

## SPORTS AND FITNESS

### AEROBICS I—PILATES/YOGA/WALKING

Designed for the beginning exercise enthusiast with the emphasis on walking and pilates.

code:	PISPF-0011-P1 (Pilates/Walking)	cost:	\$92
dates:	Jan 20-May 17	days:	MW
time:	12:00PM-12:50PM	location:	T 130

code:	PISPF-0011-P2 (Yoga/Walking)	cost:	\$92
dates:	Jan 19-May 18	days:	TTH
time:	08:00AM-08:50AM	location:	T 130

### AEROBICS II—STEP AEROBICS/KICKBOXING

An intermediate workout combining step aerobics, kickboxing, and toning exercises.

code:	PISPF-0012-P1 (Step Aerobics)	cost:	\$92
dates:	Jan 19-May 18	days:	TTH
time:	12:30PM-01:20PM	location:	T 130

code:	PISPF-0012-P2 (Kickboxing)	cost:	\$92
dates:	Jan 20-May 17	days:	MW
time:	05:00PM-05:50PM	location:	T 130

### AEROBICS III — AQUA AEROBICS

A workout combining aerobics and toning exercises in the challenging environment of the pool.

code:	PISPF-0013-P1	cost:	\$92
dates:	Jan 20-May 17	days:	MW
time:	06:50AM-07:40AM	location:	FH POOL

code:	PISPF-0013-P2	cost:	\$92
dates:	Jan 20-May 17	days:	MW
time:	06:00PM-06:50PM	location:	FH POOL

### GOLF

Basic rules and fundamentals of golf.

code:	PISPF-0014-PS	cost:	\$92
dates:	Mar17-May 17	days:	MW
time:	10:00AM-11:50AM	location:	T 130

### AEROBICS IV—BOOT-CAMP STYLE

A workout combining aerobic dance, boot-camp style and indoor cycling. This class is for those individuals who want a more intense and physically challenging workout.

code:	PISPF-0016-P1	cost:	\$92
dates:	Jan 19-May 18	days:	TTH
time:	11:30AM-12:20PM	location:	T 130

**T'AI CHI FOR YOUR HEALTH**

This is an easy to do, tried and true, centuries old, non-strenuous body and mind conditioner. Learn simple patterns of movement, combined with breathing awareness and t'ai chi principles. The movements are soft and relaxing and resemble an oriental ballet. T'ai chi can help maintain strength, build strength, and help students relax. Whenever possible, movements are done to soft, soothing, and relaxing music.

code:	PISPF-017-PS	cost:	\$79
dates:	Mar31-May 5	days:	W
time:	07:00PM-08:00PM	location:	T 130

**KARATE (AGES 7 TO ADULT)**

This course teaches basic self-defense, traditional Tae Kwon Do, Katas, Kobudo (the art of ancient weaponry), and physical fitness. It also helps build self-esteem, self-discipline, and confidence. Learn defense tactics and get in shape.

code:	PISPF-025-P1 (Beginner)	cost:	\$55
dates:	Jan 21-May 6	days:	TH
time:	06:00PM-07:00PM	location:	T 130

code:	PISPF-025-P3 (Intermediate)	cost:	\$79
dates:	Jan 21-May 6	days:	TH
time:	06:00PM-08:00PM	location:	T 130

code:	PISPF-025-P2 (Beginner)	cost:	\$55
dates:	Jan 23-May 15	days:	S
time:	08:30AM-09:30AM	location:	T 130

code:	PISPF-025-P4 (Intermediate)	cost:	\$79
dates:	Jan 23-May 15	days:	S
time:	08:30AM-10:30AM	location:	T 130

**KARATE PLUS**

This class is for high energy individuals interested in improving karate skills. For a slight additional cost, students receive "twice" the number of instructional sessions as in the standard Karate course.

code:	PISPF-026-P1 (Beginner)	cost:	\$99
dates:	Jan 21-May 15	days:	THS
time:	06:00PM-07:00PM (TH) 08:30AM-09:30AM (S)	location:	T 130

code:	PISPF-026-P2 (Intermediate)	cost:	\$165
dates:	Jan 21-May 15	days:	THS
time:	06:00PM-08:00PM (TH) 08:30AM-10:30AM (S)	location:	T 130

**MUAY THAI—MARTIAL ARTS**

This course teaches effective self-defense techniques using the principles of Muay Thai. Learn striking combinations, basic blocking techniques, and how to handle various self-defense situations. Get in shape while learning a new form of martial arts.

code:	PISPF-030-PS	cost:	\$59
dates:	Jan 19-May 11	days:	T
time:	06:00PM-07:00PM	location:	T 130