

PLEASE REGISTER EARLY. CLASSES WITH LOW ENROLLMENT ARE SUBJECT TO CANCELLATION. Take advantage of our ONLINE REGISTRATION!

Bollywood & Bhangra Blast!

(5 weeks) (45-minute workout)
Dance your way to good health in this lively dance class! This high-energy workout incorporates Cinematic Hindi Bollywood with a warm-up of Punjab Masala Bhangra! Short Bollywood choreographies with lively Bhangra warm-ups! All levels welcome.

Instructor: Layla Habib
...professional dancer 20 yrs; instructor.

- 4660.801** Mar. 3–Mar. 31
- 4660.802** Apr. 21–May 19
- ❖ Wed., 6:30–7:15 pm
- ❖ Fee: \$56 / Dist. Res. \$46
- ❖ Community Ctr.: Dance Studio

Cardio Belly Dance Fitness... & Beyond!

(5 weeks) (45-minute workout)
Dance your way to good health...fusion style! In a fitness format, these workout classes combine belly dance, aerobics, and other dance forms to give you a great overall cardio workout. For upper body toning, small hand weights, optional, are used. Veils provided. All levels; no experience necessary.

Instructor: Layla Habib

- 4659.801** Jan. 13–Feb. 10
- ❖ Wed., 6:30–7:15 pm
- ❖ Fee: \$56 / Dist. Res. \$46
- ❖ Community Ctr.: Dance Studio

Fencing, Beginning

(4 weeks) (5 weeks)
Improve agility, alertness, balance, coordination, and competitiveness with the art of foil fencing. Foils, plastrons/masks provided; bring equipment if possible. Young adults, 16 and 17 yrs, welcome, with parent.
**Experienced fencers, drop-in, 9–10 pm.

Instructor: James Parker

Beginning

- 4630.703** Dec. 2–Dec. 30* (4 wks)
- 4630.801** Jan. 6–Feb 3 (5 wks)
- 4630.802** Feb. 10–Mar. 10 (5 wks)
- 4630.803** Mar. 17–Apr. 14 (5 wks)
- ❖ Wed/Beg., 8–9 pm
- *No class Dec. 9
- ❖ Fee: \$55 / Dist. Res. \$46 (4 wks)
\$62 / Dist. Res. \$52 (5 wks)
(\$5 lab fee included)
- ❖ Community Ctr.: Parkside Rm.

**Drop-in

- Dec. 2–Apr. 14*
- ❖ Wed/Drop-In, 9–10 pm
- *No class Dec. 9
- ❖ Fee: \$4/person/night

Goddess Workout

(6 weeks) (All levels)
This unique integrative workout blends belly dance, Pilates, and yoga using exotic, up-beat music. Burn fat, strengthen the core, stretch, cool down, develop balance and grace. Move like a goddess! No experience needed. Young adults, 16–17 yrs, welcome.

Instructor: Sharifa

- 4130.801** Jan 19–Feb. 23*
- 4130.802** Mar. 9–Apr. 13
- ❖ Tue., 7–7:55 pm
- *Room change Jan. 19, Feb. 16;
McHale Rm.; Mar. 23, Upper Club Rm.
- ❖ Fee: \$67 / Dist. Res. \$57
- ❖ Community Ctr.: Dance Studio

Hapkido

(16 yrs/above) (4 weeks) (5 weeks)
Start your Martial Arts experiences with Hapkido, the 'Art of Harmonious Power.' Includes Karate, concepts of Jujitsu, Aikido, Tae-Kwon-Do, plus stretching, kicking, blocking, striking, and grappling. Self-defense methods and a great workout! No experience necessary; belt ranking included.

Instructor: Paul Castro
...holds Black belts in Hapkido, Karate, Jujitsu; certified in Filipino Kali and JKD Concepts by Grand Master Paul Yunak.

- 4687.703** Dec. 2–Dec. 30* (4 wks)
- 4687.801** Jan. 6–Feb. 3 (5 wks)
- 4687.802** Feb. 10–Mar. 10 (5 wks)
- 4687.803** Mar. 17–Apr 14 (5 wks)
- ❖ Wed., 7:45–8:40 pm
- *No class Dec. 9
- ❖ Fee: \$44 / Dist. Res. \$36 (4 wks)
\$58 / Dist. Res. \$48 (5 wks)
- ❖ Community Ctr.: Game Rm.

