Yoga
Traditional hatha yoga practiced in a relaxed atmosphere. The practice sessions begin with a warming up period, practice of the asanas, and conclude with a few minutes of relaxation. Students must provide their own mats.

Instructor: Julia Vanover
Sept. 6 – Oct. 25, 2016
Tuesdays, 4:45 – 5:45 p.m.
Niceville, Bldg. 200, Room 314
Fee: $35.00
CRN #: 12095

Instructor: Holly Solaas
Sept. 8 – Oct. 27, 2016
Thursdays, 4:45 – 5:45 p.m.
Niceville, Bldg. 200, Room 314
Fee: $35.00
CRN #: 12096

Zumba Gold
Instructor: Dawn Hamilton
The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Our goal is simple: we want you to want to work out, to love working out, and to get hooked. The routines feature interval training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba Gold is designed for active older adults or true beginners. It addresses the anatomical, physiological and psychological needs specific to these populations.

Wednesdays, 5:00 – 6:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: $30.00
CRN #: 12069

Wednesdays, 5:00 – 6:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: $30.00
CRN #: 12070

Cut to the Core
Instructor: Cynthia McGinnis
20 minute core workout for improving overall conditioning of the core. The core is a collection of muscles which stabilize and move the spine. Close to the spine and deep inside the abdomen is the inner core, which is comprised of the diaphragm, pelvic floor, multifidi, deep cervical flexors, and transverse abdominus. These strange-sounding muscles engage first during movement or breathing to protect the spine. The class starts with a 5 minute warm up, 20 minutes of core strengthening and a 5 minute stretch, cool down.

September 9 – December 9, 2016
Fridays, 11:30 a.m. – 12:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: $30.00
CRN #: 12073
Fitness & Wellness Courses

Niceville Campus

Fit In 20
Instructor: Cynthia McGinnis
High intensity interval training focusing on agility, strength and cardio fitness. A high energy workout that will rev up your metabolism while building strength, agility and cardio fitness. The class starts with a 5 minutes warm-up, then on to progressive exercises performed for 20-30 seconds at high intensity and a 30 second rest between exercises. The class ends with a 5 minute cool down.

September 9 – December 9, 2016
Fridays, 11:00 – 11:30 a.m.
Niceville, Bldg. 200, Room 314
Fee: $30.00
CRN #: 12074

Fitness Function
Instructor: Lady Comfort
One hour full body Circuit Training! Guaranteed sweat session that includes: Cardio, Weight Training, Ab Attack, Leg work, Core, and Back. All you need is a great attitude and the will to work hard!

Sept. 13 – Oct. 20
Tuesdays/Thursdays, 2:00 – 3:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: $50.00
CRN #: 11123

Older BUT...BETTER!
Instructor: Anita Kurz
Have you been wanting to start an exercise program but been unsure how to begin? Are you intimidated about going to a health club? This is the class for you. Incorporating aerobic exercise (walking on the track at the arena) with strength training, this class slowly and gently leads you on the path to improved cardiovascular health and muscle conditioning. Other benefits of the class include increased flexibility, balance and coordination. Every participant is encouraged to work at his or her own pace. With over 30 years of experience as a fitness instructor, Anita Kurz most enjoys helping beginners. Wear comfortable clothing and walking shoes. Bring light weights (1-2 lbs.) or soup cans and an exercise band. If you are unsure if this class is suitable for you, please consult your physician. All new students please arrive 15 minutes early for a one time orientation.

Sept. 19 – Oct. 24
Mondays, 5:00 – 6:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: $30.00
CRN #: 12075

It’s Only Rock and Roll
Instructor: Anita Kurz
All you baby boomers (or anyone interested in having a great cardio workout), join us as we have a rockin’ good time using hits from the 60’s, 70’s and 80’s to go back to our aerobic dance class roots.

Mondays, 3:00 – 4:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: $30.00
CRN #: 12082

CRN #: 12077
Fitness & Wellness Courses

Enerchi
Instructor: Anita Kurz
Enerchi is a fitness class based on the principles of Chi Kung (energy work). Using slow, mindful movements and a small, lightweight ball, the class progresses through a series of postures geared towards developing balance, strength, flexibility, coordination and concentration. The class ends with a 15-minute stretch segment. Information regarding the ball will be available at the first class. All new students please arrive 15 minutes early on the first day of the session for an orientation.

Sept. 7 – Oct. 14, 2016
Wednesday/Friday, 8:30 – 9:45 a.m.
Niceville, Bldg. 200, Room 314
Fee: $55.00
CRN #: 11127

This section is for those students who have enrolled in the 1st 6-week session of Enerchi.

