



FALL 2025

# HEALTH AND FITNESS

## Basketball

### With Shoreline Coaching Staff

Sep 24-Dec 3 | Mon-Wed | 10:30-11:20 am | \$239

Introduction to basketball skills and conditioning. Includes passing, shooting, ball movement, individual and team strategy, skills and techniques, rules of the game, scoring procedures and officiating. For ages 16+.

## Yoga

### With Stacie Attridge

Sep 30-Dec 4 | Tu-Th | 11:30-12:20 pm | \$159

Join us on campus for a gentle yoga class with Stacie Attridge. This is a centered, grounded yoga class to gain better balance, strength, flexibility and stability from the body's core. For all ages 16+ and abilities.

## Pickleball

### With Stacie Attridge

Sep 30 - Dec 4 | Tu-Th | 10:30-11:20 am | \$109

Students will be introduced to the basic skills and knowledge associated with pickleball. By applying these principles through active participation, students develop the necessary skills and knowledge for playing pickleball. Limited space available. For ages 16+.

## Weight Training & Cardio Fitness

### With Stacie Attridge

Sep 30 - Dec 4 | Tu-Th | 6:10-7:00 pm | \$159

Students will have the opportunity to combine cardiovascular and strength training techniques to develop a balanced fitness program. You'll learn how to use equipment and tailor a personal routine to meet your fitness goals. For all ages 16+ and abilities.

## Hip Hop Dance & Culture

### With Albee Abigania

Oct 13 - Nov 17 | Mon | 4-5:30 pm | \$159

Join us to explore Hip-Hop culture and learn various movements and styles such as popping, locking, breaking, and various social/party styles. You will also have the opportunity to develop and express your own individual freestyle movements.

For ages 15+. No experience needed!

All classes located on campus in person in #3000 Athletics building.



Register now scanning the QR code  
or go to [shoreline.edu/continuing-ed](https://shoreline.edu/continuing-ed)

These courses are all non-credit. Some courses may be taken for academic credit. Contact Enrollment Services for more information at: [enrollmentservices@shoreline.edu](mailto:enrollmentservices@shoreline.edu)



