

Fitness classes are held at the **Winslow Center Assembly Room, 2590 Pleasant Hill Rd., unless different on class listings.** Register early, classes with low enrollment are subject to cancellation. Take advantage of our ONLINE REGISTRATION!

## Bollywood & Bhangra Blast!

See Dance, page 7.

## Fencing ... The Sport of Distinction

(Drop in only) (Experienced Fencers)  
Fencers! Hone your skills at this drop-in session. Increase your athleticism; collaborate with other experienced fencers. Practice is the foundation of all sports.

Instructor: James Parker  
...PHR&PD Fencing Instructor, 27 yrs.

- 4630.501** Jan. 2–Apr. 30\*  
\*No class Jan. 16, Feb. 20  
❖ Mon., 9:10–10:30 pm  
\$5 / person / per night / drop-in

## Jazzercise

(Co-Ed/Adult) (Ongoing) (All levels)  
Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Jazzercise combines dance-based cardio with strength training and stretching to sculpt, tone, and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, Yoga, and Kickboxing. ASK FOR MONTHLY CALENDAR. Register at class only. Annemieke, 925-323-2522

Instructor: Annemieke Howsepian  
...Professionally trained/certified by Jazzercise.

**AM Tue/Wed/Fri/Sat**  
❖ Tue/Wed/Fri/Sat, 9–10 am

**PM Tue/Wed**  
❖ Tue/Wed, 5:30–6:30 pm

**PM Mon/Th**  
❖ Mon/Th, 6:40–7:40 pm

## Karate

(Grades 3–Adult) (6 weeks)  
A Japanese non-contact karate. Students learn blocks, strikes, kicks, stance, and Kata (forms) to promote balance, respect, self-discipline, self-control, character, and confidence. Focus is on self-defense and health. Rank testing, black belt certification. Beginning/Intermediate class overlaps with advanced class during Kata practice from 8:15–8:45 pm.

Instructor: John Castro  
...Certified instructor under Paul Vunak of the PFS/JKD Association; holds 6th degree black belts in Judo, Karate, Jujitsu.

## Beginning / Intermediate

- 4638.501** Jan. 3–Feb. 7  
**4638.502** Feb. 14–Mar. 20  
**4638.503** Mar. 27–May 1  
❖ Tue., 7:45–8:45 pm

## Advanced

- 4640.501** Jan. 3–Feb. 7  
**4640.502** Feb. 14–Mar. 20  
**4640.503** Mar. 27–May 1  
❖ Tue., 8:15–9:20 pm  
❖ \$70 / Dist. Res. \$60  
( \$1 lab fee included)

**Note: The Karate students invite you to a Shotakan Karate Forms Tournament on Tuesday, Dec. 6, 7:45–9:20 pm.**

## Kick Boxing for Women

(5 weeks) (6 weeks) (All levels)  
Focus is on fitness and correct form. Learn stance, punch, kick, parry, and block techniques. Contact is on focus gloves, pads, and air-shields only. Includes stretching, shadow boxing, and drills. Plan to purchase 12-oz. boxing gloves (\$30) at first class. Wear sweats/running shoes; NO perfumes.

Instructor: John Castro

- 4648.501** Jan. 2–Feb. 6\* (5 wks)  
**4648.502** Feb. 13–Mar. 19\*\* (5 wks)  
**4648.503** Mar. 26–Apr. 30 (6 wks)  
❖ Mon., 6:40–7:40 pm  
No class \*Jan. 16; \*\* Feb. 20  
❖ \$60 / Dist. Res. \$50 (5 wks)  
\$69 / Dist. Res. \$59 (6 wks)  
❖ Pacheco Community Ctr.:  
5800 Pacheco Blvd.

## Mixed Martial Arts with JKD Concepts

(Co-Ed / Adult) (6 weeks)  
Bring out your cat-like attributes of speed, flexibility, endurance, timing, power, coordination, balance, and fluid motion! Non-classical combative martial arts training emphasizes physical fitness and self-defense. Methods incorporated are: Kung-Fu, Boxing, Kick Boxing, Karate, and more. Contact is on pads, and kicking shields. Wear sweats and running shoes. Plan to purchase 12-ounce boxing gloves (\$30.)

