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# FALL 2007 SCHEDULE

# INSTRUCTIONAL PROGRAMS

- The following non-credit programs are offered for the enrichment of our students, employees, retirees and their spouses. ○ **Payment is required before your spot in the class can be secured.**
- Register in person (room 134A Allan P. Kirby Sports Center) or through campus mail using the form provided. ○ Fees listed include ALL sessions. ○ Many classes fill quickly so sign up ASAP. ○ Please register and pay *at least* two days in advance. ○ [www.lafayette.edu](http://www.lafayette.edu) (go to Quick Links: Recreational Facilities)

## - Yoga -



### Yoga for Strength

This highly refined , energetic, flowing sequence of postures linked together with dynamic breathing will build strength and flexibility. Everything is there: forward folding, standing, and balancing postures, upper body and abdominal work. (In addition to accentuating flexibility, balance, relaxation & rejuvenation, this class will focus on developing strength & muscle tone to a larger degree than the "Relaxation" yoga class).

*All Yoga instructors provided by Easton Yoga. Note: There will be no class held on 10/7 due to Fall Break*

Sundays	3:00-4:00 PM	136 Kirby Sports Center	Sept. 9 thru Oct. 14	Instructor: Carmen Bernal	Fee: \$10 (5 classes)
Sundays	3:00-4:00 PM	136 Kirby Sports Center	Oct. 21 thru Nov. 18	Instructor: Carmen Bernal	Fee: \$10 (5 classes)

### Yoga for Beginners

Learn yoga while you practice. For those who haven't taken much, if any, yoga or never fully grasped the terms and techniques, this class is for you. Students will receive feedback regarding postures (the bodily positions and movements associated with yoga. A non-intimidating atmosphere will put you at ease.

**Note: There will be no class held on 10/8 due to Fall Break**

Mondays	5:15-6:15 PM	136 Kirby Sports Center	Sept. 10 thru Oct. 15	Instructor: Carmen Bernal	Fee: \$10 (5 classes)
Mondays	5:15-6:15 PM	136 Kirby Sports Center	Oct. 22 thru Nov. 19	Instructor: Carmen Bernal	Fee: \$10 (5 classes)

## Yoga for Relaxation

This special midday class will leave you rejuvenated and stress – free for the weekend. Breathing coordinated movement will be the primary focus. Reminding us all to slow down, just for 60 minutes each Friday! All Yoga levels welcome. **Co-sponsored by the Bailey Health Center and the Counseling Center** **Note: There will be no class held on 10/19 due to the Field House Dedication or 11/23 due to Thanksgiving Break**

Fridays	noon to 1:00 PM	229 Kirby Sports Center	Sept. 7 thru Oct. 5	Instructor: Alicia Wozniak
	Fee: \$10 (5 classes)			
Fridays	noon to 1:00 PM	229 Kirby Sports Center	Oct. 12 thru Nov. 30	Instructor: Alicia Wozniak
	Fee: \$10 (5 classes)			

**Unlimited Yoga Option: Pay \$30 and go to any yoga class offered (up to 3 x /week for both 5 week sessions).**

**Note: Any given 5-week session may be cancelled due to insufficient registration.**

## - Dance and Drumming -

### Belly Dancing

Experience for yourself the timeless beauty of Middle Eastern dancing. Tastefully taught, this invigorating and enjoyable encounter will have you stepping into a magical world of motion and beauty. You'll be having so much fun, you may not even notice the workout you're getting. **Note: There will be no class held on 10/9 due to the Fall Break or 11/20 due to Thanksgiving Break**

Tuesdays	6:30-7:30 PM	136 Kirby Sports Center	Sept. 11 thru Oct. 16	Instructor: Meg
Green	Fee: \$10 (5 classes)			
Tuesdays	6:30-7:30 PM	136 Kirby Sports Center	Oct. 23 thru Nov. 27	Instructor: Meg
Green	Fee: \$10 (5 classes)			