Jazzercise

(Co-Ed/Adult) (Ongoing) (all levels)
When you love your workout, the results come easy. Jazzercise blends aerobics, yoga, Pilates, and kickboxing into routines set to fresh music. Includes warm up, aerobics, toning/strengthening with weights, and a stretch/cool down. Bring weights/mat. ASK FOR MONTHLY CALENDAR. Register at class only. For details, call 323-2522.

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

M/W/Fri & Sat. AM

- ❖ Mon/Wed/Fri/Sat, 9–10 am

M/T/W & Th PM

- ❖ M/T/W/Th, 5:30–6:30 pm
- No class 2nd Th. in month

M/W Personal Touch AM

- Personal training for maximum results!
- ❖ M/W, 8:15–8:45 am
- ❖ Winslow Ctr.: Assembly Rm.
2590 Pleasant Hill Rd.

Jazzercise Personal Touch

(3 weeks) (all levels, small group setup)
Achieve maximum results! Increase your workout by focusing on muscle-group techniques. Bring weights, resistance tube, and mat. For more information, call 933-4020.

Instructor: Jodie Krumland

- ❖ Tue., 5:30–6 pm and Sat., 8:30–9 am
- ❖ Winslow Ctr.: Rms. 1 & 2,
2590 Pleasant Hill Rd.

Karate

(Grades 3–Adult) (all levels)
(3 weeks) (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.

Instructor: John Castro

Beginning / Intermediate

- 4638.703** Dec. 4–Dec. 18 (3 wks)
- 4638.801** Jan. 8–Feb. 12* (6 wks)
- 4638.802** Feb. 19–Apr. 2** (6 wks)
- ❖ Fri., 7:30–8:25 pm

Advanced

- 4640.703** Dec. 4–Dec. 18 (3 wks)
- 4640.801** Jan. 8–Feb. 12* (6 wks)
- 4640.802** Feb. 19–Apr. 2** (6 wks)
- ❖ Fri., 8:30–9:25 pm
- *Site change Jan. 15, Jan. 22, Jan. 29;
Community Ctr., Game Rm.
- **No class Mar. 19
- ❖ Fee: \$35 / Dist. Res. \$29 (3 wks)
\$68 / Dist. Res. \$58 (6 wks)
(\$1 lab fee included)
- ❖ Winslow Ctr.: Assembly Rm.,
2590 Pleasant Hill Rd.

Kick Boxing for Women

(4 weeks) (5 weeks)
You'll learn stance, punch, kick, parry, and block with techniques taken from Boxing, Karate, JKD concepts, and Kali. Contact is on focus gloves, striking pads, and air-shields only. Includes stretching, shadow boxing, and drills. Focus is on fitness and self-defense. Plan to purchase 12-oz. boxing gloves (\$27) at first class. Wear sweats/running shoes; NO perfumes.

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

- 4648.703** Dec. 2–Dec. 30* (4 wks)
- 4648.801** Jan. 6–Feb. 3 (5 wks)
- 4648.802** Feb. 10–Mar. 10 (5 wks)
- 4648.803** Mar. 24–Apr. 21 (5 wks)
- ❖ Wed., 6:30–7:25 pm
- *No class Dec. 9
- ❖ Fee: \$44 / Dist. Res. \$36 (4 wks)
\$59 / Dist. Res. \$49 (5 wks)
- ❖ Community Ctr.: Parkside Rm.

Mixed Martial Arts with JKD Concepts

(Co-Ed/Adult) (5 weeks)

This mixed non-classical combative martial arts training emphasizes physical fitness, conditioning, self-defense, and confidence while bringing out the cat-like attributes of speed, flexibility, endurance, timing, power, coordination, balance, and fluid motion.

Training methods incorporated are: Kung-Fu, Boxing, Kickboxing (Muy-Thai and Savate), Karate, Indonesian Silat, Boxing, Jujitsu, Russina Sambo, and Filipino Kail Arnis. Contact is on focus pads, heavy bags, kicking shields, and Thai pads. Wear sweats and running shoes. Plan to purchase 12-ounce boxing gloves (\$27) at first class. No refunds after first class.

Instructor: John Castro

4652.801 Jan. 4–Feb. 8*

4652.802 Feb. 22–Mar. 29**

4652.803 Apr. 5–May 3

❖ Mon., 7–8 pm

No class *Jan. 18; **Mar. 15

❖ Fee: \$58 / Dist. Res. \$48

❖ Community Ctr.: Game Rm.

