

Fall 2016 Community Education Courses



Zumba

Instructor: Jasmine Gallegos

Course Dates: *Aug 22 - Sept 23 Sept 26 - Oct28
Oct 31 - Dec 5*

Days & Times: *Mon & Wed 4:00 pm - 5:00pm
Fri 5:00 pm - 6:00 pm*

Location: LCC Gerald Ortega Wellness Center

Cost: \$35.00/ Course



Tai Chi for Arthritis II

Instructor: John Arnold

Course Dates: *Aug 22 - Nov 9*

Days & Times: *Mon & Wed 11:00 am - 12:00 am*

Location: LCC Media Education Center Atrium

Cost: \$45.00/12-week course



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

Fall 2016 Community Education Courses

Tai Chi for Energy

Instructor: John Arnold

Course Dates: *Aug 22 - Nov 9*

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

Location: LCC Media Education Center Atrium

Cost: \$45.00/12-week course



Self-Defense Karate

Instructor: Jeff Ortzow

Course Dates: *Aug 22 - Dec 9*

Days & Times: *Mon & Wed 5:30pm - 7:30pm or*

Tues & Thurs 5:30pm - 7:30pm

Location: LCC Wellness Center

Cost: \$46.00/semester

**Self Defense
Karate**

High Intensity Interval Training

Instructor: Aaron Gallegos

Course Dates: *Aug 8 - Aug 31 Sept 7 - Oct 3*

Oct 5 - Oct 31 Nov 2 - Nov 28

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

Location: LCC Wellness Center

Cost: \$35.00/4-week course



Tai Chi for Arthritis & Fall Prevention

Instructor: John Arnold

Course Dates: *Aug 22 - Nov 9*

Days & Times: *Mon & Wed 9:45 am - 10:45 am*

Location: LCC Media Education Center Atrium

Cost: \$45.00/12-week course



Morning Zumba

Instructor: M. Evelyn Marquez

Course Dates: *Aug 22 - Oct 12 Oct 17 - Dec 9*

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

Location: LCC Wellness Center

Cost: \$35.00/8-week course



Evening Zumba

Instructor: Louie Trujillo

Course Dates: *Aug 23 - Oct 13 Oct 18 - Dec 10*

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

Location: LCC Wellness Center

Cost: \$35.00/8-week course



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