



**COMMUNITY EDUCATION \* SUMMER 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 May 12-July 25 MTWRF 7am**

**Location: Main Campus , Wellness Center**

**Instructor: Dawnette Garcia**

**Sec 40 Jun 2-July 25 TWR 3:30-4:20pm**

**Sec 41 Jun 2-July 25 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**

**Jun 2-July 25 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.**

***This class will return for Fall 2014***

## **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**

**Jun 2-July 25 M/TW 12pm-1:10pm**

**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.**

*This class will return for Fall 2014*

## **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-Jun 2-July 25 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 Jun 2-July 25 M/W 5:30-7:30pm**

**Sec 02 Jun 3-July 25 T/R 5:30-7:30pm**

**Location: Wellness Center**

**Instructor: Jeff Ortzow**

# ZUMBA FITNESS

Sec 1 – JUNE 2 – JULY 25  
MON/WED  
9-10 AM  
WELLNESS CENTER

Sec 2 – JUNE 3 – JULY 25  
TUE/THUR  
5:30-6:30 PM  
WELLNESS CENTER  
INSTRUCTOR:

**TIM MARTINEZ**

**\$50**



# PiYO STRENGTH

**JUN 2-JULY 25 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**



# LINE DANCING

JUNE 2-JULY 25 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 !!**



**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. **APRIL 30 6-8pm BUS 106****

**Instructor: Carol Horwitz, Ph.D Cost: \$50**

## **CURANDERISMO IN THE 21<sup>st</sup> CENTURY**

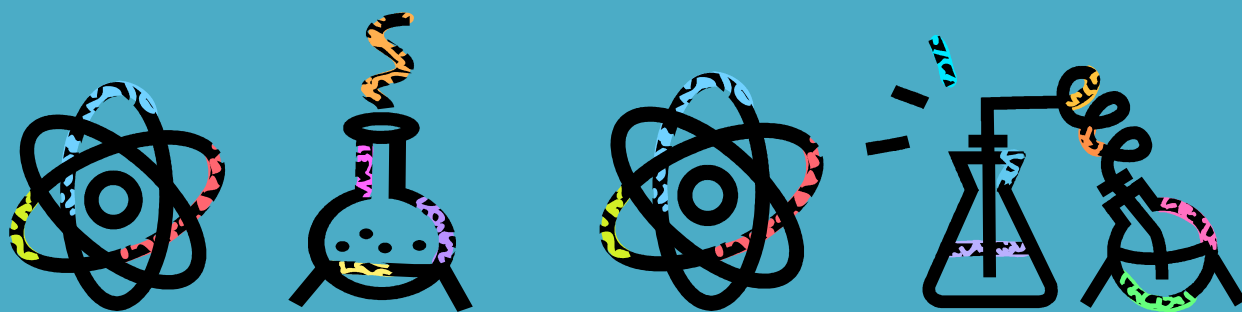
**Curanderismo is a healing modality based upon indigenous wisdom and spiritual guidance. Through readings, discussions, movies, interviews, guest speakers and more, this course will look at the roots of Curaderismo, explore the different types of curandera/curanderos; learn about problems treated and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

**Summer Session – June 10-July 23 M/W 6-8pm BUS 106**

**Instructor: Carol Horwitz, Ph.D Cost: \$50**



# **STEM Transfer Program - Seminar**



**June 2-July 25 MTWR 5-7pm**

**Location: Main Campus, STEM Department**

**Instructor: Dr. Vidal Martinez**

**This seminar is for students who are majoring in a LCC STEM program with the intent to transfer to New Mexico Institute of Mining & Technology. In this seminar, students will explore a variety of STEM topics to inspire interest in science, technology, engineering and mathematics. Stipends will be given to students who qualify.**



**For more information, contact Dr. Martinez @ 505-670-3305, or e-mail [vmartinez@luna.edu](mailto:vmartinez@luna.edu)**

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

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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 \_\_\_\_\_