mon	6:00-7:00 p.m.	08/14/17-09/25/17
230222	Mon	6:00-7:00 p.m.	10/02/17-11/06/17
<b>230223*</b>	<b>Mon</b>	<b>6:00-7:00 p.m.</b>	<b>11/13/17-01/08/18</b>
230224	Wed	6:00-7:00 p.m.	08/16/17-09/20/17
230225	Wed	6:00-7:00 p.m.	09/27/17-11/01/17
230226	Wed	6:00-7:00 p.m.	11/08/17-01/10/18
6 wks	Killian	MP Room	Chiou \$60

5 Week Session \$50

**(No class on 09/04, 11/20, 11/22, 12/18, 12/20, 12/25, 12/27, 01/01, 01/03)**

### PILATES FOR EVERYONE, SCULPT AND TONE

Pilates movements are done in a precision, control and flow. We'll build strength, flexibility, coordination, and stamina. Be your personal best with this low-impact yet highly intense workout. Please bring a mat and a towel. Children under 12 must be accompanied by an adult.

**Minimum 5 students, maximum 20.**

230210	Wed	7:10-8:10 p.m.	08/16/17-09/20/17
230211	Wed	7:10-8:10 p.m.	09/27/17-11/01/17
230212	Wed	7:10-8:10 p.m.	11/08/17-01/10/18
6 wks	Killian	MP Room	Chiou \$60

**(No class on 11/22, 12/20, 12/27, 01/03)**

*Paul Chiou* is a certified professional fitness instructor who specializes in Yoga and Pilates. He is known for his attention to detail, compassion and knowledge in the holistic approach to fitness transformation both mind and body. Visit his website at [www.atthecorefitness.com](http://www.atthecorefitness.com)

### SALSA & SWING

<b>Salsa</b>			
230108	Tue	7:00-7:50 p.m.	09/12/17-10/03/17
<b>Swing</b>			
230102	Tue	8:00-8:50 p.m.	09/12/17-10/03/17
4 wks	Killian	Cafeteria	Yang \$45

**Material Fee:** \$3 cash payable to the instructor at the first class meeting.

**Minimum 6 students, maximum 50.**

These classes will be taught by **Betty May Yang**, a professional dance teacher, award winning performer, popular TV talk show guest, and choreographer for over 20 years. In addition to teaching hundreds of beginners to dance, she has judged many dance competitions throughout Southern California and coached dancers at all levels, including professionals. In these classes, Betty May makes it easy and fun for first timers. Partners recommended, but not required.

<b>FREE</b>	<b>MTWTH</b>	<b>6:00-7:00 p.m.</b>	<b>08/14/17-08/17/17</b>
230131	MTWTH	6:00-7:00 p.m.	08/21/17-09/14/17
230132	MTWTH	6:00-7:00 p.m.	09/18/17-10/12/17
230133	MTWTH	6:00-7:00 p.m.	10/16/17-11/09/17
230134	MTWTH	6:00-7:00 p.m.	11/13/17-12/14/17
4 wks	La Seda	Cafeteria	Chavira \$40

### INTRODUCTION TO MASSAGE, ADVANCED REFLEXOLOGY AND REIKI, STRESS MANAGEMENT, HAWAIIAN LOMI-LOMI

Reflexology – stress management through hands, feet and ears. REIKI connects you with ultimate source of healing at all levels. Learn to reduce stress, tension, stimulate natural healing powers and promote well-being. Flush away toxins. Hands on teaching. Learn how the body has amazing capacity to heal itself. Please bring two towels to class. A certificate will be issued upon completion of REIKI Sessions I & II.

**Minimum 10 students, maximum 20.**

230401	Sat	9:00-1:00 p.m.	08/19/17-09/23/17
230402	Sat	9:00-1:00 p.m.	09/30/17-10/28/17
4 wks	AEC1	105	Miranda \$55

**(No class 09/02, 09/09, 10/21)**

**Material Fee:** \$10 cash payable to instructor first day of class for handouts and certificate.

*Joe Miranda* has been teaching Reflexology since 1992. He is a certified Reflexologist. Since that time, he has worked for several chiropractic offices and clinics. He has over 1,000 hours of training and certification. Joe has also taught many types of reflexology and massage therapy.



The Information printed in this Schedule of Classes regarding classes, location, and teachers is as up-to-date as possible at time of printing.