

# ROWLAND ADULT & COMMUNITY EDUCATION

## DANCE & FITNESS



### 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.	06/12/18-07/17/18
<b>6 wks</b>	<b>Alvarado</b>	<b>Cafeteria</b>	<b>Li \$20</b>

*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.

**Minimum 5 students, maximum 20. Minimum age 15.**

230221	Mon	6:00-7:00 p.m.	06/11/18-07/16/18
<b>6 wks</b>	<b>Killian</b>	<b>MP Room</b>	<b>Chiou \$60</b>
230224	Wed	6:00-7:00 p.m.	06/13/18-07/18/18
<b>5 wks</b>	<b>Killian</b>	<b>MP Room</b>	<b>Chiou \$50</b>

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

### 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	Mon	7:10-8:10 p.m.	06/11/18-07/16/18
<b>6 wks</b>	<b>Killian</b>	<b>MP Room</b>	<b>Chiou \$60</b>
230211	Wed	7:10-8:10 p.m.	06/13/18-07/18/18
<b>5 wks</b>	<b>Killian</b>	<b>MP Room</b>	<b>Chiou \$50</b>

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

*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).*

## CHANGE YOUR LIFE IN 30 DAYS



### WEIGHT MANAGEMENT APPLYING "THE WHOLE 30 PROGRAM"

Lose weight, you are worth it! Get your diabetes and blood pressure under control without counting calories or measuring food by applying "The Whole 30" plan.

**Minimum 5 students, maximum 20. Minimum age 15.**

230138	Sat	9:30-11:00 a.m.	06/16/18-07/14/18
<b>5 wks</b>	<b>AEC1</b>	<b>104</b>	<b>Chavira \$150</b>

Items needed for class: pen, paper, and textbook "The Whole 30" ISBN 978-0-544-60971-6

*Sandra Chavira has lost over 100 pounds. She has a Bachelor degree in Health & Wellness and certified in nutrition.*



### ZUMBA

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. Minimum age 15.**

230131	MTWTH	6:00-7:05 p.m.	06/11/18-06/28/18
230132	MTWTH	6:00-7:05 p.m.	07/02/18-07/19/18
<b>3 wks</b>	<b>La Seda</b>	<b>Cafeteria</b>	<b>Chavira \$35</b>

**(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, 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.	06/16/18-07/07/18
<b>4 wks</b>	<b>AEC1</b>	<b>105</b>	<b>Miranda \$55</b>

**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.*