Nia®

Body-Mind-Spirit Exercise Fitness That Feels Good!

(6 weeks) (5 weeks) (All levels welcome)

Want to get back in shape, maintain, or challenge your fitness level? Nia is cardiovascular fitness blending movements and concepts from Dance, Martial Arts, and the Healing Arts. Nia offers full-body conditioning to increase flexibility, agility, strength, stability, and mobility. Classes are set to music ranging from New Age to Electronic, World Music, and Pop. Experience Nia and feel the joy of movement. YOU'LL BE HOOKED! Optional: towel or mat for cool down.

Instructor: Janet Kaufman

...Certified Nia® Instructor.

4692.801 Jan. 5–Feb. 9 (6 wks)

4692.802 Feb. 23–Mar. 23* (5 wks)

4692.803 Mar. 30–Apr. 27 (5 wks)

❖ Tue., 6–6:55 pm

*Room change Mar. 23, Upper Club Rm.

❖ Fee: .801 \$59 (6 wks)

.802/03 \$49 (5 wks)

❖ Community Ctr.: Dance Studio

Open House

Bring a friend! Come and meet the instructor and sample a class.

❖ Tue., Dec. 22, 6–6:55 pm

❖ Fee: \$5 / payable to instructor

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; how to use your Pepper Spray.

Instructor: John Castro

...Certified Reality Based Instructor

4684.801 Feb. 7

❖ Sun., 2–3 pm

4684.802 Mar. 28

❖ Sun., 4:30–5:30 pm

❖ Fee: \$27 / Dist. Res. \$22

Community Ctr.: Game Rm.

Pilates Mat Class

(7 weeks) (4 weeks) (all levels)

Bring the mind, body, and breathing together in movement while learning the fundamental principles of Pilates. Learn muscular control; core awareness, coordination, flexibility, posture, and increase sports performance. Wear comfortable clothing; no shorts. Bring padded mat.

Instructor: Alison Klippel

...Certified Pilates Instructor

Monday (40 minutes)

4688.801 Jan. 11–Mar. 8* (7 wks)

4688.802 Mar. 22–Apr. 19** (4 wks)

❖ Mon., 6:15–6:55 pm

No class *Jan. 18, Feb. 15; **Apr. 5

❖ Fee: \$54 / Dist. Res. \$44 (7 wks)

\$33 / Dist. Res. \$27 (4 wks)

Wednesday (55 minutes)

4689.801 Jan. 13–Mar. 10 (7 wks)

4689.802 Mar. 24–Apr. 21* (4 wks)

❖ Wed., 6:30–7:25 pm

*No class Jan. 20, Feb. 17, Apr. 7

❖ Fee: \$74 / Dist. Res. \$64 (7 wks)

\$48 / Dist. Res. \$39 (4 wks)

❖ Community Ctr.: Game Rm.

Qigong (Chi Kung) Energy Cultivation

(5 weeks)

No weights, no memberships, no special clothing; a body-mind exercise using breathing as a tool for increasing energy, reducing stress, and promoting longevity. Taiji immediately follows this class; take both classes, \$10 discount.

Instructor: Peter Marks

4682.801 Jan. 5–Feb. 2

4682.802 Feb. 9–Mar. 9

4682.803 Mar. 16–Apr. 13

❖ Tue., 7–7:55 pm

❖ Fee: \$58 / Dist. Res. \$48

❖ Winslow Ctr.: Assembly Rm.,

2590 Pleasant Hill Rd.

Open House

Bring a friend! Come and meet the instructor and sample a class.

❖ Tue., Dec. 22, 7–7:55 pm

❖ Fee: \$5 / payable to instructor

Self Defense with Zen Budo Kai Aiki Jujitsu

(6 weeks)

What if you are attacked? Robbed? What if? Are you prepared to defend yourself? This class is designed to keep you safe with escape techniques and more. Warm ups and stretching followed by discussions of street smarts and what happens if!

Instructor: Irving Lee

...24 yrs experience in Martial Arts.

4673.801 Jan. 6–Feb. 10

4673.802 Feb. 17–Mar. 24

4673.803 Mar. 31–May 5

❖ Wed., 2:30–3:25 pm

❖ Fee: \$58 / Dist. Res. \$48

❖ Community Ctr.: Game Rm.

