



# Adults

## Art

### Glass Fusing **\$85** (16+)

Learn how easy and fun it is to make beautiful fused art glass! You'll be introduced to the glass fusing process by melting layers of glass in a kiln to create small coasters, tiles, pendants, wall art and more. Topics will include: safety, how to select and cut glass, use of basic glass fusing tools, kiln shelf preparation, and firing techniques. Intermediate students are welcome and can expand on existing glass fusing skills. Design help is always available. Classes will begin with a short lecture on intermediate and/or advanced topics with samples. Please wear closed toed shoes.

**Instructor:** Mary Feibusch

**Location:** Creative Arts Center Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
549311.WA	Beg/Int	16+	3/9 – 4/20	W*	7 p.m. – 10 p.m.	\$138/\$173

\*No class 3/30



Basic Digital Photography

### Basic Digital Photography (15+)

Take better pictures with your digital camera. Topics will include basic operation of your camera, basic rules of lighting, composition and exposure, composing pictures in difficult conditions, and dealing with parallax. Class will include assignments and constructive critiques. Bring a digital camera to first class. Camera manual is helpful, but not required.

**Instructor:** Richard Fox

**Location:** Creative Arts Center Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
549511.TA	Beg	15+	3/8 – 4/26	Tu	7 p.m. – 9 p.m.	\$88/\$111



## See a Show in Sunnyvale!

All performances are at Sunnyvale Theatre, 550 E. Remington Drive, Sunnyvale. For more information or to buy tickets, call the phone numbers listed below.

### Evenings of Cultural Arts

(408) 733-6611 or [Arts.inSunnyvale.com](http://Arts.inSunnyvale.com)

Dustbowl Revival .....	2/13
Patrick Ball.....	3/12
Leftover Cuties.....	5/7

All shows at 8 p.m. • Tickets \$29 general • \$23 students/seniors 60+ • Tickets on sale by phone, (408) 733-6611 or in person at the Box Office two hours prior to the show or Wednesday through Friday, 4:30 – 6:30 p.m.



Evening of Cultural Arts Sponsor

### California Theatre Center

(408) 245-2978 or [www.ctcinc.org](http://www.ctcinc.org)

FAMILY SERIES  
Rumpelstiltskin.....1/30, 2/6  
Miss Nelson is Missing! .....2/27, 3/5, 3/12  
Jack and the Beanstalk.....3/26, 4/2  
Hansel and Gretel.....4/16, 4/23  
Saturdays 11:00 a.m., plus selected weekend days at 2 p.m. and Fridays at 7 p.m. Single-ticket \$13 • At-the-door tickets \$15 Saturdays • Tickets on sale in advance by phone (408) 245-2978 and at the door 30 minutes prior to show.

### Sunnyvale Community Players

(408) 733-6611 or [www.sunnyvaleplayers.org](http://www.sunnyvaleplayers.org)

Mulan Jr .....	2/19 – 3/6
Rent.....	4/9 – 5/1

Friday and Saturday 8 p.m.; Sunday 2:30 p.m. (Jr. Production, 1 p.m. and 4 p.m.); Thursdays 7:30 p.m.

Tickets \$27 general (\$19 Jr. Show) • \$21 students/seniors/Thursdays all seats (\$16 Jr. Show)  
• children 5 and under \$11 (\$9 Jr. Show).  
• A \$3 administrative fee is added on all tickets.

Adults

Interested in renting the Sunnyvale Theatre for an upcoming event? See page 55.

## Free Legal Clinics

First Saturday of Each Month, 10 a.m. – 12 p.m.

Columbia Neighborhood Center, 785 Morse Avenue, Sunnyvale



a partnership for education, health and recreation

Volunteer attorneys provide free 20–30 minute legal consultations on various legal matters. No appointments required. Operates on a first-come first-served basis. For time-sensitive legal needs, contact [probono@southasianbar.org](mailto:probono@southasianbar.org) for referral to other resources.

### Upcoming Clinic Dates

March 5

April 2

Provided by the South Asian Bar Association of Northern California (SABA-NC) in collaboration with the City of Sunnyvale.



