

## SDHXCS Enrichment Classes (才艺课)

<b>Subject (科目):</b>	<b>Sports</b>			
<b>Course Name (课程名称):</b>	<b>Adult Latin Dance Aerobic (家长健美操)</b> 公众号链接			
<b>Teacher Name (教师姓名):</b>	Wu, Shelley (吴晓莲)	<b>Phone</b>	(858) 231 - 0963	
		<b>email</b>	info@drwumindbody.com	
<b>Teacher's Background (教师简介):</b>	<p>Shelley Wu is a Ph.D. in Psychology from the State University Of New York. She started yoga practice since 1992. She is a nationally certified yoga teacher through Yoga Alliance. Shelley has a San Diego based practice as a mind body therapist and hypnotherapist. She has been teaching yoga classes at YMCA, LA Fitness, Being Fit, Keystone Athletic Center, The North County Chinese School, Huaxia Chinese School, as well as in her own yoga studio. Details at: <a href="http://www.drwumindbody.com">www.drwumindbody.com</a>.</p> <p>Shelley Wu 是纽约州立大学的心理学博士。她从 1992 年开始练习瑜伽，是瑜伽联盟的全国认证瑜伽教师，也是圣地亚哥知名的身心治疗师和催眠治疗师。她一直在 YMCA, LA Fitness, Fit, Keystone 运动中心，北郡中文学校，华夏中文学校以及自己的瑜伽工作室教授瑜伽课程。</p>			
<b>Course introduction (课程简述):</b>	<p>ZUMBA is cardio excise based on Latin music. ZUMBA is tons of fun, no dance experience required.</p> <p>ZUMBA 是基于拉丁音乐的有氧运动。 ZUMBA 很有趣，不需要舞蹈经验。</p>			
<b>Course Objectives (课程目标):</b>	<p>You will become stronger, fitter and healthier, more flexible, more coordinated, and you'll have fun. 你将变得更强壮，更健康，更灵活，更有协调，你将获得乐趣。</p>			
<b>Pre-requisite/Student Ages (先决要求/学生年龄要求):</b>	For Parents 成人，华夏家长 (非华夏家长加收\$125)			
<b>Class Dates (课程日期)</b>	Sep 11, 18, 25; Oct 2, 9, 16, 23, 30; Nov 6; Dec 4, 11, 18 Jan 22, 29; Feb 5, 12, 26; Mar 5, 12, 19, 26; Apr 16, 23, 30;			
<b>Class Size (最多招生人数限制):</b>	25 Members			
<b>Course Fee (报名费 / 学费):</b>	<b>Registration &amp; material fee</b>	\$195 / year For HX Parents	<b>Course Time &amp; Location</b>	Sundays 9:40 Am – 10:15 Am room I-108