

COMMUNITY EDUCATION Classes

Yoga for Beginners

Yoga for beginners is for anyone who enjoys yoga, whether they are new to the practice or have many years of experience. During the course, we will focus on the fundamentals of yoga, including posture alignment, breathwork and meditation. Participants will reap the many benefits of yoga, such as relaxation, improved flexibility and balance, increased physical strength and energy and better digestion. Please bring your personal floor mat.

CEPE-150-60 \$35.00
Thursday Sep. 16 - Oct. 21 6 - 7 p.m.
Godfrey Campus, Hatheway 107
Instructor: Nana Becoat

Medicare Mysteries: What You Need to Know

Medicare can be confusing. Most people are overwhelmed with the options and find it difficult to get clear, simple answers. This class is designed for people approaching or already on Medicare. It will help you find your path through this complicated issue. In one packed session, we review the four parts of Medicare, how it operates and where you fit into the equation. The course fee includes a helpful book for participants.

CEAR-104-60 \$30.00
Tuesday Oct. 26 5:30 - 8:30 p.m.
Godfrey Campus, Trimpe 156
Instructor: Jon Burgmann

Waltz for Beginners

Learn how to grace the dance floor in this class featuring basic instruction in the elegant movements of American Style Waltz. Whether new to ballroom dancing or just needing to brush up on some of the basics, instructor William Trent will have you ready for your next social gathering in no time! Shoes with vinyl or leather soles are recommended. Participants must register with a dance partner; the course fee is per person.

CEPE-151-61 \$45.00
Tuesday Oct. 26 - Nov. 23 7 - 8 p.m.
Godfrey Campus, Hatheway 0107
Instructor: William Trent

Practical Self Defense

Learn the skill set you need to defend yourself against an attacker. The first part of the class is dedicated to discussing tactics and strategies for a given scenario, learning new movements and techniques, and applying those movements to the given scenario. The last part of class will provide drills and exercises designed to improve strength and power, while helping to hardwire those techniques into the neuromuscular system. Participants should come away from each class with increased knowledge, coordination and power – both mental and physical.

CESC-131-60 \$40.00
Thursday Oct. 28 - Nov. 18 6:30 - 8 p.m.
Godfrey Campus, Trimpe 141
Instructor: Brendon Neal

For more information or to register call (618) 468-5701 or visit
www.lc.edu/CommunityEd