

DAY	CLASS/PROGRAM	DATES	TIME	INSTRUCTOR	FEE	NOTES	
6 WEEK CLASS	MON	POLYNESIAN DANCE 1	3/7-4/11	9:30-10:15 AM	KATALINA B.	\$8	
		MODERN BALLROOM - INT. 1	3/7-4/11	1:00-2:00 PM	NELSON & ALICE LEE	\$12	
		CHAIR EXERCISE 1	3/7-4/11	1:00-2:00 PM	SHAMROCK C.	\$6	No class on 4/4
		CHAIR EXERCISE 2	3/7-4/11	2:00-3:00 PM	SHAMROCK C.	\$6	No class on 4/4
		MODERN BALLROOM - INT. 2	3/7-4/11	2:15-3:15 PM	NELSON & ALICE LEE	\$12	
	TUE	CHINESE BRUSH PAINTING 1	3/8-4/12	10:00-12:00 PM	JAMES CHEN	\$12	No class on 3/29. Topic: Landscape. Must purchase supplies.
		CHINESE FOLK SONGS 1	3/8-4/12	11:00-12:15 PM	CINDY HA	\$12	
		CHINESE FOLK SONGS 2	3/8-4/12	1:00-2:15 PM	CINDY HA	\$12	
		PRACTICAL PC	3/8-4/12	1:00-3:00 PM	CHARLES MAU	\$16	
	WED	ARTHRITIS EXERCISE 3	3/9-4/13	9:00-10:00 AM	THOMAS IE	\$10	
	BELLY-ROBICS	3/9-4/13	10:00-11:00 AM	KATALINA B.	\$8		
	HEART 360	2/4-4/13	10:00-11:30 AM	AMERICAN HEART ASSOCIATION	Free	No new students	
	POLYNESIAN DANCE 2	3/9-4/13	11:00-11:45 AM	KATALINA B.	\$8		
	BARRE TONING	3/9-4/13	1:00-2:00 PM	SHAMROCK C.	\$8	No class on 4/6	
	CHINESE BRUSH PAINTING 2	3/9-4/13	1:00-3:00 PM	JAMES CHEN	\$12	No class on 3/30. Topic: Flowers & Birds. Must purchase supplies.	
THURS	WATERCOLOR	3/10-4/14	9:30-11:00 AM	ZHIBIN WANG	Free	Must purchase supplies	
	MANDARIN	3/10-4/14	11:00-12:30 PM	ESTHER LIU	\$8		
	CANTONESE OPERA	3/10-4/14	1:00-2:30 PM	CINDY HA	\$14		
	BALLROOM FOR BEGINNERS	3/10-4/14	1:00-2:00 PM	NELSON & ALICE LEE	\$10		
	QI GONG FOR HEALTH	3/10-4/14	1:30-2:30 PM	JIA WANG GAO	\$12		
	LATIN BALLROOM - INT	3/10-4/14	2:15-3:15 PM	NELSON & ALICE LEE	\$12		
	EASY CARDIO	3/10-4/14	2:30-3:30 PM	DANIELLE H.	\$10		
12 WEEK CLASS	MON	ARTHRITIS EXERCISE 1	1/25-4/11	10:00-11:00 AM	THOMAS IE	\$16	12 wk course; No new students
		ARTHRITIS EXERCISE 2	1/25-4/11	11:00-12:00 PM	THOMAS IE	\$16	12 wk course; No new students
	TUE	STRETCH AND STRENGTHEN 1	1/26-4/12	9:30-10:30 AM	DANIELLE H.	\$20	12 wk course; No new students
		CHINESE FOLK DANCE - BEG	1/26-4/12	1:00-2:00 PM	DAISY HUANG	\$20	12 wk course; No new students
		CHINESE FOLK DANCE - INT	1/26-4/12	2:00-3:00 PM	DAISY HUANG	\$24	12 wk course; No new students
	WED	CHAIR PILATES	1/27-4/13	1:30-2:30 PM	MONICA BLAKE	\$16	12 wk course; No new students
		JAZZ EXERCISE	1/27-4/13	2:00-3:00 PM	DAISY HUANG	\$24	12 wk course; No new students
	THUR	STRETCH AND STRENGTHEN 2	1/28-4/14	9:30-10:30 AM	DANIELLE H.	\$20	12 wk course; No new students
12 WEEK CLASS; 2X/WK	M/W	FITNESS FUN 1*	1/27-4/13	10:00-11:30 AM	ADRIANA H.	\$22	12 wk course; No new students
	TU/TH	FITNESS FUN 2*	1/26-4/14	9:30-11:00 AM	ADRIANA H.	\$24	12 wk course; No new students
		INTRO TO TAICHI	1/26-4/14	10:00-11:00 AM	JIA WANG GAO	\$30	12 wk course; No new students
		BETTER BALANCE	1/26-4/14	10:30-11:30 AM	DANIELLE H.	\$30	12 wk course; No new students
		TAI CHI 1-24	1/26-4/14	11:00-12:00 PM	JIA WANG GAO	\$32	12 wk course; No new students
		TAI CHI 1-42	1/26-4/14	12:00-1:00 PM	JIA WANG GAO	\$32	12 wk course; No new students
		PATHWAYS TO FITNESS	1/26-4/14	12:30-2:00 PM	DANIELLE H.	\$32	12 wk course; No new students

Registration and class fees are required for each class unless otherwise noted. No refunds or makeup classes.

