

Pre-registration is encouraged. Call (910) 642-7141, ext. 296, 397 or 425.

Cake Decorating

Registration Fee: \$45



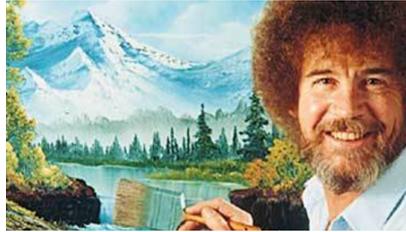
Learn proper icing consistencies, frost cakes smoothly and use a bag and various decorating tips to add borders and flowers. Supplies will be available for purchase at the first class. Instructor: CSimmons

5/23-7/11 M 6-9pm SCC, T-118

Joy of Painting

Registration Fee: \$60

Using the Bob Ross wet-on-wet method of oil painting, you will be introduced to the proper technique of prepping the canvas, various brushes and knives, and application of the medium. This technique omits the traditional wait for each paint layer to dry and speeds up the entire process. In fact, students will be able to complete a ready-to-frame painting during each class. Class materials will be discussed at first class.



Instructor: MManess, Bob Ross Certified Instructor
6/06-7/05 M 6-9pm SCC, D-112

NEW Quick & Delicious Party Foods

Registration Fee: \$45

Other Cost: \$0.55 ins



Join us and learn how to create delectable finger foods and rich mini-desserts for elegant parties and showers along with simple-to-make munchies for casual gatherings. Instructor: CSimmons

5/24-6/28 T 6-9pm SCC, T-118



NEW Kick-Boxin'

Registration Fee: \$40

Other Cost: \$0.55 ins

Bring it on! Burn calories and gain strength by kicking boxin' into a healthier you! No equipment needed. Optional: Weighted gloves/ankle weights

Instructor: JPittman
6/16-7/21 Th 4-5pm



SCC, NES-219

NEW Power Step

Registration Fee: \$40

Other Cost: \$0.55 ins

Come have fun with us, listen to great music and dance away your calories and stress as we encourage and push each other to become healthier. (Equipment needed: Aerobics step)

Instructor: JPittman
6/16-7/21 Th 5:30-6:30pm SCC, NES-219



Health Wellness

Registration Fee: \$43

Other Cost: \$0.55 ins

Get started on a healthier lifestyle. Exercise in SCC's gym on cycles, treadmills, steppers, abdominal crunch apparatus, and weight machines.

Instructor: RThompson
6/02-8/04 MTh 6:15-7pm SCC, NES-106

Total Body Workout

Registration Fee: \$43

Other Cost: \$0.55 ins

A total body workout routine is a great way to stay fit, healthy, and energetic. Rather than focus on the same muscle group every time you hit the gym, it's important to concentrate on your body as a whole. Learn how to plan a total body workout routine to help tone and tighten the entire body from shoulders to calves leaving you with a complete feeling of satisfaction and balance. All that is required to perform the total body workout is a good pair of tennis shoes and sheer will power.

Instructor: RThompson
6/02-8/04 MTh 5:15-6pm SCC, NES 217

Yoga

Registration Fee: \$64

Other Cost: \$0.55 ins



This course introduces students to Yoga practice in the classical sense. This includes awareness of the breath and breathing exercises, mindfulness meditation, and the physical postures most often associated with Yoga in the West. All

participants are encouraged to practice at their own level of comfort. Participants may wish to purchase their own Yoga mat for the class and wear comfortable clothes. Yoga is typically practiced barefooted for comfort and safety, (socks may slip).

Instructor: VBalogh
5/24-6/28 TTh 4-5pm SCC, NES 217