50+ WELLNESS PROGRAM

Tuesdays 8 weeks $100
Oct 16-Dec 4
3:30-5:30pm | COM06 Computer Basics
No Experience necessary. Bring a flash drive

Wednesdays 8 weeks $100
Oct 17-December 5
3:30-5:30pm | COM89 Microsoft Word
Ability to use keyboard. Bring a flash drive

Wednesdays 9 weeks $108
Oct 17-December 12
8:50-10:20am | COM92 Osteoporosis Workout
Bring a set of 2lb. ankle/wrist weights and wear sneakers.

Fridays 9 weeks $108
Oct 12-December 14 (no class 11/23)
10-11:30am | COM09 Yoga & Pilates
Bring a yoga mat and yoga belts.
11:45am-1:15pm | COM01 Dancing Fitness
Bring 2lb hand weights & dance shoes. No street shoes.
12-1pm OR 1:15-2:15pm | COM02 Aquasize
Bring bathing suit, towel, water shoes and a lock.

Saturdays 2 weeks $50
Nov 3 & 10
1-3:30pm | COM03 Let Microsoft do the Math for You
Minimum experience necessary. Bring flash drive.

Saturdays 9 weeks $108
Oct 13-Dec 15 (no class 11/24)
9:30-11am | COM13 Chair Pilates
Wear sneakers and bring a set of 2 or 3 lb hand weights.
11:15am-12:45pm | COM91 Disco Workout
Wear sneakers and bring resistance tubes to each class.
4-5pm | COM02 Aquasize
Bring bathing suit, towel, water shoes and a lock.

Sundays 9 weeks $108
Oct 14-Dec 16 (no class 11/25)
9:30-11am | COM42 Arthritis Workout
Bring 2 or 3lb. hand weights and sneakers to each class.
11:15am-12:45pm | COM76 Zumba Gold
Bring 2 or 3lb. hand weights and sneakers to each class.
1:15-2:15pm OR 2:30-3:30pm | COM02 Aquasize
Bring bathing suit, towel, water shoes and a lock.

Note: For any classes held in the gym, please bring a lock to store your personal items in a locker.

Workshops
COM59 MOVING MEDITATION W/QI GONG $60
Fri Oct 26, Nov 2, 9 & 16, 12:30am-2pm
Qigong (Energy Cultivation) involves focused, gentle meditative movement and breathwork, bringing relaxation, peace and healing to mind and body. The exercises are extremely easy to learn, and may be practiced seated as well as standing. Lessons will include the Eight Brocades and Five Animal Frolics, and also focus on organ healing practices, breathing exercises and meditation.
Wear loose, comfortable clothing and flat shoes.

COM56 CHAIR YOGA $30
Fri Oct 26 & Nov 2, 10:30-12 Noon
In this 2-session workshop, practice the fundamentals of Chair Yoga (seated and standing postures; breathwork and relaxation/meditation and learn ways to increase and balance Energy (Prana). Special focus on opening the heart to greater love and empathy. Taught by a registered Hatha Yoga teacher; certified in Chair and Gentle Yoga; Reiki and is a Certified Therapeutic Recreation Specialist.
Wear loose, comfortable clothing and flat shoes.

COM54 HOLISTIC HEALTH APPROACHES TO WELLNESS $70
Mon Oct 22, 29, Nov 5, 12 & 19, 2-3:30pm
Learn and experience the benefits of alternative complimentary health care interventions; everyday uses of essential oils known as aromatherapy, gentle movement practices to improve vitality and well being such as Qigong and Tai Chi, energetic healing approaches called Touch for Health, Vitaflex and Reiki, guided yoga meditation practices and understanding naturopathic wellness principles. Exercises will be done seated or standing.
Wear loose comfortable clothing and flat shoes.

Registration fee is waived for ALL 50+ courses and FREE designated guest parking is available on campus.