六週課程

週	課程及活動	日期	時間	導師	費用	附註
週一	波利尼西亞舞 1	3/7-4/11	9:30-10:15 AM	KATALINA B.	\$8	
	現代交際舞 - 中級 1	3/7-4/11	1:00-2:00 PM	NELSON & ALICE LEE	\$12	
	輕柔運動 1	3/7-4/11	1:00-2:00 PM	SHAMROCK C.	\$6	4/4 沒有課
	輕柔運動 2	3/7-4/11	2:00-3:00 PM	SHAMROCK C.	\$6	4/4 沒有課
	現代交際舞 - 中級 2	3/7-4/11	2:15-3:15 PM	NELSON & ALICE LEE	\$12	
週二	中國國畫 1 - 山水	3/8-4/12	10:00-12:00 PM	JAMES CHEN	\$12	需自行購買課程用品; 3/29 沒有課
	粵語小調班 1	3/8-4/12	11:00-12:15 PM	CINDY HA	\$12	
	粵語小調班 2	3/8-4/12	1:00-2:15 PM	CINDY HA	\$12	
	實用電腦	3/8-4/12	1:00-3:00 PM	CHARLES MAU	\$16	
週三	關節炎預防活動 3	3/9-4/13	9:00-10:00 AM	THOMAS IE	\$10	
	肚皮舞有氧運動	3/9-4/13	10:00-11:00 AM	KATALINA B.	\$8	
	全「心」保健	2/4-4/13	10:00-11:30 AM	AMERICAN HEART ASSOCIATION	Free	不接受新報名
	波利尼西亞舞 2	3/9-4/13	11:00-11:45 AM	KATALINA B.	\$8	
	芭蕾舞身	3/9-4/13	1:00-2:00 PM	SHAMROCK C.	\$8	4/6 沒有課
	中國國畫 2 - 花鳥	3/9-4/13	1:00-3:00 PM	JAMES CHEN	\$12	需自行購買課程用品; 3/30 沒有課
週四	水彩畫	3/10-4/14	9:30-11:00 AM	ZHIBIN WANG	FREE	需自行購買課程用品
	國語學習課程	3/10-4/14	11:00-12:30 PM	ESTHER LIU	\$8	
	粵曲	3/10-4/14	1:00-2:30 PM	CINDY HA	\$14	
	交際舞 - 初級	3/10-4/14	1:00-2:00 PM	NELSON & ALICE LEE	\$10	
	養生氣功	3/10-4/14	1:30-2:30 PM	JIA WANG GAO	\$12	
	拉丁交際舞 - 中級	3/10-4/14	2:15-3:15 PM	NELSON & ALICE LEE	\$12	
	養生健體操	3/10-4/14	2:30-3:30 PM	DANIELLE H.	\$10	

十二週課程

週一	關節炎預防活動 1	1/25-4/11	10:00-11:00 AM	THOMAS IE	\$16	12 週的課程; 不接受新報名
	關節炎預防活動 2	1/25-4/11	11:00-12:00 PM	THOMAS IE	\$16	12 週的課程; 不接受新報名
週二	伸展操 1	1/26-4/12	9:30-10:30 AM	DANIELLE H.	\$20	12 週的課程; 不接受新報名
	中國民族舞—初級	1/26-4/12	1:00-2:00 PM	DAISY HUANG	\$20	12 週的課程; 不接受新報名
	中國民族舞—中級	1/26-4/12	2:00-3:00 PM	DAISY HUANG	\$24	12 週的課程; 不接受新報名
週三	椅子普拉提班	1/27-4/13	1:30-2:30 PM	MONICA BLAKE	\$16	12 週的課程; 不接受新報名
	爵士健身舞蹈	1/27-4/13	2:00-3:00 PM	DAISY HUANG	\$24	12 週的課程; 不接受新報名
週四	伸展操 2	1/28-4/14	9:30-10:30 AM	DANIELLE H.	\$20	12 週的課程; 不接受新報名

十二週課程; 一週兩次

週一/三	快樂健身時刻 1*	1/27-4/13	10:00-11:30 AM	ADRIANA H.	\$22	12 週的課程; 不接受新報名
週二/四	快樂健身時刻 2*	1/26-4/14	9:30-11:00 AM	ADRIANA H.	\$24	12 週的課程; 不接受新報名
	太極基本功	1/26-4/14	10:00-11:00 AM	JIA WANG GAO	\$30	12 週的課程; 不接受新報名
	良好平衡訓練	1/26-4/14	10:30-11:30 AM	DANIELLE H.	\$30	12 週的課程; 不接受新報名
	太極 1-24 式	1/26-4/14	11:00-12:00 PM	JIA WANG GAO	\$32	12 週的課程; 不接受新報名
	太極 1-42 式	1/26-4/14	12:00-1:00 PM	JIA WANG GAO	\$32	12 週的課程; 不接受新報名
	健體樂 (健身室)	1/26-4/14	12:30-2:00 PM	DANIELLE H.	\$32	12 週的課程; 不接受新報名

所有課程需先報名及付款，除非另有規定。無退款或補課。