

## Health & Wellness Classes

**Mail:** JCC's Center for Continuing Education  
Carnahan Center  
P.O. Box 20, Jamestown, NY 14702-0020

**Call:** 716/338-1005

### Please register me for:

Beginning Vinyasa (Flow) Yoga  (CRN B4649)  (CRN B4650)

Tai Chi— Beginning  (CRN B4491)

Tai Chi— The Next Level  (CRN B4493)  (CRN B4494)

White Crane Gung Fu  (CRN B4492)

Yoga  (CRN B4651)  (CRN B4652)  
 (CRN B4653)  (CRN B4654)

Zumba  (CRN B4719)  (CRN B4720)

### Please give first name, middle initial, and last name.

\*Name \_\_\_\_\_

\*SS # \_\_\_\_\_ OR \*DOB \_\_\_\_\_

\*Home Address \_\_\_\_\_

\*City \_\_\_\_\_ \*State \_\_\_\_\_ \*Zip \_\_\_\_\_

\*Daytime Phone \_\_\_\_\_

E-mail \_\_\_\_\_

### \*Payment Method:

Check Enclosed (Payable to JCC)

\*\*Credit Card (in person or over the phone ONLY)

Payment MUST Accompany ALL Registrations

### (\* Registration cannot be processed without this information.

\*\* For personal security purposes, JCC has adopted a policy that we will no longer accept credit card payments via fax or mail. You are welcome to call (716) 338-1005 or stop in person to the Carnahan Center if you are paying by credit card. Thank you for your understanding.

Jamestown Community College does not discriminate on the basis of color, sex, sexual orientation, race, creed, national origin, age, marital status, veteran status or disability. This policy applies to access to all activities and programs under the college sponsorship as well as to application and selection for admission, employment, and all other personnel procedures within the college.

## Your Instructors

**Dana Block** has an extensive background in dance, acting, voice, fitness, and other areas of the performing arts. She has taught locally, as well as in Chicago, numerous workshops and classes in performance arts, including dance workout classes. Dana has performed in many works on stage, specializes in Shakespearean acting, and has appeared in some independent films. Besides being a fitness instructor at JCC, she teaches a dance workout class called World Jam at YMCA.

**Valerie DiCarlo** taught yoga, creative dance, and dance for fitness in the Buffalo area for 14 years. She has continued to teach yoga since moving here in 1977. Valerie teaches yoga classes for the YWCA of Jamestown, for the Senior Citizen Chair Yoga program at the Jamestown Savings Bank Ice Arena, and for JCC's Center for Continuing Education. She has provided numerous yoga series and workshops for local groups, as well as private sessions for individuals with and without disabilities.

**Red Sarber** has taught Beginning and Advanced levels of Tai Chi at Jamestown Community College for over 15 years as well as White Crane Gung Fu. He received his Master's Degree from the Chinese Athletic Foundation of China in Northern Long Fist Gung Fu. He has owned his own White Crane Gung Fu Studio for 30 years and has presented seminars on Tai Chi and Chi Gung all over the United States.

JCC reserves the right to cancel or postpone any course or activity due to insufficient enrollment. Your registration could make the difference!

**TO CANCEL:** You may cancel your registration three (3) days prior to each program (unless otherwise noted) and receive a full refund. No-shows are subject to the full registration fee. Substitutions accepted at any time.

Non-Profit  
Organization  
U.S. Postage  
PAID  
JCC

**JCC**  
JAMESTOWN COMMUNITY COLLEGE  
JAMESTOWN CAMPUS

525 Falconer Street  
P.O. Box 20  
Jamestown, NY 14702-0020

Brand new classes!



# Health & Wellness Classes

## Spring 2010



Do something great  
for yourself!

Presented by:



The Center for Continuing Education  
"Learning for Life"

# Health and Wellness Classes

JCC's Center for Continuing Education and the Jamestown Savings Bank Ice Arena are excited to offer our community Health and Wellness classes right in the heart of downtown Jamestown!  
Do something great for yourself and take an exercise class on your lunch hour or after work.

Classes will be held at the **Jamestown Savings Bank Ice Arena (JSBIA)**, 319 W. Third Street, Jamestown, NY, or at **JCC in the Community Services Center (CSCE) building** - red brick building located between Falconer Street and Second Street.

Check the course listings below for specific location information and register today! Please pass this information along to colleagues, employees, friends, and family.