## Pottery \$31

(16+)

Throw your soul into your art, and learn to make beautiful and functional pottery. Our master potters provide individual coaching, whatever your skill level! Beginners learn basic hand-building, wheel throwing and glazing techniques. More experienced potters learn advanced techniques while working on individual projects. Clay must be purchased in studio per 25 lb. bag (\$31). Beginning tool kits are available for purchase in class (\$25). Firing and glazing are included in class price. Participants also receive a free Open Studio pass with their first three registrations.

**Instructor:** Danny Sheu (MThF), Hsin-chuen Lin (W)

**Location:** Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
549911.MA	Beg	16+	4/4 – 5/9	M	7 p.m. – 10 p.m.	\$189/\$236
549911.WA	Beg	16+	4/6 – 5/11	W	10 a.m. – 1 p.m.	\$189/\$236
549911.JA	Beg	16+	4/7 – 5/12	Th	10 a.m. – 1 p.m.	\$189/\$236
549911.JB	Beg	16+	4/7 – 5/12	Th	7 p.m. – 10 p.m.	\$189/\$236
549911.FA	Beg	16+	4/8 – 5/13	F	10 a.m. – 1 p.m.	\$189/\$236



Abs Arabia Style

## Dance

### Abs Arabia Style TRY IT!

(16+)

Body waves to belly rolls, Abs Arabia Style provides overall body toning and abdominal conditioning, with a focus on Middle Eastern dance moves. Wear comfortable fitness attire or your favorite Middle Eastern dance outfit. This exercise-style class is open to all levels. No previous Middle Eastern dance experience necessary.

**Instructor:** Alcina Nelson

**Location:** Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
544100.TQ	16+	3/1 – 4/19	Tu	7:30 p.m. – 8:30 p.m.	\$79/\$99

### Belly Dance TRY IT!

(16+)

Have fun learning traditional Middle Eastern style dance moves, while gaining core strength and control. You'll increase body awareness, muscle tone and flexibility.

**Level 1 – Beginning:** Learn Middle Eastern dance fundamentals, with an emphasis on technique and finger cymbal basics. This class is perfect for first-time dancers.

**Level 2 – Intermediate:** Build upon the basics, with a focus on understanding Middle Eastern rhythms, overlays, combinations, transitions and drum solo technique. Prerequisite: 1 year training at the beginning level.

**Instructor:** Alcina Nelson

**Location:** Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544101.TP	1	16+	3/1 – 4/19	Tu	6:30 p.m. – 7:30 p.m.	\$79/\$99
544102.TR	2	16+	3/1 – 4/19	Tu	8:30 p.m. – 9:30 p.m.	\$79/\$99

## Watercolor Painting

(18+)

Learn watercolor basics in a relaxed setting. Have fun trying out still life, landscape and the figure. See how famous artists have used this versatile medium to enhance their lives. Class includes demonstrations and slide lectures. Supply list will appear on your receipt (approximately \$45). Supplies should be purchased by second class meeting. Supplies for first class will be provided.

**Instructor:** Karen Haas

**Location:** Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
549641.JA	Beg	18+	3/10 – 4/21	Th*	10 a.m. – 12 p.m.	\$89/\$111

\*No class 3/31



Watercolor Painting

Photo by Valentyna Gorbachenko



### Open Pottery Studio 16+

Intermediate and advanced potters work independently on your projects and enjoy company of fellow artists in our spacious, fully equipped studio. No instruction is provided, but our master potter kiln techs can provide technical assistance with equipment and firing advice.

#### Spring Open Studio Schedule February 16 – March 26, 2016 April 3 – June 25, 2016

- Mondays:** 10 a.m. – Noon, Noon – 2 p.m.
- Tuesdays:** 10 a.m. – Noon, Noon – 2 p.m., 2 – 4 p.m., 4 – 6 p.m., 6 – 8 p.m., 8 – 10 p.m.
- Fridays:** 2 – 4 p.m., 4 – 6 p.m.
- Saturdays:** 9:30 – 11:30 a.m., 11:30 a.m. – 1:30 p.m., 1:30 – 3:30 p.m.
- Closed:** 3/28-4/2, 5/21, 5/30

Staff announces clean-up time five minutes before each two-hour session ends. Those who wish to continue working into the next session must present their card to have the next session signed off or purchase a pass. Those not continuing to the next session will have 15 minutes to clean-up and depart.

