

SDHXCS Enrichment Classes (才艺课)

Subject (科目): Please select one of the categories	Sport			
Course Name (课程名称):	Yoga Sculpt			
Teacher Name (教师姓名)	Lu Chen	Phone	858-603-4313	
		email	lchen@sdhxcs.org	
Teacher's background and brief (教师及其简介):	Lu Chen got her yoga teacher certificate in 2019 from CorePower Yoga. She has been teaching Yoga Sculpt in 4S Ranch/Del Mar and Poway studios and has collected many followers with very positive feedbacks.			
Course brief and Description (课程简述):	<p>Yoga, Cardio + Weights * All levels</p> <p>When muscle meets yoga, Yoga Sculpt is born. Boost metabolism and build lean muscle mass as you move to upbeat tracks. You'll combine yoga sequencing and cardio to intensity each yoga pose while mixing in strength-training moves like squats, lunges and bicep curls, push-ups, wide arm rows and more.</p> <p>What to bring:</p> <ul style="list-style-type: none"> • A bottle of water • A towel and yoga mat • 1-2 sets of weights • Wear fitted workout clothes, ideally ones that wick away moisture 			
Course Objectives (课程目标):	Body shaping, calorie burning and healthy mind-body conditioning.			
Pre-requisite/Student Ages (先决要求/学生年龄要求):	Adults & 18+ yrs			
Student Evaluation / Presentation (评分方法 (演出、比赛、展示等)):				
Maximum Number of Students to be Enrolled (最多招生人数限制):	<p style="text-align: center;">Min: 5 Max: 20</p> <p style="text-align: center;">*** Check payable to: SDHXCS</p>			
Course Fee (报名费 / 学费):	Registration & material fee	\$400/Year	Course Time & Location	Sundays 12:00Pm – 1:00Pm Room J-401