

# “QUICK” STEP INTO FITNESS

## Non-Credit Course Offering

Fall 2018

Course #: **HLTH 010**

Looking for a quick fun way to burn some calories, get your heart rate up and increase your metabolism? Try “Quick” Step aerobics. This class will warm you up, get your heart pumping and cool you down all in a very quick 30 minutes. You’ll get your workout done and be on your way in no time flat. Although the step routines are basic and easy to follow, the intensity increases throughout the class period. Repetition will help beginners stay in their comfort zone. (14 sessions) Instructor: Mary Shelasky

Fall Session Class Times:

Tuesdays: 4:30 PM – 5:00 PM Sept. 4, 2018 – Dec. 11, 2018

No class on Sept. 18, 2018

Non-credit Tuition:		<u>CRN#</u>
Bartley Center Members:	\$39*	35357
General Public	\$74	35355

To register, complete registration form at [www.hcc.edu/bce](http://www.hcc.edu/bce), visit the Non-credit Registration Desk in the Kittredge Center 2<sup>nd</sup> floor, or call (413) 552-2500 to register via phone.

\*All current David M. Bartley Center members who register for this class will receive a Bartley Center Gift Certificate for \$10 good toward your next Bartley Center Membership Renewal. The certificate will be issued by the Bartley Center upon proof of registration and payment.

**Course Registration Deadline: Thursday August 30, 2018**



Mary Shelasky, Bartley Center Rm 204, (413) 552 – 2161  
Quick.Step Aerobics Course Desc. Fall 2018