

Wellness & Lifestyles

Personal Protection Self-Defense Course

For participants of every level and ability.

In today's world, personal safety is becoming increasingly important. Protect yourself through increased awareness and avoidance strategies and de-escalation tactics. Preparedness is paramount. Learn what to do when these options fail by using simple self-defense techniques that work under a variety of real-life assault situations. You will build self-esteem and confidence while learning self-protection.

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Wed., Feb. 3 – March 24 (8 classes), 7 – 9 p.m.
\$169. Facilitator: Dan Longtin.

DANCE! DANCE! DANCE! (ages 15+)

Get active with our dance classes. If you love movement with music, our dance classes are a great way to incorporate a fun, physical activity into your lifestyle. And whether you will be dancing for the first time or you're continuing an existing interest, our aim is for you to enjoy yourself!

Recreational/Beginner Hip Hop

Beginning with a strength/conditioning warm-up and followed by choreography, this Hip Hop style is made for beginners who enjoy moving to music. Music selections will have a broad range.

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Mon., Jan. 25 – April 5 (9 classes/no class Feb. 8 or March 8), 6 – 7 p.m. MUN students and alumni: \$59, general public: \$79. Facilitator: Emily Keating.

Recreational Intermediate Hip Hop

Previous experience in physical activity involving choreography is recommended; e.g., dancing, cheerleading or gymnastics. This Hip Hop class is more challenging in choreography. A wide variety of music will be used with a focus on beats and complex rhythms.

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Mon., Jan. 25 – April 5 (9 classes/no class Feb. 8 or March 8), 7 – 8 p.m. MUN students and alumni: \$59, general public: \$79. Facilitator: Emily Keating.

Recreational/Contemporary

Previous experience in musical physical activity is recommended; e.g., dancing, gymnastics or figure-skating, but experience in contemporary style is not

necessary. Contemporary style is interpreted in many different ways, depending on the choreographer. Emily's style is self-expressive, feel-good movement, taking inspiration from jazz and modern techniques. Music selections will be slow tempo utilizing flexibility and core work to execute the choreography.

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Mon., Jan. 25 – April 5 (9 classes/no class Feb. 8 or March 8), 8 – 9 p.m. MUN students and alumni: \$59, general public: \$79. Facilitator: Emily Keating.

Eating for Your Health **New!**

Healthy eating is about feeling great, having more energy and keeping healthy. This can be achieved by learning nutrition basics and incorporating them into the way you live. You will learn how to choose the types of foods that improve your health and avoid the types of foods that raise your risk for such illnesses as heart disease, cancer and diabetes. Learn to use guidelines and tips for creating and maintaining a satisfying, healthy diet.

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Thu., Jan. 28 (1 class), 7 – 9 p.m. \$49. Facilitator: Janine Woodrow.

Healthy Living: Creating Balance **New!**

Nutrition and exercise go hand-in-hand to create an optimal healthy lifestyle. Discover the benefits of adopting healthy dietary and physical activity practices and learn how to incorporate these changes into our everyday routine. Join nutrition specialist, Janine Woodrow and Allied Health's strength and conditioning specialist, Sylvie Fortier, for an engaging and educational evening!

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Thu., Feb. 4 (1 class), 7 – 9 p.m. \$49. Facilitators: Janine Woodrow and Sylvie Fortier.

Retirement: Creating Balance **New!**

Planning carefully for your retirement will ensure a fulfilling and balanced lifestyle, one much deserved after many years in the workforce! This session is for those planning retirement or who may be currently retired and find themselves being pulled in many directions. You will explore important retirement topics and themes such as lifestyle transitioning, utilizing your time, wellness, support systems, financial management and personal fulfillment.

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Thu., March 11 – 25 (3 classes), 7 – 9:30 p.m. \$89. Facilitator: Don Crickard.

