Health, Leisure & Fitness

**HEALTH**

Center, Strengthen, and Stretch with Pilates (P10915)
May 26 - Jul 14 • Wed • 6:30-7:30pm • 8 mtgs
• Location TBA (Please check later for room assignment) • $85 • Bring a mat and towel • Kelly Wadlegger

Reflexology for Your Feet and Hands (P10841)
Jun 19 - 26 • Sat • 10:00am - 12:00pm • 2 mtgs
• UHM Saunders 637 • $40, chart and CD included (no fragrance please; bring a sweater) • Marie Riley

**LEISURE**

Wines on the Cutting Edge (P10919)
Jun 3 • Thu • 7:00-9:00pm • 1 mtg • JMD Educational Center, 99-1269 Iwaena St, ‘Aiea • $55 • LIMITED AND RESTRICTED TO PERSONS 21 YEARS OF AGE OR OLDER

Wines of the Pacific Northwest (Washington and Oregon) (P10920)
Jun 10 • Thu • 7:00-9:00pm • 1 mtg • JMD Educational Center, 99-1269 Iwaena St, ‘Aiea • $55 • LIMITED AND RESTRICTED TO PERSONS 21 YEARS OF AGE OR OLDER

**SPORTS & FITNESS**

Golf Swing Fundamentals (P10901)
Jun 6 - Aug 1 • Sun • 7:30-9:30am • 8 mtgs
• No class Jul 18 • Hawai‘i Kai Golf Course • $150 • Bring your golf set to each session; you are responsible for purchasing practice balls and green fees for the last session • Randy Shibuya

Golf Short Game Fundamentals (P10902)
Jun 6 - Aug 1 • Sun • 9:30-11:30am • 8 mtgs
• No class Jul 18 • Hawai‘i Kai Golf Course • $150 • Bring your golf set to each session; you are responsible for purchasing practice balls and green fees for the last session • Randy Shibuya

Zumba Fitness (P10881)
May 28 - Jul 23 • Fri • 6:30-7:30pm • 8 mtgs
• No class Jun 11 • Location TBA (Please check later for room assignment) • $85 • Wear workout clothing and light sneakers; bring a bottle of water • Iman Bance

**DANCE**

Beginning-Intermediate Jazz Dance (P10890)
May 24 - Jun 14 • Mon/Wed • 5:00-7:00pm • 6 mtgs • No class May 31 • UHM Dance Bldg • $120, see online course listing for information on resource textbooks (optional) • Jazz or comparable soft-soled shoes only on the dance floor • Kirstin Wilkinson

Swing Dance Workshop (P10891)
May 24 - Jun 7 • Mon/Wed • 7:15-8:15pm • 4 mtgs • No class May 31 • UHM Dance Bldg • $40 • Jazz or comparable soft-soled shoes only on the dance floor • Kirstin Wilkinson

Beginning Hip-Hop Dance (P10880)
Jun 3 - Jul 8 • Thu • 6:30-7:30pm • 6 mtgs • Location TBA (Please check later for room assignment) • $65 • Marie Takazawa

Modern Dance with Keiko Fujii (P10843)
Jun 22 - Jul 8 • Tue/Thu • 6:00-7:30pm • 6 mtgs • UHM Dance Bldg • $80 • Keiko Fujii

Secure online registration, course descriptions, supply lists, and instructor biographies available at: www.outreach.hawaii.edu/noncredit/courses

OR CALL (808) 956-8400 TO REGISTER.

For Disability Access information, call (808) 956-7511 (V/T) or (808) 956-7612 (V/T). Web: http://www.hawaii.edu/KOKUA

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