We can customize these classes and bring them on-site to a company or organization. For more information, contact Continuing Education at 716-338-1005.

## *Beginning Vinyasa (Flow) Yoga*

Jan. 11-Feb. 22 (M)	5:10-6:10 p.m.	CSCE 331	Val DiCarlo	\$30	CRN B4649
<b>* No class on Jan. 18</b>					
Mar. 8-Apr. 19 (M)	5:10-6:10 p.m.	CSCE 331	Val DiCarlo	\$30	CRN B4650
<b>* No class on Apr. 5</b>					

Based on the Sun Salutation, Vinyasa Yoga is known for its dynamic, meditative, and creative sequences. This flowing style combines rhythmic breathing with conscious movement, increasing strength and flexibility while uniting body, breath, and mind. This class is an introductory class that will help participants form a strong foundation for Vinyasa Yoga. Ideally, participants should have some previous Yoga experience. Wear comfortable clothes and bring a towel or mat to class.

## *Tai Chi — Beginning*

Jan.25-May 3 (M)	6-7 p.m.	CSCE Theater	Red Sarber	\$70	CRN B4491
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Join us in learning about the benefits in practicing Tai Chi. You will hear about the philosophy of the movement style and practice gentle exercises designed to stretch and tone muscles. The benefits of Tai Chi may include stress reduction, increased endurance, higher energy levels, general well being and a better focus. The instructor has had 43 years of experience in Tai Chi, having studied in the U.S. and China. The form that will be taught is Chinese Chi Gung Healing Form.

**Quota is 24 ... register early... no exceptions.**

(This "Tai Chi—Beginning" is ONLY for those who have NEVER taken a Tai Chi class.)

## *Tai Chi — The Next Level*

Jan.27-May 5 (W)	1-2 p.m.	CSCE Theater	Red Sarber	\$70	CRN B4493
Jan.27-May 5 (W)	6-7:30 p.m.	CSCE Theater	Red Sarber	\$100	CRN B4494

(The above 2 classes, "Tai Chi—The Next Level" are for students who have taken at least one Tai Chi class with Red Sarber.)

## *White Crane Gung Fu*

Jan.26-May 4 (T)	5:30-7 p.m.	CSCE Theater	Red Sarber	\$100	CRN B4492
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This course consists of stretching and self-defense and is considered to be a totally non-aggressive art.

## *Yoga*

Jan. 13-Feb. 17 (W)	11:15 a.m.-12:30 p.m.	CSCE 331	Val DiCarlo	\$39	CRN B4651
Feb. 24-Mar. 31 (W)	11:15 a.m.-12:30 p.m.	CSCE 331	Val DiCarlo	\$39	CRN B4652
Jan. 14-Feb. 18 (TH)	5-6:15 p.m.	CSCE 331	Val DiCarlo	\$39	CRN B4653
Feb. 25-Apr. 1 (TH)	5-6:15 p.m.	CSCE 331	Val DiCarlo	\$39	CRN B4654

Take this course where you'll be introduced to the art of Hatha Yoga, which deals with systematically and gradually loosening bound joints, tight muscles, connective tissues and other areas of the body as well as includes relaxation techniques. Participants will learn how to relieve stress and emotional tension through yoga, guided imagery, diaphragmatic breathing, and breath awareness. This introductory class will help students form a strong foundation for an optimum state of health and well being. Using practical and easy to follow methods, anyone can participate in this yoga class that is designed specifically for people with little or no experience with yoga. Wear comfortable clothes and bring a towel or mat to class.

## *Zumba*

Jan. 26-Mar. 11 (T/TH)	5:15-6:15 p.m.	JSBIA Ballet Room	Dana Block	\$69	CRN B4719
Mar. 16-May 6 (T/TH)	5:15-6:15 p.m.	JSBIA Ballet Room	Dana Block	\$69	CRN B4720

**\* No class on Apr. 6 & 8**

Tired of the same old routine? Are you looking for something that is fun, different, easy, and effective? Then be a part of the fastest growing fitness program in the country and take Zumba. It's exercise in disguise! Zumba is a Latin-inspired, dance-fitness program that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness program. It gives participants a full-body workout, targeting areas such as gluteals, legs, arms, core, abdominals and the most important muscle in the body, the heart. Come join the fun! Wear comfortable clothes, athletic footwear, and bring water to class.

The complete non credit schedule: [www.sunyicc.edu/continuinged](http://www.sunyicc.edu/continuinged)