**Cost per 2-hour time slot:** \$14 residents, \$17 non-residents

Purchase a one-time pass, or multiple-session pass in the Studio or at the Registration desk. Passes expire at the end of the 12-week term in which they were purchased. A pass is required for all studio work, including trimming and quick glazing. Pass price includes glazing and firing. Clay must be purchased in the studio, \$31 per 25-pound bag. No outside firing accepted. Works over 20" x 20" x 24", or pieces that cannot be fired in group firing will not be accepted. Large or irregularly shaped pieces may be held for firing during seasonal maintenance closures, which occur approximately every 12 weeks. Pick-ups are during open studio hours only. Allow 3-4 weeks for firing. No refunds, transfers or credits for passes. Lost passes will not be credited.

**For more information**  
call (408) 730-7345



### Open Painting Studio 18+

Set aside time to paint each week and join fellow artists for creativity and collaboration. The Sunnyvale Community Center invites painters of all skill levels to work in a spacious, well-lit painting studio. All painting and drawing mediums are welcome. No formal instruction or painting supplies are provided. Lots of table space, natural light, painting easels and camaraderie is available.

**Location:** Creative Arts Center Paint Room  
Sunnyvale Community Center  
550 E. Remington Drive, Sunnyvale, CA 94087

**Fee:** \$5 (Payable at door). No reservations are required.

**Day:** Mondays, 9 a.m. – noon  
Tuesdays, 6:30 p.m. – 9:30 p.m.

**For more information**  
call (408) 730-7758

Adults

### Ballroom Dance TRY IT! (18+)

Find out how easy it is to have fun on the dance floor once you know the steps. This fun, non-competitive class makes it simple to learn popular ballroom dances. Leather-soled shoes that will stay firmly on your feet and allow you to spin safely are required. No partner necessary. We'll switch dance partners throughout the lesson.

**Level 1 – Beginning:** Learn the basics of the Fox Trot, Waltz, Tango, West Coast Swing, Rhumba and Cha-Cha.

**Level 2 – Intermediate:** Fine tune your dance style and learn new moves.

**Instructor:** Bud Ayers

**Location:** Recreation Center Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544301.MP	1	18+	3/7 – 4/25	M	7:30 p.m. – 8:30 p.m.	\$83/\$104
544302.MQ	2	18+	3/7 – 4/25	M	8:30 p.m. – 9:30 p.m.	\$83/\$104

**NEW**

New Program Offering

**TRY IT!**

Try It Free on the First Day of Class

\$10 Discount per Week

Supply Fee Due on First Day

Extended Care Available

Free T-Shirt per Summer

Recreational Swim

Travels Offsite

Performance on Final Day

Parent/Guardian Participation Required

**Ballet** (15+)

Rekindle your passion for ballet, or discover how its graceful exercises improve your posture, balance, flexibility and lean muscle development. Class welcomes dancers and non-dancers alike for a work out that includes barre work, floor barre, stretching and across the floor exercises set to music. It's perfect for athletes, ballroom dancers who want to improve their performance and busy professionals. Wear ballet attire and ballet slippers. Wear long hair up and off the face/neck.

**Instructor:** Hao Expression**Location:** Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544411.MP	Beg	15+	3/7 – 4/25	M*	12 p.m. – 1 p.m.	\$79/\$99
544411.MQ	Beg	15+	3/7 – 4/25	M*	6:30 p.m. – 8 p.m.	\$96/\$120
544411.WP	Beg	15+	3/2 – 4/27	W*	12 p.m. – 1 p.m.	\$79/\$99

*\*No class 4/11, 4/13***Hula TRY IT!** (18+)

Spend an hour in Hawaii! Learn hula basics and ancient Kahiko and modern Auana hula choreography and enjoy traditional Hawaiian music as the instructor accompanies class on gourd drum and ukulele. Hula is a fun, low-impact and spiritually uplifting workout. Wear shorts or stretch pants and T-shirt. Dance is done barefoot.

