

# DANCE & MARTIAL ARTS

## SPRING 2017 SCHEDULE

### MARTIAL ARTS

**Brazilian Jiu-Jitsu**—Jan 31–Apr 13

Mat Room

Tuesday/Thursday 12–1pm

\$65

**Muay Thai**—Jan 31–Apr 13

Mat Room

Tuesday/Thursday 4:30–5:30pm

\$65

**Aikido**—Jan 31–May 4

Mat Room

Tuesday/Thursday 7–8:30pm

Additional Practice: Feb 19, Mar 5, Apr 16 @ 12:15–2:15pm

\$99

**Boxing**—Jan 30–Apr 12

Mat Room

Monday/Wednesday 5:30–6:45pm

\$65

**Judo**—Jan 30–May 3

Mat Room

Monday/Wednesday 7–9pm

\$99

**Traditional Tae Kwon Do**—Jan 30–May 3

Moby Aerobics Room

Monday/Wednesday 6–8:00pm

\$99

**Shotokan Karate**—Jan 31–May 4

Moby Aerobics Room

Tuesday/Thursday 7–8:30pm

\$99

**Self Defense Workshops**

Meeting Room A/B & Mat Room

Beginner: Friday, Feb 17 @ 5:30–7:00pm

Advanced: Friday, Mar 31 @ 5:30–7:00pm

FREE

**NO CLASSES during  
Spring Break Mar 13–17**



### DANCE

**Hip Hop**—Jan 31–Apr 13

Moby Aerobics

Tuesday/Thursday 8:30–9:45pm

\$65

**Barre-Dance Fusion**—Jan 30–Apr 13

Studio 2

Tuesdays 9–10pm, Thursdays 8–9pm

\$59

**Studio Dance**—Jan 30–Apr 12

Studio 2

Monday/Wednesday 7:30–8:30pm

\$59

**Ballroom Dance**—Jan 30–Feb 27

Studio 4

Mondays 8–9:30pm

\$59(per pair)

**Salsa Night**—Feb 2–Apr 13

Studio 4

Thursdays 7:45–8:45pm

\$49

### ADDITIONAL PROGRAMMING

**Dance & Martial Arts Preview Night**

Mat Room

Wednesday, Jan 25 @ 6–9pm

FREE

### FIRST CLASS IS FREE!

\*Schedule and prices are subject to change.\*

Sign up for classes online at:

[purchases.csurec.colostate.edu](http://purchases.csurec.colostate.edu)

or in person at the Service Center starting  
January 17<sup>th</sup>!

For more information, email:

[Michelle.Hall@colostate.edu](mailto:Michelle.Hall@colostate.edu)

or call 970-491-5682.

Campus Recreation fitness classes and personal training sessions are suitable for all fitness levels and do not require previous experience. Our instructors are trained to challenge participants; however, please remember to listen to and honor your body's strengths, weaknesses, or any existing injuries. If you feel discomfort or dizziness, discontinue exercising and notify the instructor.

## CLASS DESCRIPTIONS

### **Aikido—Instructor: Victor**

Aikido is a traditional Japanese martial art based on the principles of universal harmony and non-violence. It is a highly effective form of self-defense that requires minimal forces because it uses an attacker's own size and strength against them. There is no wild kicking or punching in Aikido and it can be practiced by men and women of all ages. Aikido can be highly aerobic and with Ukemi, "The art of falling", students will be learning to protect themselves by safely rolling or falling during the techniques. Bring a willingness to learn and most importantly, have fun! As a beginning student, please wear comfortable athletic clothing preferably long sleeves and pants. You will eventually decide to invest in a gi to further your training and safety.

### **Ballroom Dance—Instructor: Kali**

Learn the fundamental skills to begin your mastery of Ballroom dance in as little as five weeks. This class will focus on several different ballroom dances, including Waltz, Tango, Swing, and Cha-Cha. Impress your friends and family with the skills you will learn in this class! Requirements: A dance partner- they are easier to find than you think. Just ask and you will be surprised. You will also need a non-street pair of suede or hard leather shoes, or athletic non-marking shoes and clothes that allow for easy movement.

### **Barre-Dance Fusion—Instructor: Gabriella**

Invigorating, inspiring, and inviting, BARRE-DANCE FUSION opens the dance floor to any-BODY eager to move, groove, sweat, sculpt, stretch, shape, or tone in-tune! Together, with dynamic music and diverse movement, we will flow through a rhythmic fusion of classical dance techniques—ballet, modern, jazz—creative contemporary styles—ecstatic, hip-hop, Hindi—and conscious conditioning practices—barre, yoga, pilates. Each unique sequence will build upon the next, evolving this transformative, energizing class into a challenging, balancing, rewarding, and FUN experience for all dancers—with or without any form of dance background.

