



ROWLAND ADULT & COMMUNITY EDUCATION FITNESS & HEALTH

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. Minimum age 15.**

230210 Mon 7:10-8:10 p.m. 08/13/18-09/24/18

No Class on 09/03

230211 Mon 7:10-8:10 p.m. 10/01/18-11/05/18

230212* Mon 7:10-8:10 p.m. 11/26/18-01/14/19

No Class on 12/24, 12/31, 01/07

230213 Wed 7:10-8:10 p.m. 08/15/18-09/19/18

230214 Wed 7:10-8:10 p.m. 09/26/18-10/31/18

230215 Wed 7:10-8:10 p.m. 11/07/18-12/19/18

No Class on 11/21

6 wks Killian MP Room Chiou \$60

***5 Week Session \$50**

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



ASIA "POP" FITNESS

NEW

Asia "Pop" Fitness brings the "magic" of the Asian way of moving the body that brings an edge to any regular cardio workout. In this class you will get a combination to low impact and high intensity aerobics that includes fun dance moves. This class combines philosophies from popular programs like Piloxing, Zumba, Tae Bo.

Minimum 5 students, maximum 25 students.

230115 MW 6:00-7:00 p.m. 08/13/18-09/10/18

No Class on 09/03

230116 MW 6:00-7:00 p.m. 09/17/18-10/10/18

4 wks Killian Cafeteria Owens \$40

Sally Owens experience consists of dance, acting, musical instruments, and fitness. She has experience in several styles of dance including tap, jazz, ballet & Middle Eastern folk dance in which she advanced to teach. Studying under many great fitness and health coaches, backed by a nutritional and holistic approach, Sally has found her true calling in Asia "Pop" Fitness.



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. Minimum age 17.

230401 Sat 9:00 a.m.-1:00 p.m. 08/18/18-09/22/18

No Class on 09/01, 09/15

230402 Sat 9:00 a.m.-1:00 p.m. 09/29/18-10/27/18

No Class on 10/20

230403 Sat 9:00 a.m.-1:00 p.m. 11/03/18-12/15/18

No Class on 11/10, 11/17, 11/24

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.

CARDIO HIP HOP

NEW

In this class you will learn dance moves in a high energy, funky hip-hop class for all levels. The class will begin with a hip hop warm up that will get both your heart rate and excitement up at the same time. You will also be going across the floor doing dance steps and combinations to music from the 80s to today's hits. No experience necessary.

Minimum 6 students, maximum 30. Minimum age 14.

230119 Thu 7:00-8:00 p.m. 10/18/18-12/13/18

No Class on 11/22

8 wks Killian MP Room Krzyzaniak \$80

Nadia Krzyzaniak is a professionally trained dancer for over 30 years. She has choreographed for universities, dance studios, cheer, and competitive dance groups. She has auditioned with Nike, Paula Abdul, Miley Cryus Tour, "So You Think You Can Dance" and much more. Mrs. Krzyzaniak has a Bachelor of Arts in Mass Communications from California State University, San Bernardino.

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