



### On-Line Classes

As a result of the stay at home order, all Adult Education classes conducted by RACE for the summer session will be conducted in a virtual, distance learning environment. Once you decide what class you desire to take, please contact the instructor by email to express your interest in enrolling in the class. The instructors email is provided to you next to the class information. Once the instructor receives your email indicating that you want to enroll in the class the instructor will email you back to confirm your enrollment in the class.



#### MICROSOFT OFFICE COMPUTING

Develop your computer techniques in an easy way! Whether you want to use your computer to edit documents and produce table, create slide show presentations to have fun with animations, make spreadsheet with formula and charts, this class will let you explore the basic skills to enrich your computer knowledge in Microsoft Office Word, Excel and PowerPoint. We develop a series of hands-on practice and accelerate students to master these useful Microsoft programs.

610110	Thu	7:30-8:10 pm	01/21/21-02/18/21
610111	Thu	7:30-8:10 pm	02/25/21-03/25/21
610112	Thu	7:30-8:10 pm	04/08/21-05/06/21
<b>5 wks</b>	<b>Online Via Zoom</b>	<b>Ng</b>	<b>\$75</b>

**Alan Ng** has been teaching classes for more than 15 years in over 30 cities in 3 counties. After many years of working with students from different backgrounds, he has developed a set of hands-on materials for making learning fun and easy. Alan has a Master's Degree in Computer Science and is highly qualified in instructing courses for learning computer skills.

Teacher Contact Info: [alanking@yahoo.com](mailto:alanking@yahoo.com) or (626) 379-1112



ESL Classes  
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#### ZUMBA GOLD

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.

640301	MTWTH	5:45-6:45 pm	02/01/21-02/25/21
640302	MTWTH	5:45-6:45 pm	03/01/21-03/25/21
640303	MTWTH	5:45-6:45 pm	04/05/21-04/29/21
640304	MTWTH	5:45-6:45 pm	05/03/21-05/27/21
<b>4 wks</b>	<b>Online Via Zoom</b>	<b>Chavira</b>	<b>\$45</b>

**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.

Teacher Contact Info: [loschaviras2003@yahoo.com](mailto:loschaviras2003@yahoo.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.**

640320	Sat	9:30-11:00 am	01/23/21-02/20/21
640321	Sat	9:30-11:00 am	02/27/21-03/27/21
<b>5 wks</b>	<b>Online Via Zoom</b>	<b>Chavira</b>	<b>\$150</b>

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.

Teacher Contact Info: [loschaviras2003@yahoo.com](mailto:loschaviras2003@yahoo.com)