Wednesday/Friday, 8:30 – 9:45 a.m.
Niceville, Bldg. 200, Room 314
Fee: $55.00
CRN #: 11176

Tai Chi I
Instructor: Anita Kurz
In this 6-week session, you will learn the Eight Essential Movements, which begin to develop the mindfulness, strength, flexibility, balance and coordination necessary to begin the practice of Tai Chi. There are many styles of Tai Chi. This class teaches the Yang style 64 postures. (The Yang style is the most common form taught in the West.) These 64 postures will begin to be taught in the 2nd 6-week session of Tai Chi I if the student chooses to continue.

Tuesday/Thursday
8:30 – 9:30 a.m.
Niceville, Bldg. 200, Room 314
Fee: $50.00
CRN #: 12087

This section is for those students who have enrolled in the 1st 6-week session of Tai Chi I.

Tuesday/Thursday
8:30 – 9:30 a.m.
Niceville, Bldg. 200, Room 314
Fee: $50.00
CRN #: 12089

Tai Chi II
Instructor: Anita Kurz
This course is a continuation of Tai Chi I. It is advised that Tai Chi I students register for this class only after taking two sessions of Tai Chi I.

Tuesday/Thursday
9:40 – 10:40 a.m.
Niceville, Bldg. 200, Room 314
Fee: $50.00
CRN #: 11125

This section is for those students who have enrolled in the 1st 6-week session of Tai Chi II.

Tuesday/Thursday
9:40 – 10:40 a.m.
Niceville, Bldg. 200, Room 314
Fee: $50.00
CRN #: 11175

Tai Chi III
Instructor: Anita Kurz
This course is a continuation of Tai Chi II.

Sept. 7 – Oct. 14, 2016
Wednesday/Friday
9:50 – 10:50 a.m.
Niceville, Bldg. 200, Room 314
Fee: $55.00
CRN #: 11128

This section is for those students who have enrolled in the 1st 6-week session of Tai Chi III.

Wednesday/Friday
9:50 – 10:50 a.m.
Niceville, Bldg. 200, Room 314
Fee: $50.00
CRN #: 11177

 Tai Chi for Energy
Instructor: Rachel Reese
Anyone can benefit from learning this short but beautiful Tai Chi form developed from two powerful styles. Chen style, energetic and subtle movements with powerful spiral force; and Sun style, unique qigong (pronounced chee-gung) energy work with agile steps. With regular practice one can improve balance and coordination, gain inner strength, stronger muscles, and stronger Qi. This class is designed with step-by-step lessons by a certified instructor, incorporating imagery and Chinese calligraphy to further the experience.

Wednesdays, 6:00 – 7:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: $30.00
CRN #: 12067

Wednesdays, 6:00 – 7:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: $30.00
CRN #: 12068

EXERCISE THROUGH RELAXATION

Enerchi and Tai Chi are based on the principle of relaxation. The more relaxed you are, the easier movement flows from and through you. Therefore, all movements are produced slowly and mindfully with body awareness a primary goal. For new students only: Tai Chi class levels are based on accumulated knowledge. Enrollment in Tai Chi II and III are at the discretion of the instructor.

Niceville Campus
This section is for those students who have enrolled in the 1st 6-week session of Tai Chi I.
Tuesday/Thursday
9:40 – 10:40 a.m.
Niceville, Bldg. 200, Room 314
Fee: $50.00
CRN #: 11175

This section is for those students who have enrolled in the 1st 6-week session of Tai Chi II.

Wednesday/Friday
9:50 – 10:50 a.m.
Niceville, Bldg. 200, Room 314
Fee: $50.00
CRN #: 11177

This section is for those students who have enrolled in the 1st 6-week session of Tai Chi III.
Fitness & Wellness Courses

Niceville Campus

NEW

Jazz Dance
Instructor: Nate Beechum
The purpose of this course is to acquaint the beginning student with the fundamentals of jazz dance technique, history and composition. Emphasis will be placed on correct body alignment, which will facilitate movement and balance. Making technique an expressive activity to include kinesthetic awareness of the whole self which is inherent in the art of classical and modern jazz dance. Utilizing the elements of dance, (time, space and energy), to develop composition and improvisation skills.

September 13 – December 6, 2016
Tuesdays, 6:30 – 8:00 p.m.
Niceville, Bldg. 100, Room 125
Fee: $120.00
CRN #: 12090

Chautauqua Center (DeFuniak Springs)

Tai Chi
Instructor: Monda Duncan
This ancient Chinese practice consists of postures strung together in what is known as the FORM In this class you will learn the 108 moves Yang Style. Develop mindfulness, strength, flexibility, balance, and coordination necessary to learn the FORM. Tai Chi is based on the principle of relaxation. The more relaxed you are, the easier movement flows from and through you. All movements are produced slowly and mindfully with body awareness as a primary goal.

