

Spring 2015 Community Education Courses

Gymnastics

Instructor: Bernardina "Nina" Ayon

Course Dates: *Jan. 26 - Feb. 19* *Mar. 9 - Apr. 2*
Apr. 7 - Apr. 30 *May 4 - May 28*

Days & Times: *Mon & Wed 3:00pm - 4:00pm* *Tues & Thurs 4:00pm - 5:00pm*

Location: Gerald Ortega Wellness Center

Cost: \$35/semester



High Intensity Interval Training

Instructor: Aaron Gallegos

Course Dates: *Jan. 12 - Feb. 4* *Feb. 16 - Mar. 11*
Mar. 16 - Apr. 8 *Apr. 13 - Apr. 6*

Days & Times: *Mon & Wed 5:30pm - 6:30pm*

Location: Gerald Ortega Wellness Center

Cost: \$35.00/4-week course



Line Dancing

Instructor: Denise McElroy

Course Dates: *Jan. 12 - May 7*

Days & Times: *Tues & Thurs 8:00am - 11:00am*

Location: Gerald Ortega Wellness Center

Cost: \$40/semester



PIYO (Pilates/Yoga)

Instructor: Erin Grassie

Course Dates: *Jan. 20 - Apr. 2*

Days & Times: *Tues & Thurs 5:30pm - 6:30pm*

Location: LCC Media Arts Atrium

Cost: \$35.00/8-week course



Self-Defense Karate

Instructor: Jeff Ortzow

Course Dates: *Jan. 13 - Apr. 30*

Days & Times: *Tues & Thurs 5:30pm - 6:30pm*

Location: Gerald Ortega Wellness Center

Cost: \$41/semester



Morning Zumba

Instructor: M. Evelyn Marquez

Course Dates: *Jan. 12 - May 8*

Days & Times: *Mon & Wed 9:00am - 10:00am*

Location: Gerald Ortega Wellness Center

Cost: \$50/semester



Evening Zumba

Instructor: Louie Trujillo

Course Dates: *Jan. 13 - Mar. 5* *Mar. 10 - Apr. 30*

Days & Times: *Tues & Thurs 5:30pm - 6:30pm*

Location: Gerald Ortega Wellness Center



For more information, contact Martin Garcia @ 454-5335 or mgarcia@luna.edu