



### INTERNATIONAL FOLKDANCE & 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.	06/06/17-07/11/17
5 wks	Killian	Cafeteria	Li \$20

**(No class on 07/04)**

**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.

### 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.	06/05/17-07/10/17
230224	Wed	6:00-7:00 p.m.	06/07/17-07/12/17
6 wks	Killian	MP Room	Chiou \$60

### 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.	06/07/17-07/12/17
6 wks	Killian	MP Room	Chiou \$60

**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).

### TAI CHI

Learn different styles of Tai Chi starting from basic forms to all fundamental. Tai Chi uses slow and gentle moves that make your body stay healthy.

**Minimum 6 students, maximum 30 students.**

230201	Sat	10:00-10:40 a.m.	06/10/17-07/08/17
5 wks	Killian	MP Room	Yu \$50

### QI GONG FOR HEALING

This new healing class explores the ideas, concepts and practical everyday use of Qi Gong (movements to activate body energy – which is known in China/Taiwan as Qi). It will combine lecture but with heavy emphasis on hands on learning. The instructor will teach warm ups and different Qi Gong forms to help activate Qi. Come join us to enjoy one of the secrets to Chinese good health!

**Minimum 6 students, maximum 30 students.**

230320	Sat	10:45-11:15 a.m.	06/10/17-07/08/17
5 wks	Killian	MP Room	Yu \$50

**Jack Yu** is an international 7th degree black belt Chinese Martial Arts and Kung Fu gold medal holder and has more than 10 years of traditional Chinese medical background and is certified Chinese Martial Arts and Certified C.M.T.



### ZUMBA/GOLD/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.**

230131	MTWTH	6:00-7:00 p.m.	06/12/17-07/06/17
4 wks	La Seda	Cafeteria	Chavira \$45

**(No class on 07/04)**

**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.



**INTRODUCTION TO MASSAGE, ADVANCED REFLEXOLOGY AND REIKI**  
 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.

**Minimum 10 students, maximum 20.**

230401	Sat	9:00 a.m.-1:00 p.m.	06/10/17-07/01/17
4 wks	AEC1	105	Miranda \$55

**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.