



NORTHWEST FLORIDA  
STATE COLLEGE

CONTINUING EDUCATION



## Fall 2021

### SCHEDULE OF CLASSES

Personal Enrichment

Fitness & Wellness

This semester there will be both in-person classes and virtually using Zoom. Be sure to check your classes to see what method is used. We are committed to continuing our program of Personal Enrichment and Fitness & Wellness classes. Especially now, it is so important to maintain activities and relationships with our family and friends. We hope you will look at and try out some of our new offerings. Student Zoom Guides will be sent to all students attending virtual classes. For more information, please visit the NWFSC COVID-19/Coronavirus Response plan at <https://nwfs.edu/coronavirus>.  
PROTOCOLS AND CLASS OFFERINGS SUBJECT TO CHANGE

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All course titles are  
linked to class  
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# General Information

## Continuing Education Non-Credit Enrollment is Open

### Enrollment Information

*There are 3 ways to enroll in Continuing Education non-credit classes.*

- Online registration will be available. Go to [www.nwfsc.edu/conted](http://www.nwfsc.edu/conted). On the Continuing Education page, click on the link for registration. Complete the form and submit. Continuing Education will finalize your registration and send you a copy of the class schedule and payment information. If accessing the class schedule online, you can click on the course name to access enrollment forms.
- In-Person: Enroll at these Northwest Florida State College Campus/ Centers – Niceville, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton. Payment can be made by cash or check at these locations.
- Mail in registration is also available. Complete the enrollment form on page 14. Mail the form and a check to: Northwest Florida State College, Continuing Education, 100 College Blvd., Niceville FL 32578. After registration is completed, you will receive a copy of the class schedule and receipt for payment.

### Canceled Classes

We may cancel a course because we did not know you planned to take it. Sometimes excellent courses with outstanding instructors are canceled when too many people wait until the last minute to enroll. Classes need a minimum number of students enrolled before a class will run.

**In an effort to provide everyone with timely notification of class cancellations, registration for a course will be closed one week prior to the start date of that course.**

A refund is given when the College cancels a course. Students will be notified in advance. The Northwest Florida State College Continuing Education Department reserves the right to cancel classes based on low enrollment or other causes. Northwest Florida State College reserves the right to add or delete without notice any courses offered, or to alter the fees or costs, as well as change the location and time classes meet.

### Payment

By mail: Checks only, NWFSC Continuing Education, 100 College Blvd., Niceville FL 32578.

Credit Card: Log on to RaiderNet to pay with credit card (2.75% fee). You will need Student ID number and logon.

Please log on to RaiderNet at [www.nwfsc.edu](http://www.nwfsc.edu).

In person: Payments are accepted by check only at these NWFSC Campuses/Centers - Niceville, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton.

### Parking

All college students must display a parking permit in their vehicle when parking in designated parking areas during the fall and spring semesters. There is no charge for parking permits.

- Permits without expiration dates are valid indefinitely. Permits with expiration dates need to be replaced.
- To order a permit go to [www.nwfsc.edu/parking](http://www.nwfsc.edu/parking). You can use your personal email address in the request form.

### Raider Cards

Raider Cards are available at no charge. The benefits include: 1 ticket to each NWFSC Symphony performance and student produced shows, 1 ticket to each basketball, baseball & softball game, use of the LRC (library). They can be obtained at the Niceville and Ft. Walton Beach campuses, Crestview and DeFuniak Springs Centers. **SUBJECT TO CHANGE.** Please bring a copy of your schedule & receipt to show registration/payment.

### Campus Maps

Campus maps are available at [www.nwfsc.edu/campus-maps](http://www.nwfsc.edu/campus-maps).

### College Closure Dates

September 6  
November 11, 24-28  
December 17 - January 2

### Contact Information

100 College Blvd. East, Niceville, FL 32578  
[www.nwfsc.edu/ContEd](http://www.nwfsc.edu/ContEd)

Melissa Garza, Coordinator ..... (850) 729-4956

Continuing Education  
[garzam4@nwfsc.edu](mailto:garzam4@nwfsc.edu)

# Personal Enrichment Courses

## ARTISTIC CORNER



### Mosaics Magic: Stained Glass Mosaics

**Instructor: Dulcie Scalf**

Learn the basics of stained glass art while creating your own stained glass mosaic for your home or garden. No copper foiling or soldering required. The art of stained glass mosaics is a truly unique way to color your world. You will learn about working with stained glass and leave with a finished project. Materials for each project will be provided.

