



INTERMEDIATE ADULT TENNIS

Ages: 16 and up. Enrollment Min 4 / Max 10. Participants will perfect skills and learn and develop strategy for match play. Instruction will be in a "team tennis style" practice atmosphere with both fundamental instruction and match play. **Tennis experience is necessary.** **Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119201	A INTADULT	W	7:30-8:30PM	1/15-3/5	JT	\$78
219201	A INTADULT	W	7:30-8:30PM	3/26-5/14	JT	\$78

WELLNESS

FAMILY FOOD

Ages: 3 and Up. Enrollment Min 5 / Max 20. Here is your opportunity to discuss healthy eating as a family while allowing children to taste test new foods in a stress free setting. Each week we will discuss a new topic while taste testing a few new and exciting foods. **Topics include:**
1/11 — we will discuss the importance of a healthy breakfast for the whole family and taste test a few healthy on the go breakfast solutions;
2/8 — February is American Heart Month to celebrate we will try new foods with healthy fats and some great low fat dairy options;
3/8 — Join us for National Nutrition Month as we discuss the importance of My Plate and try a new food from every food group;
4/12 — This month we will talk about the importance of fruits and sample different kinds to make our own fruit rainbow;
5/10 — Vegetables will be the topic this month. We will discuss how to prepare delicious and healthy vegetable options. **Children must be signed up with a paying adult. This is a family participation class.** **Instructor: Amanda Coufal, Bachelor of Science, Dietetics.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
130205	1A BRKFT-AD	SA	10-11:30AM	1/11	ELRC-MR	\$7
130205	1B BRKFT-CH	SA	10-11:30AM	1/11	ELRC-MR	\$3
130205	2A HEART-AD	SA	10-11:30AM	2/8	ELRC-MR	\$7
130205	2B HEART-CH	SA	10-11:30AM	2/8	ELRC-MR	\$3
130205	3A PLATE-AD	SA	10-11:30AM	3/8	ELRC-MR	\$7
130205	3B PLATE-CH	SA	10-11:30AM	3/8	ELRC-MR	\$3
230205	1A FRUIT-AD	SA	10-11:30AM	4/12	ELRC-MR	\$7
230205	1B FRUIT-CH	SA	10-11:30AM	4/12	ELRC-MR	\$3
230205	2A VEG-AD	SA	10-11:30AM	5/10	ELRC-MR	\$7
230205	2B VEG-CH	SA	10-11:30AM	5/10	ELRC-MR	\$3

FINDING BALANCE: TOOLS TO BUILD A HEALTHY LIFE

Ages: 16 and Up. Enrollment Min 5 / Max 20. Have you been thinking about eating healthier but don't know where to start? Has your exercise program not given you the results you have been looking for? This class can give you the nutrition tools you need to improve your overall wellness. Topics will range from reading and understanding nutrition labels, eating healthier on the go, healthier snacking, to the importance of fruits, vegetables, and a healthy breakfast, as well as adapting recipes and meal planning. **Instructor: Amanda Coufal, Bachelor of Science, Dietetics.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
230201	A BALANCE	W	6:30-7:15PM	3/5-3/26	LIAC-TWR	\$10

LUNCH N' LEARN WELLNESS 101

Ages: 18 and Up. Enrollment Min 10 / Max 15. Want to get on the right path to optimize your health, wellness and weight? Then this is the class for you! The Wellness Forum's Wellness 101 class will provide you all the knowledge and resources you need to optimize your weight and wellness — all in eight fun-filled, quick and easy one-hour education classes with ongoing support for a full year! This science based class teaches you how to find your optimal health and wellness through your diet and lifestyle. A full referenced curriculum book is included in the price. Make the most of your lunch hour by bringing your lunch and learning how to change your health at the same time! **Instructor: Lorrie Glass, Certified Facilitator, Wellness Educator and Certified Personal Trainer. NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115050	A WELLNES	T	12-1PM	1/7-2/25	ELRC-MR	\$199
215050	A WELLNES	T	12-1PM	3/25-5/13	ELRC-MR	\$199

SOLUTION TO YOUR RESOLUTION

Ages: 16 and Up. Enrollment Min 5 / Max 20. Don't let your New Year's resolutions fall by the way side. In this four week class we will discuss tools to make healthier eating a habit instead of a struggle. Topics covered will include goal setting, motivation, balanced diet while trying to achieve weight loss/gain, navigating food labels and grocery stores. **Instructor: Amanda Coufal, Bachelor of Science, Dietetics.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
130201	A SOLUTION	W	6:30-7:15PM	1/8-1/29	ELRC-MR	\$10

WELLNESS 101

Ages: 18 and Up. Enrollment Min 10 / Max 15. Are you on a serious Health Journey wanting to prevent, stop the progression of or reverse disease in your body, optimizing your healthiest weight at the same time? Wellness 101 is a science-based class teaching you how to find your optimal health and wellness through your diet and lifestyle. If you want to improve your health, wellness and weight this is the class for you! You will learn the right diet for humans, the role of macronutrients (carbohydrates, proteins and fats) and the amounts needed in our diet, why genetics are not the primary determinant of health, why incremental change will not solve our health problems, what constitutes an effective exercise program, how to plan meals and chose the right foods, the impact of dairy on our health, why you shouldn't rely on isolated vitamin pills to "fill the gaps," healthy eating patterns and much more! The Wellness Forum's Wellness 101 class will provide you all the knowledge and resources you need to optimize your weight and wellness — all in four fun-filled, educational classes with ongoing support for a full year! **Full referenced curriculum book and dinner is included for each class.** Come hungry! **Instructor: Lorrie Glass, Certified Facilitator, Wellness Educator and Certified Personal Trainer. NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115051	A WELLNES	R	6-8:30PM	1/9-1/30	ELRC-MR	\$199
215051	A WELLNES	R	6-8:30PM	3/27-4/17	ELRC-MR	\$199

