

ROWLAND ADULT & COMMUNITY EDUCATION

DANCE / FITNESS & HEALTH



INTERNATIONAL FOLKDANCE 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.	01/22/19-03/19/19
230112	Tue	7:30-9:00 p.m.	04/02/19-05/28/19
9 wks	Alvarado	Cafeteria	Li \$30

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

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.	01/22/19-02/14/19
230132	MTWTH	6:00-7:05 p.m.	02/19/19-03/14/19
No class 3/07			
230133	MTWTH	6:00-7:05 p.m.	03/18/19-04/18/19
No class 3/25, 3/26, 3/27, 3/28			
230134	MTWTH	6:00-7:05 p.m.	04/22/19-05/16/19
4 wks	La Seda	Cafeteria	Chavira \$45
230135	MTWTH	7:05-7:40 p.m.	01/22/19-02/14/19
230136	MTWTH	7:05-7:40 p.m.	02/19/19-03/14/19
No class 3/07			
230137	MTWTH	7:05-7:40 p.m.	03/18/19-04/18/19
No class 3/25, 3/26, 3/27, 3/28			
230138	MTWTH	7:05-7:40 p.m.	04/22/19-05/16/19
4 wks	La Seda	Cafeteria	Chavira \$20

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.



Online Courses
Pages 13 - 16

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.**

230138	Sat	9:30-11:00 a.m.	01/26/19-03/09/19
No class 2/16, 2/23			
230139	Sat	9:30-11:00 a.m.	04/20/19-05/18/19
5 wks	AEC1	101	Chavira \$150

Items needed for class: pen, paper, and textbook "The Whole 30" ISBN 978-0-544-6071-6

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



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	9:00-1:00 p.m.	01/26/19-02/09/19
230402	Sat	9:00-1:00 p.m.	03/02/19-03/23/19
230403	Sat	9:00-1:00 p.m.	04/06/19-05/04/19
No class on 4/13			
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.

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