**HATHA YOGA - BEGINNER**

Students will learn to build on their flexibility, strength and health. Course includes breathing and visualization techniques for maintaining your health. Please bring a thick mat, wear loose clothes, and don’t eat two hours before class.

Course #: PEDU-4007  
FEE: $45.00  
University Square - Instructor: Cohn, L.  
Room: TBD  
CRN: 90063, Tue, Thur  9:00AM-9:55AM  
Date: 9/21/10-11/16/10  
University Square - Instructor: Cohn, L.  
Room: TBD  
CRN: 90064, Mon, Wed  9:00AM-9:55AM  
Date: 9/20/10-11/10/10  
University Square - Instructor: Cohn, L.  
Room: TBD  
CRN: 90065, Sat  9:00AM-10:55AM  
Date: 9/25/10-11/13/10  
Downriver - Instructor: Fidel, Connie  
Room: S-2  
CRN: 90180, Tue, Thur  11:30AM-12:30PM  
Date: 9/11/10-11/02/10  
Western - Instructor: Pero, J.  
Room: A205  
CRN: 90193, Fri  1:00PM-2:25PM  
Date: 8/27/10-10/22/10

**MAT PILATES**

Learn traditional floor exercises developed by Joseph H. Pilates with the focus on the bodies powerhouse (lower back, abdominal, pelvic muscles), creating good posture, strength and flexibility throughout the body. Bring your own mat or beach towel.

Course #: PEDU-4026  
FEE: $45.00  
Downriver - Instructor: Kokay, Melissa  
Room: S2  
CRN: 90305, Mon 11:00AM-11:55AM  
Date: 8/23/10-12/13/10

**HATHA YOGA - INTERMEDIATE**

Students will learn to become more proficient in the Hatha Yoga techniques. Build on current skills taught in the beginners course. Bring a mat or blanket and wear loose clothing.

Course #: PEDU-4008  
FEE: $30.00  
Western - Instructor: Pero, J.  
Room: A205  
CRN: 90194, Fri  1:00PM-2:25PM  
Date: 10/29/10-12/17/10

**TAI CHI - BEGINNER**

Students will learn this ancient Chinese martial art. Considered a low-impact aerobic exercise, it is also used for self-defense and stress relief.

Course #: PEDU-4012  
FEE: $50.00  
Downriver - Instructor: Jin, Limin  
Room: S-2  
CRN: 90181, Sat  8:30AM-10:25AM  
Date: 9/11/10-10/30/10  
Western - Instructor: Plevinski, John  
Room: A205  
CRN: 90195, Mon  6:00PM-7:55PM  
Date: 9/13/10-11/29/10

**NEW ZUMBA FITNESS**

Have fun and get moving! Every exercise is low impact and may be adapted to fit your particular challenges. Zumba Gold mix of safe and effective aerobic exercises designed to improve your overall strength, endurance and mobility. Adults of all ages and fitness levels welcome.

Course #: PEDU-4043  
FEE: $40.00  
Downriver - Instructor: Torres, Kara  
Room: S-2  
CRN: 90306, Tues 4:30PM-5:25PM  
Date: 9/7/10-11/16/10