Silk Reeling

(5 weeks) (one-hour 15-minutes)

This Chinese Qigong system of movements develops specific energies used in Chen-style martial arts and are taught with the Chen Taiji system. Silk Reeling is more highly developed and repetitive and is the basis for the Taiji set. No pre-requisites required. Wear loose comfortable clothing.

Instructor: Peter Marks

4649.801 Jan. 4–Feb. 8*

4649.802 Feb. 22–Mar. 22

4649.803 Mar. 29–Apr. 26

❖ Mon., 7–8:15 pm

*No class Jan. 18

❖ Fee: \$73 / Dist. Res. \$63

❖ Winslow Ctr.: Assembly Rm.,
2590 Pleasant Hill Rd.

Taiji (Tai Chi)

(5 weeks) (one-hour 15-minutes)

Exercise your mind and body using sequences from the Chen Taiji system. This is a highly-developed path of self-discovery and self-awareness bringing vitality to your life by invigorating your life's energy.

Instructor: Peter Marks

4654.801 Jan. 5–Feb. 2

4654.802 Feb. 9–Mar. 9

4654.703 Mar. 16–Apr. 13

❖ Tue., 8–9:15 pm

❖ Fee: \$73 / Dist. Res. \$63

❖ Winslow Ctr.: Assembly Rm.,
2590 Pleasant Hill Rd.

Open House

Bring a friend! Come and meet the instructor and sample a class.

❖ Tue., Dec. 22, 8–9:15 pm

❖ Fee: \$5 / payable to instructor

**Stay Active!
Stay Fit!**

Stay Young!

Total Fitness

The Way to Energize & Vitalize

(7 weeks) (one-hour-25-minutes class)
Work your body from head to toe! A ten-minute warm-up, a 30-minute aerobic segment, then toning and strength training. Last, a cool down/stretch. Work at your own pace, modifications given. Bring mat/towel, water bottle, hand weights.

Instructor: Christie Tomlinson
...choreographer, 31 yrs.

4636.801 Jan. 4–Mar. 8*

4636.802 Mar. 15–Apr. 26

❖ Mon., 5:45–7:10 pm

*No class Jan. 18, Feb. 15, Mar. 1

❖ Fee: \$86

❖ Community Ctr.: Dance Studio

2-for-1 ... Yoga & Pilates

(5 weeks) (all levels)
Yogalates! First half-hour of class will focus on stretching, releasing, opening, and grounding the body, while the other half will focus on strengthening and toning. Bring sticky yoga mat.

Instructor: Kelsy Wise (Krikava) M.A.
...Holistic Health Education; certified Pilates instructor; Yoga and Fitness instructor since 2004.

Thursday PM

4694.801 Jan. 7–Feb. 4

4694.802 Feb. 11–Mar. 11

4694.803 Mar. 18–Apr. 25

❖ Th., 7:15–8:15 pm

Saturday AM

4696.801 Jan. 9–Feb. 6

4696.802 Feb. 13–Mar. 13

4696.803 Mar. 20–Apr. 24*

❖ Sat., 11 am–noon

*No class Apr. 3

❖ Fee: \$58 / Dist. Res. \$48

❖ Community Ctr.: Game Rm.

Weight Training

(7 weeks) (4 weeks) (all levels)
Start the New Year with success! Sculpt your way into a better and healthier you with this total body workout. Wear workout clothes and shoes; bring two sets of hand weights. Pilates Mat class immediately follows; take both classes; \$10 discount.

Instructor: Alison Klippel
...Certified Pilates Instructor

Monday

4643.801 Jan. 11–Mar. 8* (7 wks)

4643.802 Mar. 22–Apr. 19** (4 wks)

❖ Mon., 5:15–6:10 pm

No class *Jan. 18, Feb. 15; **Apr. 5

Wednesday

4647.801 Jan. 13–Mar. 10* (7 wks)

4647.802 Mar. 24–Apr. 21** (4 wks)

❖ Wed., 5:30–6:25 pm

No class *Jan. 20, Feb. 17; **Apr. 7

❖ Fee: \$74 / Dist. Res. \$64 (7 wks)

\$48 / Dist. Res. \$39 (4 wks)

❖ Community Ctr.: Game Rm.

Yoga for Every Body

Hatha Yoga, Iyengar Style

(6 weeks) (Tue/Basics; Th/All levels)
Unify the mind, body, and heart with physical postures, breathing, and meditation while using slow movements to increase flexibility and balance. Enhance your strength, endurance, mental focus, awareness; relieve stress, and learn to relax. Wear comfortable clothing; bring mat.