**August 18 - September 22**

**Wednesdays, 2:00 – 4:00 p.m.**

**Niceville, Bldg. 330 – Room 208**

**Fee: \$60.00 CRN#: 50043**

### Beginning Painting with Acrylics

**Instructor: Patti Overholt**

Beginning acrylics is designed for the absolute beginner who wants an enjoyable, stress free painting experience. You will learn to mix color and use basic design concepts to create your own original paintings. Supplies required: List available at [www.nwfsc.edu/ContEd](http://www.nwfsc.edu/ContEd)

**August 24 - October 5**

**Tuesdays, 9:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 360 – Room 108**

**Fee: \$60.00 CRN#: 50004**

### Beginning Painting with Oil

**Instructor: Jessica Smith**

This course is for artists that are beginning to explore the wonderful world of oil painting. Come enjoy a stress-free environment that encourages growth and exploration. We will learn the basics of how to mix paint to create a variety of colors and how to create values and contrast. You will learn different techniques to create your own style and learn how to make still life and landscapes. Supplies required: List available at [www.nwfsc.edu/ContEd](http://www.nwfsc.edu/ContEd)

**August 21 - October 9**

**Saturdays, 9:00 a.m. – 11:00 a.m.**

**Niceville, Bldg. 120 – Room 503**

**Fee: \$70.00 CRN#: 50058**

# Ed2Go

### Typography

This online, self-paced course will teach you the theory of typography and how to apply it to web design projects. \$79

### Color Theory

This self-paced course will teach you the basics of working with color in web design. \$79

## FOOD & ENTERTAINMENT

### NEW - Sugar Cookie Decorating

**Instructor: Sundy Keichel of Keichel Cookies**

Have you always wanted to try decorating beautiful sugar cookies? Learn basic decorating techniques and take home 6 beautiful themed cookies when you join this course with local cookie decorator, Sundy Keichel. Class is designed for ages 12 and up and all cookies, decorating supplies, and a box to take home your creations will be provided. Class needs a minimum of 5 participants, so make sure to invite your friends and family.

**October 16 - Halloween themed cookies**

**10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 400, Room 127**

**Fee: \$45.00 CRN#: 50047**

**December 4 - Winter/Seasonal themed cookies**

**10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 400, Room 127**

**Fee: \$45.00 CRN#: 50048**

## LUNCH & LEARN

### The Art of Hydroponic Gardening

**Instructor: Chef Layne Eggers**

Come and learn about hydroponic gardening used in the Kay Litke Culinary Greenhouse right here on our NWFSC Niceville campus. Learn the art of hydroponic gardening, take a tour of our greenhouse, plant your own spring mix, and then enjoy a 3-course lunch full of fresh ingredients from the greenhouse itself. Last day to register for the class is October 5, 2021. Please wear closed toed shoes for this class. Class will meet in the greenhouse (located behind building 400).

**October 12**

**Tuesday 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 400**

**Fee: \$35.00 CRN #: 50011**



# Personal Enrichment Courses

## HOBBIES

### Introduction to Home Brewing

**Instructor - Christopher Brindle**

Learn how to brew your own beer! This comprehensive course will give you the knowledge needed to begin your home brewing adventure. You will learn the basics of the entire brewing process from beginning to end: including the use of ingredients, mashing, boiling, fermenting, and packaging. Sampling various beers and an actual beer brewing day will help you better understand the brewing process and get you started right. Class is geared towards those with limited or no beer brewing experience.

**October 9 - November 6**

**(October 23, 10:00 a.m. - 4:00 p.m.)**

**Saturdays, 10:00 a.m. - 12:00 p.m.**

**Niceville, Bldg. 400, Room 132/133**

**Fee: \$65.00 CRN#: 50008**

### NEW - Drone Pilot Certification Prep Course

**Instructor: Michael Traylor**

This 2-day, 10 hour hybrid course designed to prepare students to pass the FAA, Part 107 exam with flying colors. This comprehensive course will teach you everything you need to know to ace your exam. Day 1 students will access material online to prepare them for hands-on training. All students will have the opportunity to hone their pilot skills with a hands-on, flight training session day two of this course. Are you ready to Take Flight with Northwest Florida State College?