**Instructor:** Kanani Densing**Location:** Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
544140.FP	18+	3/4-4/22	F	2 p.m.-3 p.m.	\$89/\$111

**Israeli Folk Dance****Ages 13+**

Enjoy the evening in an energetic and inspiring way. Israeli folk dance in a circle, in a group or with a partner in rhythmic and dynamic movement. The evening starts with a 45-minute lesson, followed by dancing to your requests.

**Day/Time:** Mondays, 7:30 – 11 p.m.**Instructor:** Loui Tucker**Location:** Recreation Center Ballroom**Cost:** \$8 per person at the door**For more information**

call (408) 287-9999

**Swing Dancing****Ages 18+**

Take advantage of the spacious floor and wall mirrors to work on your solo dancing, or bring a friend to practice your moves in an open, collaborative environment. Or, take the short 30-minute lesson at the beginning of the night from one of our instructors. Lessons suitable for intermediate to advanced swing dancers, and will cover a new topic each night. After lesson, guest DJs provide music for Lindy, Charleston, Balboa, Shag and Blues dance.

**When/Time:** First and Third Fridays of the Month, 8:30 - 11:00 p.m.**Instructor:** For Dancers Only**Location:** Sunnyvale Community Center, Theatre Dance Studio**Cost:** \$8 per person at the door (cash only)**For more information**visit [www.facebook.com/ForDancersOnly](http://www.facebook.com/ForDancersOnly),e-mail [ForDancersOnlySB@gmail.com](mailto:ForDancersOnlySB@gmail.com) or call at (408) 657-7836**Tap Dance** (15+)

Start tapping! You'll leave this class feeling uplifted and rejuvenated, with improved coordination, agility and tapping skills. Tap shoes are required.

**Level 1 – Advanced Beginning:** This fast-paced class is ideal for former tappers who need review and those with prior experience who want to learn new routines.

**Level 2 – Intermediate:** Use your prior tap training in a low-impact tap workout with exciting rhythms and more challenging routines.

**Instructor:** Peggy Page**Location:** Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544481.JP	1	15+	3/10 – 4/28	Th	6:30 p.m. – 7:30 p.m.	\$79/\$99
544482.JQ	2	15+	3/10 – 4/28	Th	7:30 p.m. – 8:30 p.m.	\$79/\$99



Tap Dance

Adults



## Square Dancing **TRY IT!**

Ages 18+

Modern Western square dancing is a fun, friendly, sociable activity for all ages and ability levels. A night of square dancing provides a gentle cardiovascular workout, equivalent to a three-mile walk keeping your memory strong, as you learn and practice 100 internationally recognized square dance calls. Lesson (7 – 8:30 p.m.) focuses on beginning calls for newer dancers. Second session (8:30 – 10 p.m.) adds more challenging calls. No partner or experience needed. Dress is casual. Wear comfortable shoes.

**When:** Tuesdays, 7 – 10 p.m. New classes begin the first Tuesday of March. First-time dancers must start at the beginning of a class. Returning dancers are welcome to join anytime.

**Instructor:** Sunnyvale Squares

**Location:** Murphy Park Building, 250 N. Sunnyvale Avenue

**Cost:** \$30 per month, purchased by the month at the door

### For more information

call (408) 744-1021 or visit [www.sunnyvalesquares.com](http://www.sunnyvalesquares.com)

## Music



## Sunnyvale Bluegrass Jam

Ages 18+\*

Join musicians and singers for a old-time bluegrass jam session.

**Day/Time:** Third Sunday of the month, 1 – 4 p.m.

**Facilitator:** Bill Boiko

**Location:** Creative Arts Center Meeting Room

**Cost:** \$5 per person at the door

\* Ages 13-17 okay with parent or guardian.

