



COMMUNITY EDUCATION * SPRING 2014



Physical Fitness (PE 112)

Log in 32 hours at LCC Wellness Center during the Summer semester. Workout using the latest in modern exercise equipment including stair steppers, stationary bikes, treadmills, exercise machines, resistance training equipment. Log in and log out required. Registration is open throughout the semester. **1 credit**

Sec 01 Dec 9-May 9 MTWRF 7am

Location: Main Campus , Wellness Center

Instructor: Dawnette Garcia

Sec 40 Jan 14-May 9 TWR 3:30-4:20pm

Sec 41 Jan 14-May 9 T/R 5-5:50pm

Location: LCC Mora

Instructor: Jeannie Abeyta

Weight Training (PE 113)

In this class, log in 32 hours of weight training at the LCC Wellness Center within the 2-month semester. Workout at your convenience using the latest in weight training and free weights. Log in and log out required.

Registration is open throughout the semester.

1 credit

Dec 9-May 9 MTWRF 7am-7pm

Location: Wellness Center

Instructor: Dawnette Garcia

Step Aerobics (PE 116)

Step Aerobics is a motivational course in which the student, through active participation, will develop skills to provide enjoyment for cardio respiratory activities. Step training consists of stepping up and down on a platform while performing creative choreographic movements to music. **1 credit.**

Sec 20-Jan 14-May 9 T/R 6-6:50pm

Location: Springer LCC

Instructor: Shea Jespersion

Kickboxing & Step Combo (PE 117)

The class will consist of Cardio Kickboxing and Step-training. Cardio Kickboxing is one of the biggest exercise activities to hit the gyms. Cardio Kickboxing varies from gym to gym, but the format is generally the same--a series of drills set to music including: shadow boxing, various types of kicks, shuffling, jump rope, jumping jacks, weaving, jabbing, punching/kicking combinations that include jabs, hooks, front, back, and sidekicks. Step training, also known as step aerobics, will also be included which consists of stepping up and down on a platform while performing creative choreographic movements to music. It is

predominantly a low impact, high intensity athletic activity that has attracted both men and women of all ages interested in a simple yet challenging aerobic workout. **1 credit**

Jan 13-May 9 M//W 12pm-12:50pm

Location: Wellness Center

Instructor: LouElla Marr-Montoya

Cardio Weight Training (PE 121)

This physical education class is designed to promote wellness and exercise combining weight training and cardiovascular training. Instructor will encourage the use of stationary bike, stair stepper, treadmill and weight training machines or free weights. **1 credit.**

Jan 15-May 10 T/R 7-7:50am

Location: Wellness Center

Instructor: Antonio Siqueiros

Location: Wellness Center

Yoga (PE 135)

Yoga demystified for everyone interested in learning the basics of Hatha Yoga, or “yoga for health”. Yoga renews and invigorates the body, stretching, and strengthening the muscles, joints and spine. Yoga is a physical and psychological discipline that brings balance to the mind, body and spirit through breathing, postures and meditation. Basics emphasize safe physical execution, modifications, and movement.

1 credit.

Sec 01-Jan 13-May 9 M/W 4-4:50pm

Location: Main Campus, GEN 104

Instructor: Henrietta Griego

Self Defense Karate (PE 138)

This class will teach the basic movements and skills of karate with hands on training. Minimal sparring is used during class sessions, yet safety is emphasized. Students learn effective techniques of self defense, including disciplined tactics and movements through quality instruction. **1 credit**

Sec 01 Jan 14-May 9 M/W 5:30-7:30pm

Sec 02 Jan 13-May 9 T/R 5:30-7:30pm

Location: Wellness Center

Instructor: Jeff Ortzow

ZUMBA FITNESS

Sec 1 -- JAN 13-MAY 9
MON/WED
9-10 AM
WELLNESS CENTER

Sec 2 -- JAN 14-MAY 9
TUE/THUR
5:30-6:30 PM
WELLNESS CENTER
INSTRUCTOR:

TIM MARTINEZ

\$50



PiYO STRENGTH

JAN 14-MAY 9 TUES/THURS 5:30-6:30PM

LOCATION: VO-AG BLDG.