**August 26-27**

**12:00 – 5:00 p.m.**

**DeFuniak Springs -Bldg. 510, Room 214**

**Fee: \$125 CRN#: 50005**

**October 21-22**

**12:00 – 5:00 p.m.**

**DeFuniak Springs -Bldg. 510, Room 214**

**Fee: \$125 CRN#: 50006**

### New - MIG Welding (Wire)

**Instructor: Evan Thompson**

MIG welding uses an electric arc to melt a wire electrode and fuse it with the base metal. This type of welding is relatively easy to learn since there is not much smoke or fumes. MIG welding is great for beginners and is perfect for making projects at home such as bar-b-que grills, metal art pieces and repairing metal yard furniture. Safety equipment is provided. Please wear closed toe, work boot style shoes.

**September 4, 11, 18 and 25**

**Saturdays, 8:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 560, Room 401**

**Fee: \$225.00 CRN#: 50007**

## Ed2Go

### Blogging and Podcasting for Beginners

Learn how to create your very own blog and podcast using the tools that you already have available on your computer. \$100

### Wow, What a Great Event!

Looking for a fun new career coordinating special events? Learn proven techniques from a master event planner. \$100

### Introduction to Interior Design

Explore a career in interior design as you learn how to transform any room into a beautiful and functional space. \$115

### How to Get Started in Game Development

Takes steps toward a new career in game development by building a foundation to design games in a wide variety of genres for different audiences and platforms. \$115

# Personal Enrichment Courses

## LANGUAGE & WRITING



### Beginning Japanese

**Instructor: Hiromi Zeid**

KONNICHIIWA! Want to learn the Japanese language? This course introduces easy, basic Japanese, focusing on conversation, using the English alphabet (Roman letters) to express Japanese pronunciation. Each class consists of practical, useful expressions for essential occasions such as greetings, shopping, sightseeing, dining out, or making Japanese friends as well as introducing Japan's culture and traditions. If you plan to travel to Japan or want to interact with Japanese native speakers, this course is a great first step.

**August 19 - October 7**

**Thursdays, 5:30 – 7:30 p.m.**

**Niceville, Bldg. 330, Room 204**

**Fee: \$70.00 CRN#: 50013**

### NEW - Advanced Japanese

**Instructor: Hiromi Zeid**

This course is designed for the students who finished the Beginning Japanese course, or who already have basic Japanese skill and knowledge; and desire to continue learning speaking and listening to communicate with Japanese native speakers.

The course will focus on developing vocabulary and useful expressions, and learning sentences using Japanese verbs, including the conjugation of verbs and idioms. The course will include basic reading and writing of the phonetic writing systems, HIRAGANA and KATAKANA; but the textbook will provide Roman letters (English alphabet) as well.

**October 14 - December 9**

**Thursdays, 5:30 – 7:30 p.m.**

**Niceville, Bldg. 330, Rm. 204**

**Fee: \$70.00 CRN#: 50045**

### Mystery Writing

**Instructor: Mark Zeid**

Join mystery-novelist Mark Zeid, a former military police officer and criminal justice instructor, to learn about writing novels and the publishing industry. Topics include developing different types of mysteries, police and criminal justice procedures, and crime scene forensics. Ways to develop characters, plot lines, leave clues, and describe scenes and action will also be covered. Furthermore, the class will discuss tips on getting published, finding an agent, and developing a network to improve and market a novel. A great class for anyone wanting to become a professional writer, regardless of the genre the person is interested in developing..

**August 19 - October 7**

**Thursdays, 5:30 – 7:30 p.m.**

**Niceville, Bldg. 330, Room 203**

**Fee: \$70.00 CRN#:50014**

### Mystery Writing Part Two

**Instructor: Mark Zeid**

Former military police officer, criminal justice instructor, and mystery writer Mark Zeid leads the class in practical, hands-on exercises for writing a novel. The class will go through character and plot development as students apply the information they learned in Mystery Writing—Part One. Narrative and descriptive techniques, along with police procedures and the criminal justice system are discussed and shown how to use them in one's novel. At the end of the class, students should have enough material for completing their own novels.

