

315.792.5300

Center for Corporate and Community Education

Mohawk Valley Community College 1101 Sherman Drive, Utica, NY 13501

**SPRING
2010**

MVCC @ the JCC

HEALTH AND WELLNESS CLASSES

2310 Oneida Street Utica

Yoga Flex and Flow

Instructor: Linda Budlong

Session One - \$55

Tuesdays, 1/26-3/9

5:30 p.m. - 7:00 p.m.

Session Two - \$55

Tuesdays, 3/16-5/4

5:30 p.m. - 7:00 p.m.



Zumba

Instructor: Jodi Kapes

Session One - \$45

Mondays, 1/25-3/8

7:15 p.m. - 8:15 p.m.

Session Two - \$45

Mondays, 3/15-5/3

7:15 p.m. - 8:15 p.m.

Saturdays @ MVCC - \$45

Saturdays, 1/23-3/6

9:00 a.m. - 10:00 a.m.

Utica Campus - ACC116



Yoga for Relaxation and Fitness

Instructor: Kristy Caruso

Session One - \$55

Wednesdays, 1/27-3/10

5:30 p.m. - 7:00 p.m.

Session Two - \$55

Wednesdays, 3/17-5/5

5:30 p.m. - 7:00 p.m.



Turbo Kick Boxing

Instructor: Kristen Lutz

Session One - \$45

Mondays, 1/25-3/8

6:00 p.m. - 7:00 p.m.

Session Two - \$45

Mondays, 3/15-5/3

6:00 p.m. - 7:00 p.m.



Strengthen Sculpt and Tone with Body Balls, Weights and Bands

Instructor: Linda Budlong

Session One - \$65

Tuesdays & Thursdays, 1/26-3/11

7:15 p.m. - 8:15 p.m.

Session Two - \$65

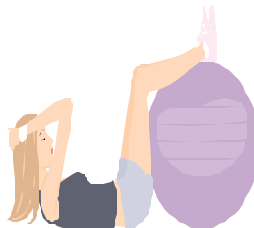
Tuesdays & Thursdays, 3/16-5/6

7:15 p.m. - 8:15 p.m.

Double Session - \$95

Tuesdays & Thursdays, 1/26-5/6

7:15 p.m. - 8:15 p.m.



Cardio Kick and Sculpt

Instructor: Lori Pavia

Session One - \$45

Thursdays, 1/28-3/11

5:30 p.m. - 6:30 p.m.

Session Two - \$45

Thursdays, 3/18-5/6

5:30 p.m. - 6:30 p.m.

Call To Register (315) 792-5300