Instructor: Tracy Peruman
...Certifications in Hatha Yoga in Iyengar, Pranayama, and Vinyasa styles.

Tuesday

(Basic Beginning) (1-hour 10 minute classes)

4657.801 Jan. 5–Feb. 9

4657.802 Feb. 16–Mar. 23*

4657.803 Mar. 30–May 4

❖ Tue., 4:45–5:55 pm

*Room change Mar. 23, Upper Club Rm.

❖ Fee: \$56 / Dist. Res. \$46

❖ Community Ctr.: Dance Studio

Thursday

(All Levels) (1-hour 30 minute classes)

4656.801 Jan. 7–Feb. 11

4656.802 Feb. 18–Mar. 25

4656.803 Apr. 1–May 6

❖ Th., 4:45–6:15 pm

4658.801 Jan. 7–Feb. 11

4658.802 Feb. 18–Mar. 25

4658.803 Apr. 1–May 6

❖ Th., 6:30–8 pm

❖ Fee: \$67 / Dist. Res. \$57

❖ Community Ctr.: Upper Club Rm.

Yoga ❖ Gentle

(6 weeks) (one-hour-15-minutes class)
Gentle Yoga postures, breathing exercises, and deep relaxation help relieve stress on three levels: spirit, mind, and body. Ananda-style Yoga is traditional Yoga as practiced by Yogis for 5000 years. Wear comfortable clothing; bring yoga mat and pillow.

Instructor: Kelsy Wise (Krikava), M.A.

4637.801 Jan. 5–Feb. 9

4637.802 Feb. 16–Mar. 23

4637.803 Mar. 30–May 4

❖ Tue., 10:30–11:45 am

❖ Fee: \$67 / Dist. Res. \$57

❖ Winslow Ctr.: Assembly Rm.,
2590 Pleasant Hill Rd.

Polar Bear Plunge

Bring friends and start your New Year off with an invigorating plunge in the unheated water of PH Aquatic Park! Pre-register by Dec. 21 and get a free T-shirt!

8780.801 Jan. 1, Fri., Noon

❖ \$15 Pre-Reg. / \$20 Plunge Day

❖ PH Aquatic Park:
147 Gregory Ln.



Zen Budo Kai Aiki Jujitsu

The Ultimate Defense Experience

(6 weeks) (one-hour-30-minutes class)
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 9th degree black belt certified professor; black belts in Jujitsu, Karate, and Judo.

4667.801 Jan. 5–Feb. 9

4667.802 Feb. 16–Mar. 23

4667.803 Mar. 30–May 4

❖ Tue., 7:15–8:45 pm

❖ Fee: \$71 / Dist. Res. \$61

❖ Community Ctr.: Game Rm.

Zen Budo Kai Aiki Jujitsu Boot Camp

Mark your calendar! Come prepared for hard work. Emphasis is on individual needs.

4667.703 Dec. 22–Dec. 29

❖ Tue., 6:15–8:15 pm

❖ Fee: \$27 / Dist. Res. \$22

Zumba® with Kelsy

(6 weeks)

A fusion of hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program with 50 minutes of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Features fast and slow rhythms combined with resistance training to tone and sculpt your body while burning fat.

Instructor: Kelsy Wise (Krikava), M.A.

AM Tuesday

4690.801 Jan. 5–Feb. 9

4690.802 Feb. 16–Mar. 23*

4690.803 Mar. 30–May 4

❖ Tue., 9–9:50 am

*Room change Mar. 23, Upper Club Rm.

AM Thursday

4693.801 Jan. 7–Feb. 11

4693.802 Feb 18–Mar. 25

4693.803 Apr. 1–May 6

❖ Th., 9–9:50 am

PM Wednesday

4691.801 Jan. 6–Feb. 10

4691.802 Feb. 17–Mar. 24

4691.803 Mar. 31–May 5

❖ Wed., 5:30–6:20 pm

❖ Fee: \$67 / Dist. Res. \$57

❖ Community Ctr.: Dance Studio

Open House

Bring a friend! Come and meet the instructor and sample a class.

❖ Wed., Dec. 2, 5:30–6:45 pm

❖ Fee: \$5 / payable to instructor

Zumba Party

Mark your calendar! It'll be a blast! Workshop included. Bring packaged food to share.

❖ Wed., Dec. 16, 5:30–7:30 pm

❖ Fee: \$5 / payable to instructor