**October 14 - December 9**

**Thursdays, 5:30 – 7:30 p.m.**

**Niceville, Bldg. 330, Room 203**

**Fee: \$70.00 CRN#:50046**





# Personal Enrichment Courses

LANGUAGE  
& WRITING

Business

## Ed2Go

### Travel Writing

Profit from your experience in exotic lands (or your own backyard) by learning how to write and sell travel articles and books. \$100

### Research Methods for Writers

Learn the most efficient and effective methods to conduct research for any writing project. \$115

### The Craft of Magazine Writing

If you are a determined new writer, this class will provide you with the skills you need to get published. \$115

### Introduction to Journaling

Discover how journaling can help you learn more about yourself, explore your dreams, values, and beliefs, improve your health, survive unwanted change, succeed in your career, and express your creativity. \$100

### A-Z Grant Writing

This course provides students with the hands-on experience and knowledge they need to successfully begin writing grant proposals, including real-world scenarios, and the opportunity to improve their work by reviewing previous grant proposals completed by peers. \$115

### Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time. \$115

### Accounting with Quickbooks Online Suite

This suite of courses will teach you the fundamentals of accounting with QuickBooks Online. You'll learn the essentials of double-entry bookkeeping and managing the financial aspects of your small business quickly and efficiently using QuickBooks. \$395

### Start and Operate Your Own Home-Based Business

This course will teach you how to develop the motivation, discipline, and creativity to quit your job and be your own boss. \$115

### Business Budgeting for Beginners

This course will introduce different strategies employed during the budgeting process, the techniques and tools commonly used to make budgeting forecasts, the components of a basic operating budget, and how businesses make certain decisions that may impact their budgeted amounts. \$115

# Personal Enrichment Courses

CHAUTAUQUA CENTER (DEFUNIAK SPRINGS)



## Digital Photo I: The Fundamentals and Creative Elements of Digital Photography

**Instructor: Jacqueline Ward**

Learn the fundamental concepts for making beautiful photographs. This course is designed for beginning photographers, who enjoy shooting and want more creative freedom with their DSLR camera and want to take better photographs by knowing your Apertures (f/stops), ISOs and Shutter Speeds, Exposure, basic do's and don'ts in picture taking, and simple rules of composition. This class is held at the South Walton Center.

**August 20 - October 8**

**Fridays, 1:00 – 3:00 p.m.**

**DeFuniak Center, Bldg. 500, Room 154**

**Fee: \$60.00 CRN#: 50017**

**October 15 - December 10**

**Fridays, 1:00 – 3:00 p.m.**

**DeFuniak Center, Bldg. 500, Room 154**

**Fee: \$60.00 CRN#: 50018**

## Writing 101: Caring Enough to Share Your Stories

**Instructor: Rosemary Pendery**

Enjoy a unique experience in writing with Rosemary Pendery. Utilizing her recently published book "The Blackbird has Landed," she will take you on her own writing journey as she helps you discover your own path and writing. She began writing as a young child and had written her first book when she was 20. In 1971, that book became a New York Times "most notable children's book", published by William Morrow, Inc. She has written over 200 published poems and over 250 short stories, included in her 20+ published books. Today she also writes for newspapers, educational periodicals, and religious magazines.

**October 13 - November 17**

**Wednesdays, 4:30 p.m. – 6:30 p.m.**

**DeFuniak Center, Bldg. 500, Room 154**

**Fee: \$70.00 CRN #: 50023**





# Personal Enrichment Courses

## SCIENCE

## COMPUTERS & BEYOND

### Astronomy

#### Instructor: Tom Haugh

Have you ever wondered what that 'star' is in the evening sky? Join a NASA Solar System Ambassador in exploring the solar system and beyond. Learn how to navigate the night sky and identify the objects that you see. Discussion will cover the solar system as well as celestial objects such as constellations, nebulae, star clusters and galaxies. We will also cover the language of Astronomy from appulse to syzygy to zenith. This class combines classroom lecture and, weather permitting, outside observation.

