

FITNESS & DANCE

BALLET MOVEMENT FOR EVERYONE

Proper classical ballet barre concepts and techniques will be the foundation of the class format. Beginners or someone with other dance experience will learn the fundamentals of ballet and will be able to participate in creating expressive dance. Exercise attire and ballet slippers required. This course is a great way to stretch and improve posture and breathing.

Instructor: Loren Warshaw

CE8 033 A1 ON-CAMPUS COURSE Meets: Saturday, 10:30am-12:00pm for 8 sessions.

Starts October 2

Fee: \$175



HATHA YOGA

Hatha Yoga is a collection of mind body practices that teaches us how to breathe calmly and evenly as we move through a gentle flow. Focus is on being mindful. Paying attention to specific alignment cues, we deepen our awareness noticing the tendencies and thought patterns that affect us on and off the mat. Please bring a yoga mat to class. Blocks, straps, and blankets optional.

Instructor: Lorraine Trezza

CE9 752 A1 ON-CAMPUS COURSE Meets : Saturday, 9:30am- 10:30am for 8 sessions.

Starts October 2

Fee: \$150

BEGINNER KUNDALINI YOGA

You will gain new perspective, capacities and habits that can support your expanded awareness. The beauty of Kundalini yoga is that if you just physically sit there, fix the automatic rhythm of your breath, and add a creative naad (mantras), your mind becomes focused and balanced. In one kriya (a sequential combination of asanas), you can immediately achieve a complete physical and spiritual balance. It works so effectively and quickly because of this completeness, balance and energy. You will attain serenity and relaxation through this ancient art of yoga. Move at your own pace.

Please bring a mat, wear loose clothing and do not eat for two (2) hours before class.

Instructor: Elaina Marku

CE8 100 A1 ON-CAMPUS COURSE Meets: Saturday, 11:45am-1:15pm for 8 sessions.

Starts October 2

Fee: \$175

FULL BODY FITNESS FOR WOMEN

This class will include a combination of various fitness activities. Weekly classes will incorporate aerobics, cardio, plyometrics, resistance training, strength and conditioning activities. Participants will experience a fun and exciting way to get the full body workout they desire. Please bring a towel, water, and comfortable workout attire.

Instructor: Diane Calimopulos

CE9 663 A1 ON-CAMPUS COURSE Meets: Tuesday, 6:30pm-7:30pm for 8 sessions.

Starts October 5

Fee: \$150

BEGINNER PILATES

This is a mat based and core strengthening class that incorporates flexibility and toning for all levels. This exercise method aims to create a balance in the body. It is designed to cater to the individual needs of each person. Pilates offers a trimmer waist, flatter belly, better posture based on a balanced muscle tone and less fatigue, while decreasing back pain and injury. You will love it! Participants should have a towel, water and a mat accessible.

Instructor: Caryn Cooper

CE9 500 A1 ON-CAMPUS COURSE Meets: Saturday, 10:35am-11:35am for 8 sessions.

Starts October 2

Fee: \$150

TAI CHI CHUAN (TAIJIQUAN)

Learn the graceful form of Tai Chi Chuan, which is often described as a meditation in motion. Developed centuries ago as a martial art, Tai Chi also enables us to fight different battles of modern life including fatigue, stress, and joint pain. It is a low impact exercise helping to improve flexibility, strength and balance. We will be practicing the Wu Ji Tai Chi Form and Qigong Set. This class is suitable for people of all ages, perfect for beginners as well as those looking to deepen their Tai Chi practice. Please wear loose workout attire, comfortable shoes, and bring a water bottle.

Instructor: Peter Landini

CE9 566 A1 ON-CAMPUS COURSE Meets: Wednesday, 6:30pm-8:30pm for 6 sessions.

Starts October 13

Fee: \$175

TAI CHI FOR HEALTH

Tai Chi is an ancient Chinese art often described as "Meditation in Motion". This activity takes you through a set of slow, gentle movements with proven physical and psychological benefits. We will be studying the Chen Style of Tai Chi, which is the oldest school of the art. Our goal will be to strengthen our body, increase circulation and oxygen flow, as well as improve flexibility, balance and overall physical and psychological health. Please wear loose workout attire.

Instructor: Mitch Rubin

CE9 392 A1 ON-CAMPUS COURSE Meets: Thursday, 7:00pm-8:30pm for 8 sessions.

Starts October 14

Fee: \$175

LATIN DANCE MOVES

This course is offered for those wishing to gain the necessary skills for Latin dance. Emphasis will be placed on developing fundamental techniques needed for Latin dancing. Hip, body and arm movements as well as feet positions, footwork and more will be covered in each of the dances. This course is suitable for first time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment on the dance floor. Join us for an exciting experience as we learn to dance Latin style! Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or rubber bottom shoes ARE NOT recommended. Candidate Dances: Bachata, Cha Cha, Rumba, and Merengue

Instructor: Richard Fiore

CE9 688 A1 ON-CAMPUS COURSE Meets: Saturday, 9:00am-10:30am for 8 sessions.

Starts October 2

Fee: \$150 pp

SOCIAL / BALLROOM DANCING

This course will offer an opportunity to gain experience in social/ballroom dancing. It is an excellent choice for those looking to develop fundamental skills, as well as building on previous experience. The Instructor will break down and demonstrate all dance figures and combine them to form amalgamated routines. This class is suitable for first time dancers as well as those with previous experience. Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or rubber bottom shoes ARE NOT recommended.

Candidate Dances: Rhythm: Bolero and Swing. Smooth: Foxtrot, Waltz, and Tango.

Instructor: Richard Fiore

CE9 383 A1 ON-CAMPUS COURSE Meets: Saturday, 10:30am-12:00pm for 8 sessions.

Starts October 2

Fee: \$150 pp



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