

Recreation & Fitness

▼ **NEW!**

Fountain of Youth Bootcamp

25 hrs. \$90

Using scientific principles to jumpstart your metabolism and regain control of your body, mind, and life. Basic strength training in a controlled and safe environment. Take the guess work out of your workouts. Learn the principles of fit people. Rewire your brain to think like a fit person. Learn to LOVE exercise! Regain your passion for life, regain control of your waistline, and reignite your youth! It's all possible. All it takes is the first step! Open to all fitness levels. **Supplies:** mat, resistance band, and weights.

•3611-CENC-RFE5002-001

M/W/F Sept. 16 – Oct. 30 8:00 – 9:15 a.m.

Location: Gym 110 Instructor: Michelle Carlson

•3612-CENC-RFE5002-001

M/W/F Nov. 2 – Dec. 21 8:00 – 9:15 a.m.

Location: Gym 110 Instructor: Michelle Carlson

▼ **NEW!**

Kickboxing

12 hrs \$59

Kick your way into shape. Get your heart rate up with this high energy fast paced kickboxing class mixed with boxing and martial arts moves!

•3625-CENC-RFE5003-001

Thurs. Sept. 17 – Dec. 10 7:30 – 8:30 p.m.

Location: GYM 110 Instructor: Angelique Pool

Water Exercise: Beginning & Experienced

28 hrs \$125

This class provides an opportunity for muscle toning and water resistance exercise. Work is done in both the shallow and deep ends of the pool. **Supplies:** "Floaties" are required and available in the LC Bookstore. Must be 20 years of age or older.

•3576-CENC-RFE4090-001

M/W Sept. 14 - Dec. 21 6:30 - 7:30 p.m.

Location: Bay Area Rehabilitation
7 Swalm Center at Decker Dr.

Instructor: Renae Haskins

Basic Keelboat

20 hrs \$215

Learn to sail in two days. American Sailing Association certified instructors will instruct you in the theory and practice of sailing a boat of about 20 feet safely and competently. Approximately 4 hours in the classroom and 16-20 hours of on-the-water instruction on Clear Lake and Galveston Bay, including a "Mentor Sail" and a free half-day charter. You will be ASA Certified. In addition, the Basics Keelboat Sailing Course is approved by the National Association of State Boating Law Administrators (NASBLA) and the U.S. Coast Guard as a recognized Safe Boating Course and meets all requirements for education and licensing for most states in the U.S. **Students will be REQUIRED to sign an Instruction Term and Agreement Form at the time of registration. Supply**

Fee: \$82.30 is payable to instructor first class day. (\$43.30 for materials and \$39 for ASA certification).

•3595-CENCPLL5030-001

Sat./Sun. Oct. 17 & 18 8:30 a.m. - 5:00 p.m.

•3596-CENCPLL5030-002

Sat./Sun. Nov. 14 & 15 8:30 a.m. - 5:00 p.m.

*Classes are offered every weekend on Saturday and Sunday. You **MUST** register through Continuing Education to attend.

Location: Bay Area Sailing Center & School, Watergate Yachting Center, Pier 22, Kemah, TX

Continuing Education also offers classes in:

- Pilates
- Yogalates
- Swimming
- Water Aerobics
- Self-Defense
- Skin & Scuba Diving



Please see Space Available Section on page 21 of the schedule for more information on Recreation and Fitness classes.

Sign Up Early...

Registration deadline is **three business days** prior to the first day of class.

Call 281-425-6311

Today!