Cuyahoga Community College
Metro Recreation Fall 2015
Non-Credit Classes
For Registration 216- 987-3075
For Information 216- 987-3096
*Courses are eligible for remission of fees and wellness credits for qualified participants.

JOHN BAILEY
RECREATION COORDINATOR
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ADULT LEARN TO SWIM ZRCM 1000
CRN# 31168 Fee: $60, Sat., 10am – 11am, 9/19 – 11/21 (8 weeks) MRC 10
This class is designed for people with little or no water experience. Class will help to provide an understanding of the basic skills required for swimming. Denise Williams

YOGA/PILATES ZRCM 1030
CRN# 30999 Fee: $98, Tue. & Thur., 7:15 – 8am, 9/8 – 11/12 (10 weeks) MRC 34
This class is a combination of these two forms, Pilates designed to develop the core abdominal and trunk muscles and Yoga consisting of Pranayama (breath control) and Dhyana (meditation).
Instructor: Sharita Roberts

RECREATION & WELLNESS ZZZC 1000
CRN# 31000 Fee: $95, Mon. – Sat., 8/24 – 12/11 (16 weeks) MRC
This is the non-credit registration class that allows the non-student community member access to the recreational facility.

ZUMBA ZRCM 1043
CRN# 31173 Fee: $96, Mon. & Wed., 5:30pm-6:30pm, 9/14 – 11/4 (8 weeks) MRC 34
Zumba is a lively Latin inspired cardio dance workout that utilizes international music rhythms and hip-hop variations. These dance concepts are mixed with aerobic based choreography to increase the heart rate and create cardio challenges. Instructor: Telka Shaw

CANCELLATION & REFUND POLICY
Cancellations: You will be contacted and refunded if the class cancelled.