### Latin Dance: Merenge, Mambo, Salsa & Tango

Get a taste for all of the hot & tangy steps of Latin Dance. A fun and energizing class for all skill levels. Partner recommended. **Co-sponsored by the Office of Intercultural Development.**

Thursdays	7:30-9:00 PM	229 Kirby Sports Center	Sept. 6 thru Oct. 11	Instructor: Joanna Levy
	Fee: \$10 (6 classes)			

### African Dance

Learn basic dance steps and body movements that culminate into traditional African dances. For beginners and intermediates. **Co-sponsored by the Office of Intercultural Development.**

Wednesdays	7:30-9:30 PM	136 Kirby Sports Center	Sept. 12, 19, & 26	Instructor: Yacine Wade
	Fee: \$6 (3 classes)			

### The Power of West African Drumming

A high-energy, hands-on drumming workshop. Drums supplied (or BYOD). No experience necessary. Limited spaces available. **Co-sponsored by the Office of Intercultural Development.**

## - Rock Climbing -

### Belay Class

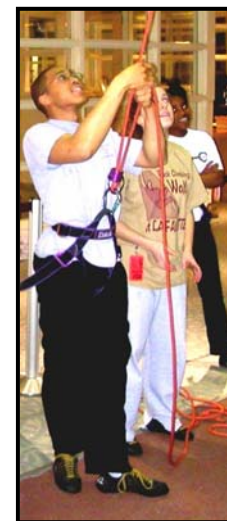
The belayer is the person who manages the rope to protect the climber. Learn to belay and communicate on the indoor wall. You must complete this **one-hour** instructional session in order to use the climbing wall. Climbing is free once you take this class!

Mondays 4:30, 5:30 or 6:30 Indoor Rock Wall Offered 9/10/06 thru 12/7/06 Instructor: Various Fee: \$10 (1 class)

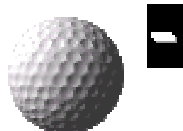
### Lead Climbing Clinic

Learn to "lead" on an indoor wall in this **one-hour** course. Participants should be competent climbers and must pass the Belay Class. Offered First Monday of each month.

Mondays 4:30 PM Indoor Rock Wall Offered 9/10/06 thru 12/7/06 Instructor: Rich Peterutti Fee: \$10 (1 class)



## - Sports & Fitness -



### Golf Fundamentals

For beginners & high handicappers. Fee includes: Driving range balls and up to 9 holes of golf. \*Final two classes at driving range & golf course will be scheduled based on group consensus.

Mondays noon-1:00 PM\* Kirby Field House Sept. 10, 17, 24 (+ 2 classes\*) Instructor: Joe Kinney Fee: \$15 (5 classes)

### FUNdamental Fitness

A FUN introduction to fitness for those that have not received a formal introduction to exercising properly, this course will lead you through how to use cardiovascular and basic strength training to help you feel better and improve your health. Key principles discussed, demonstrated, and practiced preparing you to continue exercising on your own.

Thursdays 5:45-6:45 PM 138 Kirby Sports Center Sept. 6 thru Oct. 4 Instructor: Brenda Dailey Fee: \$15 (5 classes)

### Workout Smarter Not Harder

Learn the keys to effective efficient workouts. Take your workout to a higher level by learning to link your goals to exercise principles and proper program design that will make your goals reality. This class incorporates practical technique instruction with informative how tips to get the most of your weight and cardiovascular workouts. **(Note no class on 10/9 due to Fall Break)**

Tuesdays 6:15-7:15 PM Fitness Center (Skill) Sept. 4 thru Oct. 23 Instructor: Tim Dornemann  
**Skill Schedule: Weeks 1 & 2 – Introduction to Cardio and Core; Week 3 – Basic Chest & Back; Week 4 – Shoulder & Arms; Week 5 – Basic Legs; Week 6 – Adv. Legs; Week 7 – Free Weight Basics**  
Tuesdays 7:20-8:00 PM 226 Kirby Sports Center (Seminar) Sept. 4 thru Oct. 23 Instructor: Tim Dornemann

