

OPEN TO THE PUBLIC!

WEST HILLS COLLEGE is Offering the Following Community Education Courses:

Power Fitness–Zumba

\$45 for 6 weeks

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>8:45-10:00 AM:</u> Step	<u>8:45-10:00 AM:</u> Zumba	<u>8:45-10:00 AM:</u> Power Aerobics	<u>8:45-10:00 AM:</u> Zumba	<u>8:45-10:00 AM:</u> Step
<u>5:15– 6:30 PM:</u> Step	<u>5:15-6:30 PM</u> Zumba	<u>5:15-6:30 PM</u> Power Kick boxing/turbo kick	<u>5:15-6:30 PM</u> Combo aerobics Boot Camp Body Sculpt	

Mini Movers Dance (Ages 3-12)

\$45 February 22nd—March 30th (Performance on March 31st)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		Practice from 6:30- 7:30 p.m. in WHC Dance Room (door across gym entrance)		Practice from 6:30- 7:30 p.m. in WHC Dance Room (door across gym entrance)

Community Education courses are designed to meet the needs of the community by enhancing skills and/or exploring new interests. Participants DO NOT need to be a student at West Hills College to enroll. These classes are not for credit so there is no pressure for grades or attendance. There is a fee per person, depending on the course and necessary materials. Call Lainey Campos for more information and enrollment 934-2348.

For more information and enrollment call or email Lainey Campos at 934-2348 or laineycampos@whccd.edu. You can also visit westhillscollege.com/coalinga and click on the Community Education link for details on the courses shown above.

