

FITNESS & HEALTH

Better Bones & Balance

Reap the benefits OSU Bone Research studies have shown. This exercise program will significantly slow the rate of bone loss in adults of all ages. Improve your balance, flexibility and coordination, and see an increase in muscle tone and overall body fitness. Formerly known as Osteoporosis Risk Reduction.

Mary Bauman, Instructor. 5:30-6:30 pm, Tuesdays & Thursdays, Jan. 10 to Mar. 8. Judson Middle School, Gym.

(CRN 60116) \$109 Register by Jan. 5 or register online and save \$10

Classical Chinese Medicine

Find out how to age as slowly as possible and improve your health and with Classical Chinese Medicine. You will learn time honored techniques of health improvement, including massage, acupuncture, herbal medicines and more. Taught by Dr. Jun Zhang, Chengdu University of Traditional Chinese Medicine.

Jun Zhang, Instructor. 6-8 pm, Thursdays, Jan. 12 to Feb. 9. Chemeketa Salem Campus, Bldg. 3, Rm. 273.

(CRN 60014) \$99 Register by Jan. 9 or register online and save \$10

Co-Ed Weight Training

Co-Ed weight training will provide you with the basics of weight training and fitness. You will create an individualized fitness program, and experience the health benefits of basic weight training, including increased strength and metabolism.

John Peterson, Instructor. 6-7 pm, Tuesdays & Thursdays. Stayton High School, Weight Room.

Session 1 – Jan. 10 to Feb. 9

(CRN 59975) \$99 Register by Jan. 5 or register online and save \$10

Session 2 – Feb. 14 to Mar. 15

(CRN 61344) \$99 Register by Feb. 9 or register online and save \$10

Exploring Alternative & Traditional Health

Come and explore a variety of effective healing modalities, and learn how to make more informed decisions about your health. Through illustrated lecture and discussion, you'll find out why interest in alternative and traditional health and healing methods are at an all time high, and have the option of participating in several safe, experiential demonstrations of each modality. We'll discuss Aromatherapy, Chinese Medicine, Flower Essences, Guided Imagery, Herbalism, Homeopath, Massage, Meditation and Shamanism.

Lawrence Birch, Instructor. 5:30-8:30 pm, Wednesdays, Jan. 11 to Jan. 25. Chemeketa Salem Campus, Bldg. 3, Rm. 256.

(CRN 61371) \$89 Register by Jan. 6 or register online and save \$10

Gentle Yoga

Discover these modified yoga poses that will help you ease stiffness and encourage flexibility. In Gentle Yoga, you will also use props to provide additional balance and support. Older adults and people with physical challenges will find Gentle Yoga especially beneficial.

10-11:30 am, Tuesdays & Thursdays, Jan. 10 to Feb. 23. Indigo Wellness Center South.

(CRN 58693) \$159 Register by Jan. 5 or register online and save \$10

Hatha Yoga

Strain, laugh, and do more for your health, body and well-being than you ever imagined possible. Develop proper breathing techniques and build strength through poses, mental focus, body and mind awareness, and deep relaxation. All level students welcome.

5:45-7:15 pm, Mondays & Wednesdays, Jan. 9 to Feb. 8. Indigo Wellness Center South.
(CRN 59049) \$99 Register by Jan. 4 or register online and save \$10

Healthy Back

Learn the exercises that will help you avoid pain, and understand and utilize rehabilitative exercise principles of yoga, core strength, deep breathing and more. This class is a must for anyone who wants a "Healthy Back".

Session 1 - 5:30-6:30 pm, Mondays, Jan. 9 to Mar. 5. Indigo Yoga Studio Downtown.
(CRN 61247) \$109 Register by Jan. 4 or register online and save \$10

Session 2 - 5:30-6:30 pm, Thursdays, Jan. 12 to Mar. 8. Indigo Wellness Center South.
(CRN 60355) \$109 Register by Jan. 9 or register online and save \$10

Herbs for Massage

Community members and Licensed Massage Therapists are welcome to attend this class to learn how useful herbs are for massage. Discover how to make an herbal healing massage oil and a soothing herbal massage lotion. You will also get a review of anatomy, physiology, and pathology related to massage, and find out how to use herbs for health and healing. This course provides six continuing education hours for Licensed Massage Therapists.

Lawrence Birch, Instructor. 11 am-5 pm, Saturday, Jan. 14. Chemeketa Salem Campus, Bldg. 3, Rm. 269.
(CRN 61372) \$79 Register by Jan. 11 or register online and save \$10

Meditation for Mind & Body Workshop

Create a peaceful calm and explore different styles of meditation proven to reduce stress and promote general health for your spirit, mind and body. You'll experience a variety of meditation techniques including visualizations and breathing with mindfulness.