### **Boxing**

Get fit without getting hit! Sweat the pounds off with actual fighter training using heavy bags and target mitts. Classes will include light cardio, heavy bag rounds, high-intensity interval training, and core work. Hand wraps, gloves, heavy bags and focus mitts will be incorporated into a variety of skills, drills and conditioning exercises that allow you to be fully engaged in this fun, high-intensity activity. Hand wraps are required. If you do not own hand wraps, attend the first class where the instructor will provide information about what to purchase.

### **Brazilian Jiu-Jitsu—Instructor: David**

Brazilian Jiu-Jitsu or BJJ (the "Gentle Art") is a grappling martial art and combat sport that teaches a smaller person how to defend against a larger adversary/opponent by using leverage and proper technique. BJJ, was modified from Judo and traditional Japanese Jujitsu. It contains stand-up maneuvers, but it is most famous for its devastating ground-fighting techniques. By gaining superior positioning—one can apply numerous chokes, holds, locks and joint manipulations on an opponent. The true strength of BJJ is that the system provide a simple and defined strategy in with to defeat your opponent. This class is instructed by a 1st Degree Black Belt (Alliance BJJ).

### **Hip Hop—Instructor: Hailey**

Want to break a sweat without even realizing you're working out? Come join Hip Hop with Hailey! You will be challenged in different styles including breaking, locking, popping, waacking, house, and funk. Never danced before? That's okay. In this class all levels will be accommodated and challenged, so come bust a move and break a sweat to some of the best hip hop hits of our generation!

### **Judo—Instructor: Rodney**

Judo, the "gentle way," was developed in Japan in 1884. It incorporates standing and mat work techniques, combining throws, hold downs, chokes and arm bars with intense workouts. Students learn to maximize their own power and efficiency while using opponents' strength against them, making it an effective means of self-defense. Judo has been an Olympic sport since 1964. After adequate instruction and practice, students may compete in local and national tournaments. Judo is an excellent way to develop physical and mental discipline. Beginners and experienced students are welcome.

### **Muay Thai**

Muay Thai Kickboxing will provide you with the basic skills of kickboxing. Sessions will include practice in the fundamentals of correct strikes, footwork, and defensive tactics as well as the proper use of equipment. Get in great shape with high-intensity interval training and pad work! Hand wraps, gloves, heavy bags, and focus mitts will be incorporated into a variety of skills, drills, and conditioning exercises that allow you to be fully engaged in this fun, high-intensity activity. Hand wraps are required. If you do not own hand wraps, attend the first class where the instructor will provide information about what to purchase.

### **Salsa Night—Instructor: Kali**

There is perhaps no wider spread social dance than Salsa. You can find clubs devoted to it in Asia, Europe, and North and South America. In fact, right here in Fort Collins there are several weekly Salsa dance events. Additionally, Salsa dance has been featured in films such as both Dirty dancing movies, Born Romantic, Cuban Fury, Dance with me, El Cantante and many more. In short, Salsa dance is a very popular, very wonderful way to get active while learning a valuable social skill that will make you the envy of our friends and family. Requirements: clothing that allows comfortable movement. It is encouraged, but not required, that you have a partner as this greatly aids the learning process. Also, make sure to wear a pair of dance, or non-marking athletic shoes. Apart from that, see you on the dance floor!

### **Self Defense Workshops**

This FREE class will help build self-defense knowledge, some skill, and most importantly, confidence.

### **Shotokan Karate—Instructor: Laura**

Shotokan Karate is a traditional Japanese martial art focusing on empty hand techniques. Students in this class will learn fundamental blocking, kicking, and striking techniques and forms (kata). Application of these techniques will be taught and practiced through sparring and self-defense drills. Benefits include increased fitness, strength and coordination as well as improved confidence. Shotokan karate is very widespread, helping students to continue training over breaks and after college should they so desire. All experience levels welcome.

### **Studio Dance—Instructor: Adam**

Are you looking for a fun way to stay in shape this semester while energizing yourself with creative motion? Dance Fusion is a combination studio dance class of ballet, hip hop, jazz and belly dancing. You'll surprise yourself with how fast the hour flies by when you stunt your moves to your favorite hit songs. Don't be mistaken though, you don't have to already know how to dance to enroll. We welcome dancers of all levels to come and have a great time! Best of all, the semester-long class will end with a edited recording of our performances for you to keep as a DVD souvenir. Don't miss out and hope to see you soon!

### **Traditional Tae Kwon Do—Instructor: Al**

The Chung Do Kwan style of tae kwon do is characterized by strong, fast techniques that develop speed, accuracy, balance, power and focus. Students are taught proper techniques in stances, blocking, striking, and kicking. In addition, traditional forms, self-defense, and sparring are taught. Although techniques are practiced with full power, all exercises are "non-contact". This class is affiliated with the U.S.A Tae Kwon Do Masters Association. Wear comfortable exercise clothing, be prepared to work out in bare feet, and bring a water bottle. Also, all participants must remove externally exposed jewelry before class including: rings, earrings, necklaces, and piercings.