### For more information

call (408) 730-7338 or visit [Arts.inSunnyvale.com](http://Arts.inSunnyvale.com)

## Special Interest

### First Aid

(15+)

Obtain your two-year standard First Aid certification with successful completion of this three and a half hour American Heart Association course. Graduates will be able to access the Emergency Medical System and provide basic care for first aid and sudden illness emergencies until advanced medical help arrives. Participants must successfully complete all required skills. One day class fees are nonrefundable and nontransferable.

**Instructor:** Staff

**Location:** Recreation Center Neighborhood Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540470.AA	15+	4/23	Sa	8 a.m. – 11:30 a.m.	\$79/\$99

### CPR/AED for Health Care Providers

(15+)

This American Heart Association course is designed to provide a wide variety of healthcare professionals & professional rescuers the ability to recognize several life-threatening emergencies, provide CPR, use an AED and relieve choking in a safe, timely and effective manner. This course is for healthcare professionals and professional rescuers who need to know how to perform CPR, as well as other lifesaving skills, in a wide variety of both in and out of hospital settings. One day classes are non-refundable and non-transferable.

**Instructor:** Staff

**Location:** Recreation Center Neighborhood Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540462.AA	15+	3/23	W	5 p.m. – 9 p.m.	\$79/\$99



Heart Saver

### Heart Saver

(15+)

This American Heart Association course teaches adult and child CPR and AED, as well as how to relieve choking on an adult or child. This course teaches skills with AHA's research-proven Practice-While-Watching technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills. This course is for anyone with limited or no medical training who need a CPR/AED certification to meet job, regulatory or other requirements. One day classes are non-refundable and non-transferable.

**Instructor:** Staff

**Location:** Recreation Center Neighborhood Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540461.AA	15+	4/23	Sa	12:30 p.m. – 3:30 p.m.	\$79/\$99

**NEW**

New Program Offering

**TRY IT!**

Try It Free on the First Day of Class



\$10 Discount per Week



Supply Fee Due on First Day



Extended Care Available



Free T-Shirt per Summer



Recreational Swim



Travels Offsite



Performance on Final Day



Parent/Guardian Participation Required

## Sports

### Badminton **TRY IT!** (14+)

Class is structured to review fundamentals and provide play opportunity. Beginners need no previous experience. Racquet and shuttlecocks are required.

**Instructor:** Terence Chua

**Location:** Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548000.TA	14+	3/1 – 4/26	Tu	7 p.m. – 9 p.m.	\$79/\$99



Badminton

### Cardio Pop! Workout **TRY IT!** (16+)

Improve your fitness with a fun, well rounded workout set to pop music. Strengthen and tone your body with cardio-your-way routines (choose low or high impact), followed by hand weights and then floor work targeting abs, glutes and thighs. Please bring your own hand weights and mat. Ages 12 – 15 may register with a parent.

**Instructor:** Christine Sabooni

**Location:** Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548160.MA	16+	3/7 – 4/25	M	7 p.m. – 8:30 p.m.	\$62/\$78



Cardio Pop Workout



## Adult Sports Leagues

### Adults 18+

The City of Sunnyvale offers leagues in each of the sports below for teams interested in playing other teams.

### Basketball

10-game season + playoffs

**Winter:** early January through late March

**Spring/Summer:** early April through late June

**Fall:** early September through early December



### Volleyball

8-match season + playoffs

**Winter:** early January through mid-March

**Spring:** late March through early June

**Summer:** late June through late August

**Fall:** late September through mid-November.

Registration is for teams only. Individuals can call to be placed on a waiting list for players looking for a team.

### For more information

call (408) 730-7334

Adults



**Lunch-hour Pilates TRY IT! (18+)**

Strengthen and tone with controlled breathing/movement exercises focused on core muscles. Pilates emphasizes body mechanics, alignment and form to improve flexibility, balance and posture. Class uses rings, bands and balls for added challenge. Yoga mat required. Class is not suitable for pregnant women or people with acute mobility, joint or bone density problems.

