

## **TRIGGER POINTS: A STRESS REDUCTION TECHNIQUE**

Have you ever felt knots and tension in your shoulders and your back? Those may be “trigger points”. Trigger point therapy is a proven and effective way for you to reduce the stress and tension in your body. Get ready to feel the relief as you learn to decrease the accumulation of stress, muscle pain and tension.

### **SOUTHERN & DOBSON CAMPUS**

**Casey M. Johnston, D.C.**

**Class Number 18663**

Monday, Jul. 21, 7:10 pm–8:30 pm

One 1 ½ hr session: Charge \$17

## **Fitness & Recreation**

### **LIFETIME FITNESS**

Mesa Community College offers a flexible schedule with a variety of workout options, fitness assessment and personal workout programs at both the Southern & Dobson and Red Mountain campuses.

*Available to you are three different workout facilities at Southern and Dobson:*

**FITNESS CENTER-** Use of Cybex weight machines, Lifecycles, Precor recumbent bikes, Precor treadmills, ellipticals and Stairmaster.

**GROUP ACTIVITY CENTER-** a variety of Aerobic classes offered such as Kick’n Box, Body Sculpt, Cardio Combo, Core, and Yoga to name a few. Check Schedule for class times.

**HEALTH IMPROVEMENT CENTER-** Use of Olympic Platforms, Cybex weight machines, Treadmills, Precor bikes and Stairmasters.

*Available to you at Red Mountain:*

**FITNESS CENTER-** Cybex weight machines, Dumbbells, Fitrac treadmills, Lifecycles, Precor recumbent bikes and Precor ellipticals.

**GROUP ACTIVITY CENTER –** Same variety of classes as Southern & Dobson.

Once registered you may use any of the above mentioned Centers at either campus.

All instructors are certified through either the NSCA(CSCS), ACSM OR NASM.

**Class Number 18667**

Charge \$165

There is on-going enrollment throughout the semester.

Center Hours:

Call 461-7556 or 461-7555(Southern & Dobson), 654-7555 (Red Mountain) for additional info and Orientation times.

\*\* A user fee of \$35 is included in the charge for the class. Participants must be of high school age to enroll.

### **BASIC BELLY DANCING**

This class is designed for the beginner, focusing on the basic elements of Middle Eastern Dance. The elegant and graceful movements celebrate the strength and beauty of the female form, regardless of age and body shape. Body awareness, posture and the anatomy of hip work, with an introduction to the rhythm structure of the music are taught in this class, as well as putting basic steps together to create a simple dance routine. Costuming will be discussed with ideas on how to put together an inexpensive costume. Individual attention will be given to students when needed. Students should wear clothing that allows the body to move without restriction.

### **SOUTHERN & DOBSON CAMPUS**

**Azita Malaki**

**Class Number 18668**

Tuesdays, Jul. 8–Jul. 29, 7:10 pm–9:00 pm

Four 2 hr sessions: Charge \$57

## TAI CHI FOR HEALTH

Experience the health benefits of the ancient exercise program – Tai Chi. Tai Chi is a noncompetitive, self-paced system of gentle physical exercise that can be done by students of all ages. Tai Chi benefits include reduced stress, improved strength of muscles, improved balance and coordination, increased energy, stamina, agility and flexibility. It has been shown to help arthritis, diabetes, high blood pressure and back problems. Exercise clothes and thin soled shoes recommended.

### SOUTHERN & DOBSON CAMPUS

William Cartmell

Class Number 18670

Mondays, Jul. 7-Aug. 11, 5:30 pm–7:00 pm

Six 1 ½ hr sessions: Charge \$57

## Languages

### JUST ENOUGH TO SPEAK FRENCH I

Conversational French for beginners will introduce you to French culture, activities, food and language. Whether you plan to visit France or have always dreamed of learning French, this class is for you. By the end of the eight weeks, you will be able to survive in the most typical situations when traveling in France for a few days! Pronunciation is emphasized at all times.

### SOUTHERN & DOBSON CAMPUS

STAFF

Class Number 18673

Tuesdays & Thursdays, Jun. 3–Jun. 26, 7:10 pm–9:00 pm

Eight 2 hr sessions: Charge \$81 \*\*

\*\*Required text: French in 10 Minutes a Day by Kristine Kershul, Bilingual Corp. approximately \$21.

### JUST ENOUGH TO SPEAK ITALIAN I

This is a course that offers an elementary understanding of the Italian language. Through a study of the basics of Italian including vocabulary and useful phrases, students will be quite familiar with some of the more commonly used terms and expressions in today's Italy.

### SOUTHERN & DOBSON CAMPUS

Dennis Riccitelli, B.S., M.A.

Class Number 18675

Mondays, Jun. 2–Aug. 4, 6:00 pm – 7:30 pm

Ten 1 ½ hr sessions: Charge \$81\*\*

\*\*Required text: Learn Italian the Fast and Fun Way, Third Edition, by Marcel Danesi, approximately \$18.95.

### SPANISH I THE EASY WAY

This course is an introduction to the Spanish language. Students will learn basic structure and practical vocabulary used in everyday situations. Oral communication will be emphasized.

### RED MOUNTAIN CAMPUS

Michael Parkes

Class Number 18676

Mondays & Wednesdays, Jun. 9–Jun. 25,

5:30 pm – 7:15 PM

Six 1 ¾ hr sessions: Charge \$61\*\*

### SOUTHERN & DOBSON CAMPUS

Michael Parkes

Class Number 18678

Tuesdays & Thursdays, Jun. 10–Jun. 26,

5:30 pm – 7:15 pm

Six 1 ¾ hr sessions: Charge \$61\*\*

\*\*Required text: Spanish The Easy Way by Barron's, approximately \$15.

### MCC STUDY ABROAD PROGRAMS

MCC's Study Abroad Program is an exciting opportunity to learn about other countries and travel at the same time.

As a student you can earn transferable college credit while living and experiencing a foreign culture.

Costs and Tuition can vary by country and program.

For more information visit: [www.mc.maricopa.edu/services/international/studyabroad/programs](http://www.mc.maricopa.edu/services/international/studyabroad/programs). For specific information about fees and payment schedules, please call the International Education office at (480) 461-775 email: [ie@mcmil.maricopa.edu](mailto:ie@mcmil.maricopa.edu)