Monday/Thursday
9:00 – 10:00 a.m.
DeFuniak Center,
Bldg. 501, Room 213
Fee: $50.00
CRN #: 11296

Monday/Thursday
9:00 – 10:00 a.m.
DeFuniak Center,
Bldg. 501, Room 213
Fee: $50.00
CRN #: 11637

Beginning/Intermediate Ballroom Dancing
Instructor: Patrick Scharmen
Come and learn 7 major dances: Waltz, Foxtrot, Tango, Latin/Rhythm, Rumba, Cha-Cha and Swing. Learn the secrets of ballroom: basics and elements, patterns, basics of lead and follow, footwork and minor technique, styling, frame, poise and posture. And the best part – have fun at the same time!

Tuesday/Thursday
6:00 – 7:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: $50.00
CRN #: 11126

Tuesday/Thursday
6:00 – 7:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: $50.00
CRN #: 11172

For campus maps, please visit
www.nwfsc.edu/AboutNWF
**Yoga**
Instructor: Melinda Roman

Traditional hatha yoga practiced in a relaxed atmosphere. The practice sessions begin with a warming up period, practice of the asanas, and conclude with a few minutes of relaxation. Students must provide their own mats.

Wednesdays, 12:00 – 1:00 p.m.
Ft. Walton Beach, Bldg. 48, Room 861
Fee: $30.00
CRN #: 12091

Nov. 2 – Dec. 14, 2016
Wednesdays, 12:00 – 1:00 p.m.
Ft. Walton Beach, Bldg. 48, Room 861
Fee: $30.00
CRN #: 12092

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**Zumba Gold**
Instructor: Dawn Hamilton

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Our goal is simple: we want you to want to work out, to love working out, and to get hooked. The routines feature interval training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba Gold is designed for active older adults or true beginners. It addresses the anatomical, physiological, and psychological needs specific to these populations.

Mondays, 12:00 – 1:00 p.m.
Ft. Walton Beach, Bldg. 48, Room 861
Fee: $30.00
CRN #: 12071

Mondays, 12:00 – 1:00 p.m.
Ft. Walton Beach, Bldg. 48, Room 861
Fee: $30.00
CRN #: 12072

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**Kids on Campus**

**NORTHWEST FLORIDA STATE COLLEGE**

**For current classes**
Like us on Facebook

**www.facebook.com/NWFSCTrainingCenter**
Zumba Gold
Instructor: Barbara Reynolds
The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Our goal is simple we want you to want to work out, to love working out, and to get hooked. The routines feature interval training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba Gold is designed for active older adults or true beginners. It addresses the anatomical, physiological and psychological needs specific to these populations.

Wednesdays, 10:00 – 11:00 a.m.
Boys & Girls Club, South Walton
Fee: $30.00
CRN #: 11239

Wednesdays, 10:00 – 11:00 a.m.
Boys & Girls Club, South Walton
Fee: $30.00
CRN #: 11246

Gentle Yoga
Instructor: Barbara Reynolds
This yoga program is recommended for beginning exercisers and/or active older adults. Essence of this yoga class is breathing, feeling, and listening to our bodies. Focus on improving flexibility, joint mobility, posture, respiratory health, while improving our mind/body. Emphasis will be on stretching, toning postures and letting go of judgment or competition towards ourselves and others. This program is safe and effective and exercise science-supported. Modifications are emphasized as needed. Please bring your own yoga mat.

Wednesdays, 11:00 a.m. – 12:00 p.m.
Boys & Girls Club, South Walton
Fee: $30.00
CRN #: 11240

Wednesdays, 11:00 a.m. – 12:00 p.m.
Boys & Girls Club, South Walton
Fee: $30.00
CRN #: 11247

Senior Pilates
Instructor: Barbara Reynolds
This class is safe and appropriate for the active older adult who wants to improve their strength and flexibility. We will focus on mindful breathing to achieve concentration and control of our body as an integrated unit. Some of the benefits include preventing bone deterioration, improving posture, and boosting the immune system. Also it reduces stress, fatigue discomfort, restores natural balance, and improves sleeping and core stabilization.

Mondays, 3:10 – 4:10 p.m.
Coastal Branch Library
Fee: $30.00
CRN #: 12078

Mondays, 3:10 – 4:10 p.m.
Coastal Branch Library
Fee: $30.00
CRN #: 12079

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