



ROWLAND ADULT & COMMUNITY EDUCATION FITNESS & HEALTH



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.	01/28/19-03/11/19
No class on 02/18			
230222	Mon	6:00-7:00 p.m.	03/18/19-04/29/19
No class on 03/25			
230223*	Mon	6:00-7:00 p.m.	05/06/19-05/20/19
230224	Wed	6:00-7:00 p.m.	01/23/19-02/27/19
230225	Wed	6:00-7:00 p.m.	03/06/19-04/17/19
No class on 03/27			
230226	Wed	6:00-7:00 p.m.	04/24/19-05/29/19
*3 week session \$30			
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.

Minimum 5 students, maximum 20. Minimum age 15.

230210	Mon	7:10-8:10 p.m.	01/28/19-03/11/19
No class on 02/18			
230211	Mon	7:10-8:10 p.m.	03/18/19-04/29/19
No class on 03/25			
230212*	Mon	7:10-8:10 p.m.	05/06/19-05/20/19
230213	Wed	7:10-8:10 p.m.	01/23/19-02/27/19
230214	Wed	7:10-8:10 p.m.	03/06/19-04/17/19
No class on 03/27			
230215	Wed	7:10-8:10 p.m.	04/24/19-05/29/19
*3 week session \$30			
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

INSTRUCTORS NEEDED

If you can teach any of the classes in our catalog or have a specialty area which might fit with the RACE Department, please call the RACE office @ (626) 965-5975

GENTLE YOGA ★ NEW

This class is a restful, calming class including breathing, gentle flowing movements with supported poses. Perfect beginning yoga class that is also appropriate for those working with limited mobility, or who prefer a soft and gentle approach to yoga. You don't need to be able to touch your toes; you just have to be willing to try. Please bring a mat and a towel.

Minimum 5 students, maximum 20. Minimum age 15.

230230	Sat	8:30-9:30 a.m.	01/26/19-03/23/19
No class on 2/16, 2/23			
7 wks	Killian	MP Room	Chung \$65
230231	Sat	8:30-9:30 a.m.	04/06/19-05/11/19
No class on 4/13			
5 wks	Killian	MP Room	Chung \$55

VINYASA YOGA ★ NEW

This class will offer accessible alignment principles, which students can be playful, explore their creative potential, heal and transform. As mindfully integrate movement and breath, breaking down sun salutations and other poses fundamental to a Vinyasa flow. Feel confident, safe, and strong throughout sun salutations. Open to all levels. Please bring a mat and a towel.

Minimum 5 students, maximum 20. Minimum age 15.

230234	Sat	9:40-10:40 a.m.	01/26/19-03/23/19
No class on 2/16, 2/23			
7 wks	Killian	MP Room	Chung \$60
230235	Sat	9:40-10:40 a.m.	04/06/19-05/11/19
No class on 4/13			
5 wks	Killian	MP Room	Chung \$50

Joann Chung is a certified yoga teacher who has a passion to develop students to expand within their own body and leave class feeling well rounded and deeply connected. She guides students how to increase balance and release tension both in mind and body.

CARDIO HIP HOP

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	7:00-7:45 p.m.	01/31/19-02/28/19
5 wks	Killian	Cafeteria	Krzyzaniak \$60

Nadia Krzyzaniak 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.