RECREATION AND WELLNESS

FITNESS

Aerobics I—Pilates/Yoga/Walking
This class is designed for the beginning exercise enthusiast with the emphasis on walking, yoga, and pilates.
code:  PISP-0011-P1 (pilates)  cost:  $139
dates:  Aug 17-Dec 09  days:  MW
time:  12:00pm-12:50pm  location:  T 130

code:  PISP-0011-P2 (yoga)  cost:  $139
dates:  Aug 18-Dec 10  days:  TTH
time:  08:00am-08:50am  location:  T 130

code:  PISP-0011-P3 (yoga)  cost:  $139
dates:  Aug 18-Dec 08  days:  T
time:  06:00pm-07:50pm  location:  T 130

Aerobics II—Step Aerobics/Kickboxing
This class is an intermediate workout combining step aerobics, kickboxing, and toning exercises.
code:  PISP-0012-P2 (kickboxing)  cost:  $139
dates:  Aug 17-Dec 09  days:  MW
time:  05:00pm-05:50pm  location:  T 130

Aerobics III — Aqua Aerobics
This class is a workout combining aerobics and toning exercises in the challenging environment of the pool.
code:  PISP-0013-P1  cost:  $139
dates:  Aug 17-Dec 09  days:  MW
time:  07:00am-07:50am  location:  FH POOL

code:  PISP-0013-P2  cost:  $139
dates:  Aug 17-Dec 09  days:  MW
time:  06:00pm-06:50pm  location:  FH POOL

Aerobics IV—Boot-Camp Style
This class provides a workout combining aerobic dance, boot-camp style, and indoor cycling. It is designed for those individuals who want a more intense and physically challenging workout.
code:  PISP-0016-P1 (indoor cycling)  cost:  $139
dates:  Sept 15-Dec 10  days:  TTH
time:  11:20am-12:30pm  location:  T 130

code:  PISP-0016-P2 (indoor cycling)  cost:  $139
dates:  Aug 17-Dec 09  days:  MW
time:  06:15am-07:05am  location:  T 130

code:  PISP-0016-P3 (boot camp)  cost:  $139
dates:  Aug 18-Dec 10  days:  TTH
time:  12:30pm-01:20pm  location:  T 130

Golf
This class covers the basic rules and fundamentals of golf.
code:  PISP-0014-PS  cost:  $139
dates:  Aug 17-Oct 12  days:  MW
time:  10:00am-11:30am  location:  T 130

Senior-cize: Staying Active and Independent for Life (Fitness Course)
This course is geared towards individuals who are not able to do a high-impact exercise program. The instructor will introduce amazing chair exercises that will help you stay fit both physically and mentally. Staying active means staying healthy... You will feel younger without all the strenuous exercise. Come join us and make new friends!
code:  PISNR-017-PS  cost:  $79
dates:  Sept 14-Dec 09  days:  MW
time:  08:30am-09:20am  location:  T 130
T’ai Chi for Strength, Arthritis, and Pain
This is an easy to do, tried and true, centuries old, non-strenuous body
and mind conditioner. Learn simple patterns of movement, combined
with breathing awareness and t’ai chi principles. The movements are soft
and relaxing and resemble an oriental ballet. T’ai chi can help maintain
strength, build strength, and help students relax. Whenever possible,
movements are done to soft, soothing, and relaxing music. This class is
excellent for seniors who face the daily battle with arthritis.
code: PISPF-017-MC dates: Sept 17-Oct 22
time: 09:00am-10:00am location: MAC 118

MARTIAL ARTS/SELF-DEFENSE
Karate (Ages 7 to Adult)
This course teaches basic self-defense, traditional Tae Kwon Do, Katas,
Kobudo (the art of ancient weaponry), and physical fitness. It also helps
build self-esteem, self-discipline, and confidence. Learn defense tactics
and get in shape.
code: PISPF-025-P1 (beginner) codes: PISPF-025-P2 (beginner)
dates: Aug 20-Dec 10 dates: Aug 22-Dec 12
time: 06:00pm-07:00pm time: 08:30am-09:30am
location: T 130 location: T 130

code: PISPF-025-P3 (intermediate) codes: PISPF-025-P4 (intermediate)
dates: Aug 20-Dec 10 dates: Aug 22-Dec 12
time: 06:00pm-08:00pm time: 08:30am-10:30am
location: T 130 location: T 130

Karate Plus
This class is for high energy individuals interested in improving karate
skills. For a slight additional cost, students receive twice the number of
instructional sessions as in the standard Karate course.
code: PISPF-026-P1 (beginner) codes: PISPF-026-P2 (intermediate)
dates: Aug 20-Dec 12 dates: Aug 20-Dec 12
time: 06:00pm-07:00pm (TH) time: 06:00pm-08:00pm (TH)
location: T 130 location: T 130

code: PISPF-026-P4 (intermediate) codes: PISPF-029-PS (beginner)
dates: Aug 22-Dec 12 dates: Sept 14-Nov 04
time: 08:30am-10:30am time: 06:00pm-08:00pm
location: T 130 location: T 130