**September 13, 20, 27 and October 4**

**Mondays, 6:00 – 9:00 p.m.**

**Niceville, Observatory, Bldg. 750**

**Fee: \$80.00 CRN#: 50016**

**October 11, 18, 25 and November 1**

**Mondays, 6:00 – 9:00 p.m.**

**Niceville, Observatory, Bldg. 750**

**Fee: \$80.00 CRN#: 50019**

### Science Seminars & Workshop Series

The Mattie M. Kelly Environmental Institute (MKEI) will host their annual symposium on Friday, October 22, 2021 from 9 AM to 1 PM at Northwest Florida State College campus in Niceville, Florida. This in-person symposium includes a variety of scientific and educational presentations highlighting efforts that support awareness of the natural environment. For more information, please email [mkei@nwfsc.edu](mailto:mkei@nwfsc.edu) or call (850) 729-4915.

At this time seminars & workshops will be offered in person or virtually. Subject to change.

## Ed2Go

### Intro to Microsoft Excel 2019/Office 365

If you work with data of any kind, knowing how to create a spreadsheet is key to effectively managing and organizing information. This course will introduce you to Microsoft Excel 2019 and teach you how to use this powerful software. \$129

### Intro to Microsoft Word 2019/Office 365

Learn to create professional-looking letters, reports, and documents using Microsoft Word 2019/Office 365. This hands-on course will help you master the basic features of this powerful word-processing program to type, edit, and format text, and spell check and print documents like a pro. \$129

### Intro to Windows 10

Master the basic skills you need to get the most from Windows 10 for both work and play. This course will help you learn to use this powerful new operating system, including customizing your desktop, managing files and folders, and navigating the Web with the new Microsoft Edge browser. \$115

### Computer Skills for the Workplace

Confidently apply for jobs knowing that you possess the computer skills needed to perform on the job. This course includes a great introduction to Windows 10 and Office 2016 to provide the fundamental computer competencies you need to prosper in a modern workplace. \$115

# Personal Enrichment Courses

## FITNESS & WELLNESS



### SOUTH WALTON CENTER

#### Zumba Gold

**Instructor:** Barbara Reynolds

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Our goal is simple: we want you to want to work out, to love working out, and to want to continue to work out! The routines feature interval-training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba Gold is designed for active older adults or true beginners. It addresses the anatomical, physiological and psychological needs specific to these populations.

**October 13 - December 8**

**Wednesdays, 10:00 – 11:00 a.m.**

**Boys and Girls Club, South Walton**

**Fee: \$50.00 CRN#: 50040**

#### Gentle Yoga

**Instructor:** Barbara Reynolds

This yoga program is recommended for beginning exercisers and/or active older adults. The essence of this yoga class is breathing, feeling, and listening to our bodies. We will focus on improving flexibility, joint mobility, posture, respiratory health, while improving our mind/body. Emphasis will be on stretching, toning postures and letting go of judgment or competition towards others and ourselves. This program is safe, effective and exercise science-supported. Modifications can be implemented as needed. Please bring your own yoga mat.

**October 13 - December 8**

**Wednesdays, 11:00 a.m. – 12:00 p.m.**

**Boys and Girls Club, South Walton**

**Fee: \$50.00 CRN#: 50039**

#### Senior Pilates

**Instructor:** Barbara Reynolds

This class is safe and appropriate for the active older adult who wants to improve their strength and flexibility. We will focus on mindful breathing to achieve concentration in addition, control of our body as an integrated unit. Some of the benefits include preventing bone deterioration, improving posture, and boosting the immune system. In addition, it reduces stress, fatigue discomfort, restores natural balance, and improves sleeping and core stabilization. This class will be offered both in-person and virtual remote through Zoom. For in-person classes, no social distance is required if fully vaccinated. Class size will be limited to 15 people. Please bring your own matt. For virtual remote through Zoom, it is suggested that your computer or iPad is up to date. You will be sent a link to the class prior to the starting date. This link will allow you access to the class.

**October 11 - December 6**

**Mondays, 3:20 p.m. - 4:20 p.m.**

**Coastal Branch Library**

**Fee: \$50.00 CRN#: 50041**

**Registration for this CRN is for in-person attendance and limited to 15 people.**

**October 11 - December 6**

**Mondays, 3:20 p.m. - 4:20 p.m.**

**Coastal Branch Library**

**Fee: \$50.00 CRN#: 50056**

**Registration for this CRN is for virtual attendance via Zoom. Link will be sent out prior to the starting date.**



# Personal Enrichment Courses

## FITNESS & WELLNESS

### Niceville Campus

#### Yoga

**Instructor: Holly Solaas**

Traditional hatha yoga practiced in a relaxed atmosphere. The practice sessions begin with a warming up period, then the practice of the asanas, followed by a few minutes of relaxation.