Instructor: John Castro

- 4652.501** Jan. 4–Feb. 8  
**4652.502** Feb. 15–Mar. 21  
**4652.503** Mar. 28–May 2  
❖ Wed., 8:05–9 pm  
❖ \$69 / Dist. Res. \$59



Buy your holiday gifts locally.  
PHR&PD certificates are one size fits all! Call 682-0896 or at the office,  
147 Gregory Lane.

## Nia®

## Body-Mind-Spirit Exercise You'll be HOOKED!

(6 weeks) (All levels)  
Get back in shape, maintain, or challenge your fitness level! Nia is cardiovascular fitness blending movements from Dance, Martial Arts, and the Healing Arts. Full-body conditioning to increase flexibility, agility, and strength. Set to music ranging from New Age, Electronic, World Music, and Pop. Optional: towel or mat for cool down.

Instructor: Janet Kaufman  
...Certified Nia® Instructor.

- 4692.501** Jan. 3–Feb. 7  
**4692.502** Feb. 14–Mar. 20  
**4692.503** Mar. 27–May 1  
❖ Tue., 6:40–7:35 pm  
❖ \$78 / Dist Res. \$68

## Pepper Spray Clinic

(18+ yrs required) (1 workshop)  
Using equipment and drills, this course teaches awareness, prevention, dealing with verbal confrontation, and legal information. Plus what to do in a physical assault and how to use your Pepper Spray.

Instructor: John Castro  
...Certified Instructor

- 4684.402** Dec. 8  
❖ Th., 7:50–9 pm  
❖ \$28 / Dist. Res. \$23  
❖ Winslow Ctr.: Assembly Rm.

## Pilates Mat Class

Bring the mind, body, and breathing together in movement while learning the fundamentals of Pilates. Learn muscular control; core awareness, coordination, flexibility, and posture. Comfortable clothing; no shorts. Bring padded mat. All levels welcome.

Instructor: Alison Klippel  
...Certified Instructor

- Monday PM** (6 weeks)  
**4688.501** Jan. 9–Feb. 27\* (6 wks)  
**4688.502** Mar. 5–Apr. 16\*\* (6 wks)  
❖ Mon., 5:30–6:30 pm  
No class \*Jan. 16; Feb. 20; \*\*Apr. 9

- Wednesday PM** (7 weeks)  
**4689.501** Jan. 11–Feb. 22 (7 wks)  
**4689.502** Mar. 7–Apr. 18\* (6 wks)  
❖ Wed., 6–7 pm  
\*No class Apr. 11  
❖ \$69 / Dist. Res. \$59 (6 wks)  
❖ \$78 / Dist. Res. \$68 (7 wks)  
❖ Pacheco Community Ctr.:  
5800 Pacheco Blvd

- Thursday AM** (7 weeks)  
**4690.501** Jan. 12–Feb. 23 (7 wks)  
**4690.502** Mar. 1–Apr. 19\* (7 wks)  
❖ Th., 10:45–11:45 am  
\*No class Apr. 12  
❖ \$78 / Dist. Res. \$68 (7 wks)  
❖ Winslow Ctr.: Assembly Rm.

## Tai Chi Kung

### A Great Way to Start Your Day!

(6 weeks) (1-hour 15-minutes)

Non-competitive and self-rewarding, this simple blend of exercises will start you on the path of self-discovery. You will discover more about your own body, mind, and the many health benefits that come from practicing these traditional Chinese arts. Students learn at their own speed; continuing students are welcome. All ages benefit.

Instructor: Peter Marks

**4682.501** Jan. 11–Feb. 15

**4682.502** Feb. 29–Apr. 4

❖ Wed., 10:30–11:45 am

❖ \$75 / Dist. Res. \$65

❖ Winslow Ctr.: Assembly Rm.



## Total Fitness

### The Way to Energize & Vitalize

(8 weeks) (1-hour 25-minutes)

Work your body from head to toe, inside and out! A ten-minute warm-up; a 30-minute aerobic (cardiovascular) segment; then toning and strength training. Last, a cool down/stretch. Modifications given so every BODY can work at its own pace! Bring mat/towel, water bottle, hand weights.

Instructor: Christie Tomlinson

...choreographer and instructor, 33 yrs.

