

# Kingsport Adult Education Classes



## Adult Education

### Job Skills

#### National Electrical Code Class (Commercial)

- ❖ Monday's September 28-November 16, 2015
- ❖ 6:00pm-8:00pm
- ❖ Cafeteria
- ❖ Instructor: Chris Ferrell, electrical inspector
- ❖ Cost: \$70.00 paid at sign up
- ❖ This will prepare you for the electrical code test.
- ❖ Please sign up by Sept 18 for class to go



### Cultural/Arts/Crafts

#### Self Defense

- ❖ Tuesday's- October 6- November 10, 2015
- ❖ 5:45pm-6:45pm
- ❖ Room 302
- ❖ Instructor: Police Officer Steve Hammonds
- ❖ Cost: \$30.00 for 6 week class paid to instructor first day of class.

Join us on Thursday, December 3, 2015 at the Kingsport Senior Arsitan Center Gallery, First Floor at Lynn View Community Center from 5:30PM-7:30PM.

You will enjoy delicious appetizers while you browse our beautiful handmade art. Many of our artists will be present to take custom orders.



### Health/Exercise



#### Personal Training with Chris

- ❖ Instructor: Chris Hicks
- ❖ Available by the hour or as package
- ❖ Contact Chris (423) 723-9967 for pricing

#### Pound Fit

- ❖ Wednesday, September 30- November 4.
- ❖ 5:30pm-6:30pm
- ❖ Gym
- ❖ Instructor: Darlene Taylor
- ❖ Cost: \$30.00 for 6 weeks class due 1<sup>st</sup> day of class
- ❖ Please sign up by 9.25.15

#### Tabata- High Intensity Workout

- ❖ Monday's- September 28- November 2, 2015
- ❖ 5:30pm-6:30pm
- ❖ Room 302
- ❖ Instructor: Becky Mills
- ❖ Cost: \$20.00 for 6 weeks class due 1<sup>st</sup> day of class
- ❖ Pay in senior center office

#### Piloxing

- ❖ Tuesday's/Thursday's
- ❖ 9:30am
- ❖ Colonial Heights Baptist Church
- ❖ Instructor: Terri Bowling
- ❖ Cost: \$2.00 for non members; Free to Senior Center members
- ❖ Pay for 12 classes at Senior Center office. We will give you a punch card and instructor will punch your card each class.