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Noncredit

Classroom Locations: Refer to "How to Use This Schedule" on page 5

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Lab VPRI Lee C 1.0  W 0930-1030

Lab GSC1 Mendonca B 1.0  F 0130-0230

80138 Lab GSC1 Mendonca B 1.0  W 1000-1100

80266 Lab SJBCC Yinger K 1.0  W 0530-0630

Students will also learn how to use this non-contact exercise program to reduce
coordinated movements that improve balance, coordination, mobility and breathing.

This course will introduce the student to the thirty seven posture forms and

Transferable:

PE 701 Tai Chi for Wellness

Transferable: No

This course will introduce the student to the thirty seven posture forms and
movements of Tai Chi, an ancient Chinese practice that focuses on slow paced
cordiated movements that improve balance, coordination, mobility and breathing.
The students will also learn how to use this non-contact exercise program to reduce stress in their daily lives.

80266 Lab SJBBC Yinger K 1.0  W 0530-0630

Class meets at San Juan Community Center, 10 San Jose St., San Juan Bautista.

PE 716 Music/Movement and Health

Transferable: No

This course is designed to assist older adults in improving overall health through
movement, music and relaxation techniques. Rhythmic movement will be adjusted to
suit individual students mobility needs.

80136 Lab CRC1 Mendonca B 1.0  R 1030-1130

Class meets at Centennial Recreation Ctr., 171 W. Edmundson Ave., Morgan Hill.

80138 Lab GSC1 Mendonca B 1.0  W 1000-1100

Lab GSC1 Mendonca B 1.0  F 0130-0320

Class meets at Gilroy Senior Center 7371 Hanna Street, Gilroy.

80128 Lab JDA1 Host M 1.0  T 1100-1200

Class meets at Jovenes de Antano 300 West St., Hollister.

80129 Lab VPRI Lee C 1.0  T 1030-1130

Lab VPRI Lee C 1.0  W 0830-1000

Class meets at Valley Pines Retirement Inn, 545 E. Main Ave., Morgan Hill.

Gavilan College off-site locations

HOL Hollister Briggs Bldg, 365 Fourth St, Hollister

MHG Morgan Hill Community Center, 17060 Monterey Rd., Morgan Hill