

Sports, Health & Fitness

Golf Skills for Adults

Now is the time to take professional golf lessons designed especially for the beginner. Learn the basics of golf including grip, stance, swing, and etiquette. The cost of the course includes the use of clubs and golf balls for indoor use. You will learn the proper techniques of the game in a relaxed learning environment and at an affordable price.

Cost: \$85

CE.HPE 004-51
5 sessions

Blackwood Location
Off Campus Range
9/10 – 10/8
R, 6-8 p.m.

Belly Dance Basics

Discover this ancient art with a modern mission: to unify women with themselves and with those around them. This is a dance of diversity that not only exercises and tones the body, but calms the mind and frees the spirit! This is a non-competitive class that is respectful, informative and fun! All women of any size, shape or ability can learn to belly dance! This class is for you! Bring a bottle of water and wear socks or slippers as footwear.

Instructor: Christine Bozzuffi

Cost: \$75

CE.HPE 042-51
6 sessions

Blackwood Location
9/14 – 10/19
M, 7-8 p.m.

Belly Dance – Beyond Basics

This class builds on what was taught in the beginner's class. Movements are refined and layered with other movements to create a unique self-expression. Instructor: Christine Bozzuffi

Cost: \$85

CE.HPE 044-01
6 sessions

Blackwood Location
10/26 – 11/30
M, 7-8 p.m.

Yoga Wellness

Do you live with pain, stiffness, or restricted mobility? Do you think you could have a better quality of life than you are currently experiencing? Has your doctor suggested you would benefit from a gentle exercise program? If you answered yes to any of these questions, this class is for you. Yoga wellness is designed to start exactly where you are and slowly build a program of stretching, breath work and self massage that will increase your flexibility, strength, resistance, and peace of mind. Tap into your luminous healthy self.

Cost: \$99

CE.HPE 106-51
11 sessions

Blackwood Location
9/9 – 11/18
W, 6-7:30 p.m.

Yoga Basics

This class provides the basics of Hatha Yoga, the yoga of physical fitness. It is for you whether you have done yoga before or not, as long as you are in generally good health. In each class, we will stretch, learn Asanas (yoga postures), Pranayamas (breath techniques), and experience deep relaxation meditations. As we move

through the course, we will be building a program that addresses every aspect of your health and well-being. It is designed to enhance the quality of your life.

Cost: \$109

CE.HPE 015-51
15 sessions

Blackwood Location
9/14 – 12/14
M, 5:30-7 p.m.

Nutrition Awareness

Join us for a fun and interactive workshop learning the 4 basic steps in digestion, components of foods the body needs for good health, good fats vs. bad fats, substitutions so we're not going without, how additives and preservatives affect the body and mind, as well as, conscious eating for weight loss. Instructor: Lisa O' Brien, RYT, CRM

Cost: \$25

CE.HPE 053-51
1 session

Blackwood Location
10/13
T, 7-9 p.m.

ZUMBA

Let's face it, working out can be healthy, rewarding, and beneficial. . . working out can be lots of things, but it's never been known to be much fun. . . UNTIL NOW! Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do. The goal is simple: by integrating Zumba into everyday life, individuals may achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, body energizing movements meant to engage and captivate for life. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba. Zumba has been sweeping the country and has positioned itself as the single most influential movement in the industry of fitness. Come join us in the best party around!

Cost: \$80

CE.ENR 140-51
8 sessions

Blackwood Campus
9/8 – 10/27
T, 6:30-7:30 p.m.

CE.ENR 140-52
8 sessions

9/8 – 10/27
T, 7:30-8:30 p.m.

CE.ENR 140-53
8 sessions

11/3 – 12/22
T, 6:30-7:30 p.m.

CE.ENR 140-54
8 sessions

11/3 – 12/22
T, 7:30-8:30 p.m.

Hip Hop Master Class

This one day master class will present the basics of hip hop. The class will be taught by Renee Chambers Liciaga, who has performed in Broadway and touring companies of *West Side Story*, *Joseph and the Amazing Technicolor Dreamcoat*, *DreamGirls*, and *Evita* just to name a few. Renee will be holding workshops at Mainstage Center for the Arts in order to share her expertise of over 25 years in the performing arts industry.

Cost: \$25

CE.ENR 152-01
1 session

Blackwood Location, CIM 205
10/17
S, 1-3 p.m.

NEW