

COMMUNITY COLLEGE OF ALLEGHENY COUNTY

COMMUNITY EDUCATION

Fitness Schedule Summer 2021

Register via phone: 412-788-7546 or online at: www.shopcommunityed.ccac.edu.

20/20/20--BEGINNING

This class offers something for everyone. Enjoy 20 minute intervals of Pilates, cardio workout and strength training that will give a great full body workout for all fitness levels. Please bring a mat, weights and water to class.

| Campus | Section # | Cost | Sessions | Time | Day of Week | Start Date | Instructor |
|--------------|--------------|------|------------|-----------------|-------------|------------|------------|
| North Campus | YFA-161-1450 | \$69 | 8 Sessions | 06:45PM-07:45PM | W | 06/09/21 | Overly |

Beginner Triple Play

If you haven't been off the couch in a while, this is a great class to start with! In "Triple Play", we hit 3 aspects of fitness: cardiovascular work, strength and flexibility. All exercises are done in a non-threatening atmosphere designed for beginners or those who haven't worked out in a while. The class starts off slowly with gentle and motivating moves designed to ease you back into exercise. Bring light weights, a mat and water to class.

| Campus | Section # | Cost | Sessions | Time | Day of Week | Start Date | Instructor |
|--------------|--------------|------|------------|-----------------|-------------|------------|------------|
| North Campus | YFA-361-1450 | \$69 | 8 Sessions | 06:15PM-07:15PM | M | 06/07/21 | Overly |

Bodysculpting

Get started on a better-looking body with this all-in-one class whose purpose is to help minimize the dimply appearance of cellulite, burn fat and tone, smooth and firm your muscles.

| Campus | Section # | Cost | Sessions | Time | Day of Week | Start Date | Instructor |
|--------------|--------------|------|------------|-----------------|-------------|------------|------------|
| North Campus | YFA-110-1450 | \$69 | 8 Sessions | 05:30PM-06:30PM | T | 06/08/21 | Overly |

Fit in 30

Are you looking for the secret to weight loss? All it takes is 30 minutes a day to achieve a proper level of fitness. In this total body workout, we'll alternate between six minutes of weights, two minutes of cardio, and two minutes of abs. Three sets of this routine and you will be done. All body parts will be used to achieve total body fitness as effectively as possible. Open to all levels. Wear appropriate workout clothing and footwear, and bring a mat or towel and a set (2) of three- to five-pound hand weights.

| Campus | Section # | Cost | Sessions | Time | Day of Week | Start Date | Instructor |
|--------------|--------------|------|------------|-----------------|-------------|------------|------------|
| North Campus | YFA-392-1450 | \$69 | 8 Sessions | 07:15PM-08:15PM | T | 06/08/21 | Overly |

Pilates

Experience how Pilates coordinates the mind, body and spirit through proper breathing, good posture and concentration. Build a full-body workout that helps improve posture, strengthens the back and abdominal muscles, increases flexibility, tones muscles and sharpens the mind/body connection. Students should bring a mat or heavy blanket for floor work.

| Campus | Section # | Cost | Sessions | Time | Day of Week | Start Date | Instructor |
|-------------------|--------------|-------|-------------|-----------------|-------------|------------|------------|
| West Hills Center | YFA-322-1290 | \$109 | 20 Sessions | 07:00PM-08:00PM | MW | 06/07/21 | Kelley |

Strength and Conditioning

Want to increase your overall health? This class will help you do that by building strength in major muscle groups with lifting along with endurance from cardio movements in an interval format. In order to customize the class, each student will be choosing their own size of weights to use for each exercise. Also, modifications will be shown for cardio movement.

| Campus | Section # | Cost | Sessions | Time | Day of Week | Start Date | Instructor |
|----------------|--------------|------|-------------|-----------------|-------------|------------|------------|
| Virtual Campus | YFA-111-1215 | \$79 | 10 Sessions | 05:00PM-06:00PM | M | 06/07/21 | Woodyard |

Tai Chi Chuan Beginning

Students can enhance their physical, mental and spiritual well-being with this ancient form of martial arts. Topics include increasing self-awareness through relaxation techniques, breathing exercises and flexibility movements.

| Campus | Section # | Cost | Sessions | Time | Day of Week | Start Date | Instructor |
|----------------|--------------|------|------------|-----------------|-------------|------------|------------|
| Virtual Campus | YFD-212-1450 | \$69 | 8 Sessions | 07:30PM-08:30PM | M | 06/07/21 | Lapresta |

Yoga--Beginning

Suitable for everyone regardless of age, gender or fitness level, this proven form of exercise introduces students to basic non-threatening Hatha yoga. Students can increase strength, flexibility and learn relaxation techniques and stress reducers to apply to daily life. Bring a yoga mat to class.

| Campus | Section # | Cost | Sessions | Time | Day of Week | Start Date | Instructor |
|----------------|--------------|------|------------|-----------------|-------------|------------|------------|
| North Campus | YFA-305-1450 | \$69 | 8 Sessions | 05:00PM-06:00PM | M | 06/07/21 | Overly |
| Virtual Campus | YFA-305-1215 | \$89 | 8 Sessions | 07:00PM-08:30PM | T | 06/08/21 | Martucci |
| Virtual Campus | YFA-305-1216 | \$69 | 8 Sessions | 07:00PM-08:00PM | W | 06/09/21 | Martucci |
| Virtual Campus | YFA-305-1217 | \$59 | 6 Sessions | 10:30AM-11:30AM | S | 06/12/21 | Martucci |
| Virtual Campus | YFA-305-1218 | \$69 | 5 Sessions | 07:00PM-08:30PM | T | 08/03/21 | Martucci |
| Virtual Campus | YFA-305-1219 | \$59 | 5 Sessions | 07:00PM-08:00PM | W | 08/04/21 | Martucci |
| Virtual Campus | YFA-305-1220 | \$59 | 5 Sessions | 10:30AM-11:30AM | S | 08/07/21 | Martucci |

YOGA Continued

Learn to build on your basic Hatha skills as you learn additional postures and inversions. Students will continue to develop breath awareness, strength and flexibility while achieving relaxation and stress reduction. Please bring a yoga mat to class.

| Campus | Section # | Cost | Sessions | Time | Day of Week | Start Date | Instructor |
|--------------|--------------|------|------------|-----------------|-------------|------------|------------|
| North Campus | YFA-366-1450 | \$69 | 8 Sessions | 05:30PM-06:30PM | W | 06/09/21 | Overly |

Yoga--Vinyasa Flow

Vinyasa means breath-synchronized movement. In this Vinyasa-style yoga class, poses flow from one to another in conjunction with the breath. Increase strength and flexibility through movement and stretching. Suitable for all levels. Bring a yoga mat to class.

| Campus | Section # | Cost | Sessions | Time | Day of Week | Start Date | Instructor |
|-------------------|--------------|-------|-------------|-----------------|-------------|------------|------------|
| West Hills Center | YFA-359-1290 | \$109 | 20 Sessions | 08:00PM-09:00PM | MW | 06/07/21 | Kelley |