Rene Pyatt, Instructor. 9 am-Noon, Saturdays. Chemeketa Salem Campus, Bldg. 35, Rm. 102.

Session 1 – Jan. 14
(CRN 61213) \$45 Register by Jan. 11 or register online and save \$10

Session 2 – Feb. 18
(CRN 60877) \$45 Register by Feb. 15 or register online and save \$10

Tai Chi Movement Series

Enroll in the series, which includes both sessions and save \$39. Study the mind-body practice that originated in China as a martial art. Practice the slow, gentle and fluid Tai Chi Movements while breathing deeply and meditating. Release tension, improve balance and gain fitness. Tai Chi will help you revitalize, meditate and concentrate.

Dennis Gifford, Instructor. 6:30-8 pm, Tuesdays, Jan. 17 to Mar. 6. Judson Middle School, Cafeteria.
(CRN 62233) \$99

Session 1 – Jan. 17 to Feb. 7
(CRN 56124) \$69 Register by Jan. 12 or register online and save \$10

Session 2 – Feb. 14 to Mar. 6
(CRN 60008) \$69 Register by Feb. 9 or register online and save \$10

Tai Chi Chuan Yang, Beginning

Join us in this ideal low-impact workout. You will learn how to exercise the 8 Great Performances and the 24 Movements of the simplified Yang Style of Tai Chi. Tai Chi Chuan is a beautiful traditional exercise that helps relieve stress, gain Chi power, and improve your overall fitness and health. Students will also learn about Chinese culture and the Traditional Chinese Medicine approach to healing through eating and daily life efforts.

Ling Havlin, Instructor. 9-10:30 am, Saturdays. Chemeketa Salem Campus, Bldg. 7, Rm. 113.

Session 1 – Jan. 14 to Feb. 11

(CRN 60073) \$69 Register by Jan. 11 or register online and save \$10

Session 2 – Feb. 18 to Mar. 17

(CRN 60074) \$69 Register by Feb. 15 or register online and save \$10

Tai Chi Chuan Yang, Intermediate

Continuing students will refine and expand on the 24 movements learned in the beginning class, gain a life long competency in Tai Chi, and continue to learn more about the Chinese culture.

Ling Havlin, Instructor. 6:15-7:45 pm, Wednesdays, Jan. 11 to Feb. 8. Grant Community School, Gym.

Session 1 – Jan. 11 to Feb. 8

(CRN 60075) \$69 Register by Jan. 6 or register online and save \$10

Session 2 – Feb. 15 to Mar. 14

(CRN 60076) \$69 Register by Feb. 10 or register online and save \$10

Weight Loss Through Hypnosis

Permanently change your behavior with food to successfully lose weight. If diets have not worked for you in the past, hypnotherapy may be the solution. Hypnotherapy is a natural state of deep relaxation accompanied by expanded awareness. Using visual imagery and calming music, you'll be guided through a meditative state that allows you to tap into the power of your subconscious mind. While under hypnosis, you will be aware and in control at all times. Taught by a certified hypnotherapist. Bring a blanket and pillow to class.

Lexi Parrott, Instructor. 9 am-2 pm, Saturday, Jan. 21. Chemeketa Salem Campus, Bldg. 3, Rm. 118.

(CRN 61534) \$69 Register by Jan. 18 or register online and save \$10

Yoga for Health

Stretch, laugh, and do more for your health, body and well-being than you ever imagined possible. Develop proper breathing techniques and build strength through poses, mental focus, body and mind awareness, and deep relaxation. All level students welcome.

Session 1 - 7:30-8:30 pm, Wednesdays, Jan. 11 to Feb. 29. Indigo Wellness Center South.

(CRN 61246) \$89 Register by Jan. 6 or register online and save \$10

Session 2 - Mary Bauman, Instructor. Noon-1 pm, Saturdays, Jan. 14 to Mar. 3. Chemeketa Salem Campus, Bldg. 7, Rm. 124.

(CRN 60251) \$89 Register by Jan. 11 or register online and save \$10

Zumba, A Complete Workout

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will give you an effective workout that you get hooked on. You'll achieve long-term benefits while experiencing an absolute blast in these exciting calorie burning, body energizing, awe inspiring classes. Zumba routines feature interval training where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba class! Certified Zumba Instructor Tanya Silva says "Every class feels like a party! Come join me and you'll see what I mean. You don't even have to know how to dance, just move your body and follow my lead. It's easy!"

Tirzah Hawkins, Instructor. 6:30-7:30 pm, Tuesdays & Thursdays. Stayton High School, Gym.

Session 1 – Jan. 10 to Feb. 9

(CRN 62363) \$99 Register by or register online and save \$10

Session 2 – Feb. 14 to Mar. 15

(CRN 62364) \$99 Register by or register online and save \$10