**August 24 - October 5**  
**Tuesdays, 4:45 - 5:45 p.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50025**

**August 19 - October 7**  
**Thursdays, 4:45 - 5:45 p.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50028**

**October 12 - December 14**  
**Tuesdays, 4:45 - 5:45 p.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50029**

**October 14 - December 9**  
**Thursdays, 4:45 - 5:45 p.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50030**

#### Pilates

**Instructor: Elizabeth Halle**

Looking for an opportunity to chat, laugh, and learn? This class is both Fun and Informative! It is ideal for beginner through intermediate students who want a safe and effective experience to build a solid Pilates foundation. Pilates is a form of low-impact exercise with the goal of strengthening muscles, posture and balance throughout the body. Students will learn to become aware of breathing patterns and spinal alignment. This will be a mat style class with added props, such as exercised bands and balls. Please wear comfortable clothes, bring along your workout mat and I'll meet you there!

**August 24 - October 5**  
**Tuesdays, 8:00 - 8:45 a.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN #: 50054**

**October 12 - December 14**  
**Tuesdays, 8:00 - 8:45 a.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN #: 50055**

#### Meditation

**Instructor: Cecil Scalf**

Meditation is our sanctuary for centering ourselves. Meditation is the center among our daily chaos and struggles, tuning body, mind, and spirit to that center. With as little as 20 minutes a day we can expand our states of consciousness, improve our focus, improve our health, allowing us to be happier, to improve our relationships, and to create more space in our lives. Our better self comes through meditation.

**August 18 - October 6**  
**Wednesdays, 5:00 - 6:00 p.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50033**

**October 13 - December 8**  
**Wednesdays, 5:00 - 6:00 p.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50034**

#### Chair and Gentle Yoga

**Instructor: Jacquie Barbee**

Yoga is for ALL BODIES! This yoga class is modified for those with physical challenges, chronic illness, seniors, disabilities, or anyone who doesn't feel comfortable in a regular yoga class. With props including a chair, we will explore how to find the pose that fits your body rather than forcing the body into a pose. *Students can bring their own mats if desired.*

**August 18 - October 6**  
**Wednesdays, 9:00 - 10:00 a.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50031**

**October 13 - December 8**  
**Wednesdays, 9:00 - 10:00 a.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50032**

#### Zumba

**Instructor: Rheann Dove**

Perfect For Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. How It Works - We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. We ditch the workout and we join the Party.

**August 23 - October 4**  
**Mondays, 5:30 - 6:30 p.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50035**

**August 20 - October 8**  
**Fridays, 5:30 - 6:30 p.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50036**

# Personal Enrichment Courses

## FITNESS & WELLNESS



### Zumba (continued)

**October 11 - December 13**  
**Mondays, 5:30 - 6:40 p.m.**  
**Niceville, Bldg. 200, Room 314**

**Fee: \$50.00 CRN#: 50037**

**October 15 - December 10**  
**Fridays, 5:30 - 6:40 p.m.**  
**Niceville, Bldg. 200, Room 314**

**Fee: \$50.00 CRN#: 50038**

### **NEW – Yin Yoga** **Instructor: Heidi Banks**

Yin Yoga includes a series of poses typically held for 3-5 minutes designed to target deep connective tissues. This slower, more meditative practice encourages mind-body balance and provides a perfect complement to more vigorous exercise.

**August 23 - October 4**  
**Mondays, 7:00 – 8:00 a.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50052**

**October 11 - December 13**  
**Mondays, 7:00 – 8:00 a.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50053**

### **NEW – Core Yoga Flow** **Instructor: Heidi Banks**

This vinyasa flow class will focus on strengthening and stretching the entire core along with building the muscles that support the spine. When the breath and movement are paired together, this class will help you develop a mindful yoga practice.