cost: $79 cost: $99
cost: $105 cost: $119
cost: $105 cost: $195

Real World Defense Techniques
This self-defense course is designed to help the average person deal
with dangerous situations that may arise during everyday life. Having
the confidence to be able to defend yourself on the street can make a
difference between life and serious injury or even death. Our instructors
are former military and law enforcement, and are well-aware of the
importance of knowing self-defense. From rape prevention to preventing
carjacking, our experts will demonstrate and practice the techniques
used to help someone survive those unexpected situations. In this class,
you will learn how to protect yourself and get a good, physical workout
doing it.
code: PISPF-029-PS dates: Sept 14-Nov 04
time: 06:00pm-08:00pm location: T 130

cost: $79

cost: $79

POSITIVE LEARNING
Choice Theory
Learn breakthrough strategies for success for teachers, administrators,
coaches, counselors, social workers, psychologists, and supervisors.
Understand why people do what they do and how to intervene for
optimal success. Choice Theory provides an explanation of human
behavior and an intervention strategy to help in situations involving
human interactions. You will learn how to manage difficult classroom
discipline problems, work with non-voluntary clients/learners,
coach your clients to success, and manage employees for optimum
performance and loyalty. This is the first step in Choice Theory
certification, and counselors, teachers, and social workers will earn 27
CEUs.
code: GSBUS-028-MC dates: Sept 28-Oct 01
time: 08:30am-03:30pm location: MAC 112

cost: $99

cost: $99

Empowerment Parenting
This workshop helps parents understand the psychology behind what
is happening with children at various stages. Empowerment parenting
teaches parents simple strategies for helping their children succeed and
overcome challenges. Bring a guest for free.
code: GSBUS-028-MC dates: Sept 28-Oct 01
time: 08:30am-03:30pm location: MAC 112

cost: $99

cost: $99

Getting What You Want in 2016
Learn how to attain goals with an effective time-tested system. Since
attaining goals requires hard work and determination, this system
provides built-in support and accountability. Learn how to identify
goals, create a time management plan, and maintain balance in life while
maintaining a positive attitude and staying motivated. Bring a guest for
free.
code: PIBUS-113-MC dates: Sept 29
time: 06:00pm-09:00pm location: MAC 127

cost: $29

cost: $29

Check WebAdvisor for up-to-date course information: webadvisor.prairiestate.edu
Introduction to Anger Management

If you have been mandated by a court system to take an Anger Management course, this course will fulfill that directive. This six-week course is an evidence-based approach to training individuals in effective methods of managing anger. In the course you will learn techniques on how to identify the power of anger, anger’s many faces, defining anger by managing stress, handling anger effectively, choosing behavior alternatives, and facing the consequences of anger. By the end of the course, the participants will be better equipped with skills to identify anger and problem-solving for a better life.

code: GSSOC-027-MC  cost: $299

dates: Sept 14-Oct 19  days: M

time: 06:00pm-07:30pm  location: MAC 127

Introduction to Life Balance 101
(Decision-Making and Problem-Solving)

This Life Balance class utilizes a holistic approach to both “the achieving” as well as “the maintaining” of balance in one’s life. Students will study life behavior concepts with clear and concise instructions on how to define, embrace, learn, and live a balanced life. The instructor is also the author of the book, Embracing the Beauty of Balance. Balance isn’t just a nice option for your life. It’s an absolute necessity for your life.

code: PILIF-086-MC  cost: $69

dates: Oct 01-Nov 05  days: TH

time: 07:00pm-09:00pm  location: MAC 127

Nutrition and Brain Health

Learn the important components to a healthy brain. We will discuss how nutrition plays a key part in maintaining optimum brain health. Learn about the best foods to eat and how to pair different foods together for maximum results.

code: PITH-005-MC  cost: $10

dates: Nov 05  days: TH

time: 10:00am-12:00pm  location: MAC 108

Secrets of Happy Couples

Discuss the destructive relationship habits we all use, and learn to replace them with the healthy partnership habits. Explore the three options we all have in relationships–change it, accept it, or leave it. Practice effective, practical conflict resolution strategies. This class is taught by Kim Olver, author of Secrets of Happy Couples. Bring a guest for free.

code: PILBUS-I12-MC  cost: $29

dates: Sept 28  days: M

time: 06:00pm-09:00pm  location: MAC 127

Why Do People Do What They Do?
(Intro to Choice Therapy)

This workshop, taught by Kim Olver, helps participants develop an understanding of why people do the things they do. Understanding the other person’s behavior makes what to do next easy. Learn how to better understand others, how to better understand yourself, and how to lead a stress-free life.

code: GSBUS-014-MC  cost: $69

dates: Sept 28  days: M

time: 08:30am-04:30pm  location: MAC 112

Women and Divorce: Financial, Legal, and Emotional Considerations

This course guides women through all stages of the divorce process. Participants will learn how to make good financial, legal, and personal decisions regarding a divorce. A financial consultant, an attorney, and a life coach will give participants tips on how to be better prepared for getting through a divorce and for what comes after a divorce. Bring a guest for free.

code: PILIF-074-MC  cost: $39

dates: Sept 30  days: W

time: 06:00pm-09:00pm  location: MAC 127