**Instructor:** Sarah Graves  
**Location:** Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548920.TP	18+	3/1 – 4/26	Tu*	12 p.m. – 1 p.m.	\$92/\$115
548920.JP	18+	3/3 – 4/28	Th*	12 p.m. – 1 p.m.	\$92/\$115

\*No class 3/29, 3/31



Lunch-hour Pilates

**Meditation and Visualization TRY IT! (14+)**

Learn easy methods to quiet the mind. By watching your thoughts you can find a peaceful place inside of yourself. Breathing techniques, listening skills and visualization will be taught to help you cope with the outside world. Experience your true self. Please bring a mat or blanket and wear comfortable clothing.

**Instructor:** Robin Pickel  
**Location:** Recreation Center Boardroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548780.SC	14+	3/5 – 4/30	Sa	11:15 a.m. – 12 p.m.	\$93/\$116

**Personal Training Program (18+)**

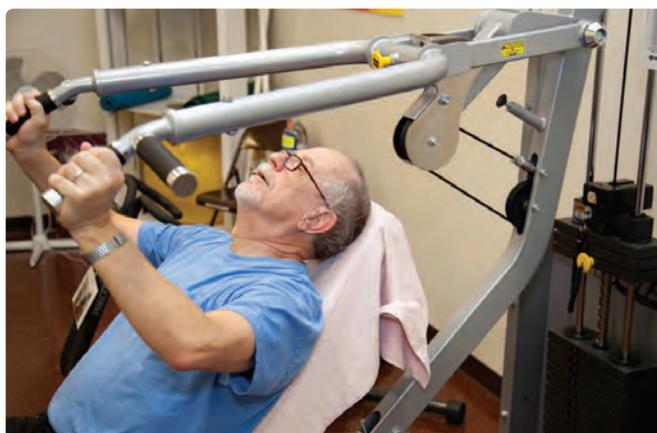
Try an hour-long, personalized fitness training session. Certified and knowledgeable trainers design this fitness program based on your personal exercise and wellness needs. All programs can accommodate all fitness and ability levels. Reminder: For your safety, always check with a physician before starting a new exercise program.

**Location:** Senior Center Aspen Fitness Room

# of Sessions	One Person Rates*		Two-Person Rates*	
	Residents	Non-Residents	Residents	Non-Residents
1	\$65	\$81	\$100	\$125
3	\$185	\$231	\$255	\$305
5	\$275	\$325	\$375	\$425

To schedule your personalized training session, please call (408) 730-7360.

\*Current Senior Center members receive a \$5 discount.



Strength Training

**Strength Training (18+)**

Feel stronger, healthier and more vital. Strengthen your bones and improve balance, coordination and mobility, all through the proper use of fitness machines, medicine balls, kettle weights and BOSU®. Participants will warm up, rotate through various exercise stations and then cool down. Classes will have a maximum of 10 students to better meet your individual fitness goals.

**Instructor:** Suzanne Luft  
**Location:** Senior Center Aspen Fitness Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
546300.AA	18+	3/7 – 4/4	M	7 p.m. – 8 p.m.	\$43/\$54
546300.BA	18+	3/8 – 4/5	Tu	7 p.m. – 8 p.m.	\$43/\$54

**Tai Chi Chuan TRY IT! (14+)**

Exercise your body and mind with the slow motion, continuous movements of this traditional Chinese martial art. This is a mixed level class. First and second part of each class will focus on stretching as well as fundamental stance drills and form movement combinations. Finally, students then split into small groups. Beginners work on 8- and 28-form short routines. Intermediate/Advanced students learn more challenging techniques including push hands, 85-form long routines and traditional sword and saber.

**Instructor:** Larry Young  
**Location:** Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548910.WP	14+	3/9 – 4/27	W	7 p.m. – 8:30 p.m.	\$92/\$115



Tai Chi Chuan

## Volleyball – Intermediate/Advanced (16+)

Improve volleyball skills with fun game-like drills, using the nets, maximizing ball contacts and feedback. Class includes team play, with six-person teams practicing the 6-2 offensive system. Students should be able to serve, pass, set, spike, block and dig the ball with some consistency. This is not a class for beginners.

**Instructor:** Thien Vu

**Location:** Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
548702.MA	Int/Adv	16+	3/7 – 4/25	M	8 p.m. – 10 p.m.	\$102/\$128

## Yoga for Fitness TRY IT! (16+)

Open to men and women wishing to develop flexibility and body control via stretching routines and posture. Foam rubber mat is recommended.