**Seminar Schedule:** **Week 1** – Basic Principles of Exercise; **Week 2** – Keys to Cardiovascular Training; **Week 3** – Technique Tips; **Week 4** – Basics of Program Design; **Week 5** – Tackling Training Intensity; **Week 6** – Advanced Training: Set Strategies; **Week 7** – Variation, the key to long term success  
 Fee: Any one class on schedule \$5, any 2 classes on schedule \$8, or full class schedule for \$20

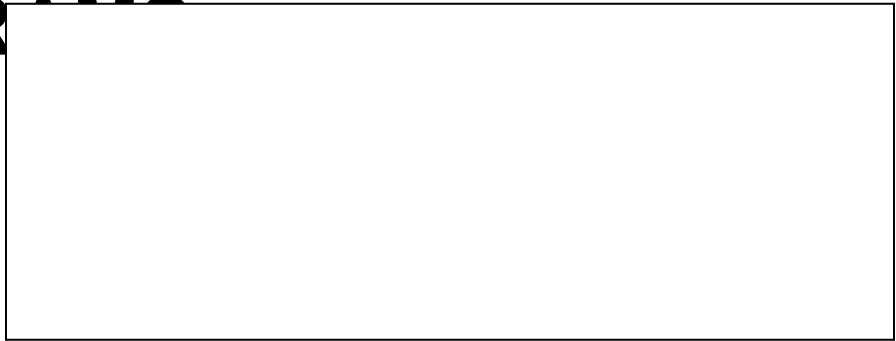
**- For Women -**

**Kick Butt, Girlfriend**

A hands-on educational program with skill-building techniques to enhance your ability to defend yourself. Teaches women mental & physical skills necessary to handle confrontation. Includes use of everyday items to fight back. This 6-hour commitment will last a lifetime. Every woman should attend! Sign up with a friend for \$25 total. **Co-sponsored by the Office of the Dean of Students.**

Thursday 7:00-9:00 PM 136 Kirby Sports Center Sept. 20, 27 & Oct. 4 Instructor: Cheryl  
 Fuhrmann Fee: \$15 ((3 classes)

**INSTRUCTIONAL PROGRAMS**

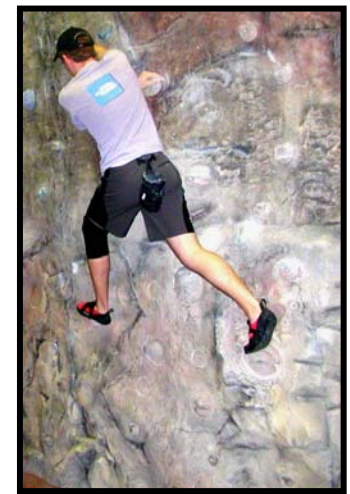


**INSTRUCTIONAL PROGRAM REGISTRATION FORM**  
 Return this form with payment to Elaine Nesbit, 134A Kirby Sports Center

**First program** you are registering for: \_\_\_\_\_ Day/time  
 \_\_\_\_\_

Fee for above program is \$ \_\_\_\_\_ X \_\_\_\_\_ # of participants (listed below) = \$ \_\_\_\_\_ TOTAL

Name \_\_\_\_\_ Phone \_\_\_\_\_



Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_



**Second program** you are registering for: \_\_\_\_\_ Day/time

\_\_\_\_\_

Fee for above program is \$\_\_\_\_\_ X \_\_\_\_\_ # of participants (listed below) = \$\_\_\_\_\_ TOTAL

Name \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

*To register for additional programs, copy this form. Make checks payable to "Lafayette College".  
Do not send cash in the mail (cash will be accepted for in-person registration).*