**4636.501** Jan. 2–Mar. 5\*

**4636.502** Mar. 12–May 7\*\*

❖ Mon., 5:45–7:10 pm

\*No class Jan. 16, Feb. 20, \*\*Apr. 16

❖ \$111 / Dist. Res. \$101 (8 wks)

❖ Faith Lutheran Church:

50 Woodsworth Ln.

## Weight Training

(6 weeks)

Sculpt a better and healthier you with this total body workout. Wear workout clothes and shoes; bring two sets of hand weights.

Instructor: Alison Klippel

...Certified Weight Training Instructor

**4643.501** Jan. 13–Feb. 24\*

**4643.502** Mar. 9–Apr. 27\*\*

❖ Fri., 10:45–11:45 am

No class \*Feb. 3; \*\*Apr. 6, Apr. 13

❖ \$69 / Dist. Res. \$59

❖ Winslow Ctr.: Assembly Rm.

ONLINE learning . . .  
anytime, anywhere!

www.ed2go.com/  
pleasanthillrec



## Yin Yoga for Flexibility **NEW**

(6 weeks) (7 weeks) (1-hour 10-minutes)

Want to increase your flexibility and learn the basics of this new class Yin Yoga? Yin Yoga is aimed at producing permanent change in the length of one's muscles; increasing the blood supply to, and the longevity of, soft tissues by sustaining postures using props and straps to relax into the pose. The class is moderately paced with consideration for those who are new to yoga, have injuries, or just need a relaxing, healthful way to establish contact with and understand their bodies. Wear loose or stretchy clothes; bring a mat. Straps and blocks will be provided.

Instructor: Tracy Peruman

...yoga instructor, 10 yrs; has completed a Yoga Alliance 200-hour Teacher Training program and participated in the Yogacharya Festival in 2009, where she received training from Rodney Yee, David Life, Ramanand Patel, and Liliias Folan, among others.

**Monday** (6 weeks)

**4649.501** Jan. 9–Feb. 27\* (6 wks)

**4649.502** Mar. 5–Apr. 16\*\* (6 wks)

❖ Mon., 7:50–9 pm

No class \*Jan. 16, Feb. 20; \*\* Apr. 9

**Wednesday** (7 weeks)

**4656.501** Jan. 11–Feb. 22 (7 wks)

**4656.502** Feb. 29–Apr. 18\* (7 wks)

❖ Wed., 6:40–7:50 pm

\*No class Apr. 11

❖ \$69 / Dist. Res. \$59 (6 wks)

❖ \$78 / Dist. Res. \$68 (7 wks)

❖ Winslow Ctr.: Assembly Rm.

## Yoga (Sugi / Gentle)

(8 weeks) (1-hour 15 minutes)

Sugi Yoga is the Yoga that ANYONE can do! Not your traditional Yoga exercise, it is a combination of Hatha Yoga and the Feldenkrais technique of movement. Gentle Yoga postures, breathing exercises, and deep relaxation help relieve stress on three levels: spirit, mind, and body. Wear comfortable clothing; bring Yoga mat and pillow.

Instructor: Nancy Guzzaldo

...certified Yoga instructor specializing in Sugi Yoga; practicing Yoga since 1995.

**4637.501** Jan. 10–Feb. 28

**4637.502** Mar. 6–May 1\*

❖ Tue., 10:30–11:45 am

\*No class Apr. 10

❖ \$87 / Dist. Res. \$77

❖ Winslow Ctr.: Assembly Rm.

## Zen Budo Kai Aiki Jujitsu The Ultimate Self-Defense Experience

(8 weeks) (1-hour 15 minutes)

A rare opportunity to train with a system head. Learn grappling, locking, use of balance as a method of self-defense to overcome a larger, stronger attacker. This art promotes a philosophy of responsibility and control. Teens, 16–17 yrs, welcome.

Instructor: Tim Delgman

...Head Master for all Zen Budo Kai Aiki Jujitsu schools; ATAMA 9<sup>th</sup> degree black belt certified professor; black belts in Jujitsu, Karate, and Judo.

**4667.501** Jan. 4–Feb. 22

**4667.502** Feb. 29–Apr. 18

❖ Wed., 7:45–9 pm

❖ \$87 / Dist. Res. \$77

❖ Winslow Ctr.: Rms. 1 & 2