**Instructor:** Betty Strain

**Location:** Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548750.FA	16+	3/4 – 4/29	F	9:30 a.m. – 11 a.m.	\$93/\$116

**Location:** Senior Center Orchard Pavilion

548750.RA	16+	3/3 – 4/28	Th	6:30 p.m. – 8 p.m.	\$93/\$116
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Yoga for Fitness

Photo by Varshadeep Parlatthay

## Yoga for Wellness TRY IT! (16+)

Stressed out? Need to relax? This class, taught by a certified Iyengar instructor, will have lasting benefits in your life by improving your overall health and releasing tension and stress. All levels welcome. Please bring a yoga mat and at least two firm yoga blankets or large towels. Age 12 – 15 may register with a parent.

**Instructor:** Lori Neumann

**Location:** Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548770.TA	16+	3/1 – 4/19	Tu	6 p.m. – 7:30 p.m.	\$92/\$115

## Yoga Lite (Hatha) TRY IT! (14+)

Improve your balance, flexibility and mental focus. Mudra, Asanas and deep breathing techniques will teach you to handle life in an easy relaxed way. Techniques are 5,000 years old and work for all ages and levels. Come start the day in a good mood. Wear loose clothes and bring a mat.

**Instructor:** Robin Pickel

**Location:** Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548760.WA	14+	3/2 – 4/27	W	8:30 a.m. – 10 a.m.	\$93/\$116
548760.SB	14+	3/5 – 4/30	Sa	9:30 a.m. – 11 a.m.	\$93/\$116

**For Zumba Gold for older adults, see page 47.**

## BADMINTON

Ages 16+\*

### Adult Drop-In Gym

Sunnyvale Indoor Sports Center • 550 E. Remington Drive

**Tuesday thru Friday:** 11:30 a.m. – 1:30 p.m.

**\*\*Saturday:** 3:30 – 5:30 p.m. and 5:45 – 7:45 p.m.

**\*\*Sunday:** 12:30 – 2:30 p.m. and 2:45 – 4:45 p.m.

\*Must be at least 16 years of age or older to participate unless supervised by parent or legal guardian (Badminton only)

\*\*Separate fee is charged for each time session. If you wish to play entire afternoon, you must pay fees for both sessions.



### Discount Passes Available

**Sunnyvale Resident:** 10 visit pass \$40

**Non-Resident:** 10 visit pass \$50

Fee includes use of showers and locker room.

**For more information**  
call (408) 730-7334



## Columbia Neighborhood Center Fitness Room

785 Morse Avenue, Sunnyvale

**\$1 per person, per session:** Cash only, paid at entrance.

**Monday** 6:30 – 8 p.m.; **Tuesday** 7:30 – 9 p.m.; **Thursday** 6:30 – 8 p.m.; **Saturday** 8 a.m. – 9:30 a.m. and 10:30 a.m. – 12 p.m.

**Elliptical Trainers • Free Weights  
• Treadmills •  
Weight and Resistance Training**



### Open to Sunnyvale Residents with Proof of Residency

**Adults** – 18+

**High School Students** – (14 – 17 years) A signed waiver from parent/ guardian needed before using the fitness room.

**Middle School Students** – (11 – 13 years) Must be accompanied by a parent/ guardian to use fitness room.

**Items to bring:** Athletic shoes, water bottle and personal towel.

#### For more information

call (408) 730-7800 or visit [CNC.inSunnyvale.com](http://CNC.inSunnyvale.com)

## VOLLEYBALL

Ages 18+

### Adult Drop-In Gym

Sunnyvale Indoor Sports Center • 550 E. Remington Drive

**Tuesday:** 5 – 7 p.m.

**Individual drop-in fee** (per visit): \$5 Resident, \$6 Non-Resident

Spectators must also pay the fee.



Photo by Alfred Leung

### Discount Passes Available

**Sunnyvale Resident:** 10 visit pass \$40

**Non-Resident:** 10 visit pass \$50

Fee includes use of showers and locker room.

#### For more information

call (408) 730-7334