INSTRUCTOR: ERIN LOPEZ Cost: \$35

Incorporating dynamic balance, dance conditioning, plyo-metrics, strength and functional training while emphasizing the athleticism of Pilates and Yoga ! ALL LEVELS WELCOME

For more information, call Erin @ 716-934-8880



To register for a credit-bearing course, complete an Admissions Application and registration card. Individuals that have previously attended LCC , complete only the registration card.

We cannot emphasize the importance of early registration for guaranteed placement in a course. Courses are subject to cancellation if minimum enrollment is not met. Ten is the minimum for credit bearing courses.

To register for Community Education courses (**COM** Community Education registration form. You may make payment for the courses in this office as well.

Students should register prior to the first class session. We cannot emphasize the importance of early registration for guaranteed placement in a course. Courses are subject to cancellation if minimum enrollment is not met. Seven is the minimum for Community Education courses.

Every effort has been made to ensure the accuracy of the information presented in the LCC Community Education Schedule of Classes. However, all classes, instructors, designations, locations and fees described herein are subject to change or deletion without notice.

It is understood the contents of this publication are subject to change according to institutional policy.

**LCC COMMUNITY
EDUCATION
505-454-5311
800-588-7232, EXT. 1204
STUDENT SERVICES
BLDG., ROOM 119**



LINE DANCING

JAN 14-MAY 9 TUE/THURS
WELLNESS CENTER

DENISE McELROY \$40

ADVANCED CLASS 8-9:30 am

BEGINNER CLASS – 9:30-11 am

...a boot scootin' boogie of a time !!



Join the Luna Community College Line Dance Troupe at the

LINE DANCE JAMBOREE

APRIL 3 & 4, 2014

EL PASO, TEXAS

**COMING TO LCC
JUNE 2014**

GRANT WRITING 101

Non-profit organizations rely on grants to fund their work. Learn about the different types of funders including federal agencies and foundations, and the components of a “typical” grant application. Over a three-year period, course instructor Carol A. Horwitz wrote over three million dollars in successful applications for the City of Santa Fe. Summer Session -- June 2014 w/ Carol A. Horwitz, Ph.D.

CURANDERISMO IN THE 21st CENTURY

Curanderismo is a healing modality based upon indigenous wisdom and spiritual guidance. Through readings, discussions, movies, interviews, guest speakers and more, this course will look at the roots of Curaderismo, explore the different types of curandera/curanderos; learn about problems treated and their “remedios” and think about applications for today’s world. Summer Session – June 2014 w/ Carol A. Horwitz, Ph.D.

Non-credit registration Form

Course number _____	Course Title _____
Course number _____	Course Title _____
Course number _____	Course Title _____

1. Social Security Number: _____ (optional)
2. Name _____
Last First Middle
3. Mailing Address: _____
Street/PO Box

City State Zip Code
4. Home Telephone Number: _____ Work Telephone Number: _____

The following voluntary information is needed to aid in establishing and maintaining educational programs with equal opportunity for all groups. All information will be kept confidential.

5. Gender: ___ Female ___ Male
6. Date of Birth: _____
7. Check Appropriate Ethnic Origin:
___(1) American Indian/Alaska Native
___(2) Asian American/Pacific Islander
___(3) Black, Non-Hispanic
___(4) Hispanic
___(5) Non-Resident Alien
___(6) Unknown/No response
___(7) White, Non-Hispanic

STATEMENT OF NONDISCRIMINATORY POLICIES

Luna Community College is in compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendment of 1972 and Section 504 of the Rehabilitation Act of 1973. Luna Community College does not discriminate on the basis of age, race, color, national origin, disability, religion, or gender in its policies, practices, or procedures. This provision includes, but is not limited to admissions, employment, financial aid and educational services.

STATEMENT OF APPLICANT

I certify that the information furnished on this application is correct to the best of my knowledge. I agree that once I am admitted to Luna Community College, for purposes of attending Community Education courses, I will become familiar with and will observe the school's policies and regulations.

Circle form of payment: Cash / Check / Credit Card -- Visa / Master Card / Discover

Credit Card # _____ Expiration _____

Signature _____ Date _____