**August 19 - October 7**  
**Thursdays, 7:00 – 8:00 a.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50050**

**October 14 - December 9**  
**Thursdays, 7:00 – 8:00 a.m.**  
**Niceville, Bldg. 200, Room 314**  
**Fee: \$50.00 CRN#: 50051**

### **Fitness Center Membership** **located at our Niceville Campus** **Wellness Center Fitness Facility**

**8 a.m.- 8 p.m. M-F**

**Fee \$65: CRN#: 50044**

**Fall semester August 18, 2021- January 9, 2022**

## Ed2Go

### **Luscious, Low-Fat, Lightning-Quick Meals**

Join a registered dietitian and discover how easy it can be to prepare meals that are both delicious and nutritious!  
**\$100**

### **Healthy Living Suite**

Learn how to establish a healthy approach to successful weight loss and weight maintenance for a lifetime. Save money and prepare home-cooked meals that are fast, easy, and delicious, and how to grow nutritious fruit and vegetables that can be used in your meals.  
**\$299**

# NORTHWEST FLORIDA STATE COLLEGE

## Continuing Education Enrollment Form

### Enrollment Information

There are 3 ways to enroll in Continuing Education, non-credit classes.

**Online:** Online registration will be available. Go to [www.nwfsc.edu/conted](http://www.nwfsc.edu/conted). On the Continuing Education page, click on the link for registration.

**In-Person:** Enroll in the Students Services area at these NWF State College Campus/Centers – Niceville, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton. Fill in the form below. Payment can be made by cash or check at these locations.

**Mail:** Fill in the form below with required information. Mail the form and a check to: NWF State College, Continuing Education, 100 College Blvd. East, Niceville, FL 32578.

**SUBJECT TO CHANGE.**

\*Last Name: \_\_\_\_\_ \*First Name: \_\_\_\_\_ Middle/Maiden: \_\_\_\_\_

\*Mailing Address: \_\_\_\_\_ \*Phone Number: \_\_\_\_\_

\*City: \_\_\_\_\_ \*State: \_\_\_\_\_ \*Zip Code: \_\_\_\_\_

\*Email: \_\_\_\_\_

\*Date of Birth (mm/dd/yyyy): \_\_\_\_\_ Gender: Male Female

Student I.D. #: \_\_\_\_\_

Signature: \_\_\_\_\_

\*Required Fields

CRN#	Title	Date(s)	Time	Fee

ENROLL IN-PERSON for Continuing Education classes at the following NWF State College campus or centers.

**Northwest Florida State College, Niceville Campus**, Raider Central, Student Services Center, 100 College Blvd. East, Niceville, FL 32578

**Fort Walton Beach Campus**, Business Office, Bldg. 1, 1170 Martin Luther King Jr. Blvd., Fort Walton Beach, FL 32547

**Chautauqua Center**, 908 U.S. Highway 90 West, DeFuniak Springs, FL 32433

**Robert L. F. Sikes Education Center**, 805 E. James Lee Boulevard (Highway 90), Crestview, FL 32539

**South Walton Center**, 109 Greenway Trail (off Hwy. 331 South), Santa Rosa Beach, FL 32459

**Payment - To pay for a class, payment can be made by cash or check at these NWF State College Campus or Center Business Office locations.**

**Payments can be made online with an echeck or credit card. Credit card payments will incur a 2.75% convenience fee.**

**For payment questions, please contact the NWF State College Business Office at 850-729-5385.**

Northwest Florida State College Continuing Education  
100 College Blvd. E., Niceville, FL 32578 [www.nwfsc.edu/ContEd](http://www.nwfsc.edu/ContEd) • 850.729.6085





NORTHWEST FLORIDA  
STATE COLLEGE

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CONTINUING EDUCATION

Continuing Education

850.729.4956

[www.nwfsc.edu/ContEd](http://www.nwfsc.edu/ContEd)

100 COLLEGE BOULEVARD EAST | NICEVILLE, FL 32578 | (850) 678 - 5111 | [WWW.NWFSC.EDU](http://WWW.NWFSC.EDU)

Northwest Florida State College is committed to equal access/equal opportunity in its programs, activities, and employment. For additional information, visit [www.nwfsc.edu](http://www.nwfsc.edu).

Materiales de la Universidad son disponibles en Español llamando a la Oficina de Admisiones de Northwest Florida State College al 850-678-5111.