



Adults

Art

Basic Digital Photography

(15+)

Take better pictures with your digital camera. Topics include basic operation of digital cameras, rules of lighting, composition, exposure, executing pictures in difficult conditions and working with parallax. Class includes 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)
649511.TP	Beg	15+	5/10 – 6/28	Tu	7 p.m. – 9 p.m.	\$89/\$111
149511.TP	Beg	15+	7/5 – 8/23	Tu	7 p.m. – 9 p.m.	\$89/\$111

Ceramic Figurative Sculpture \$31

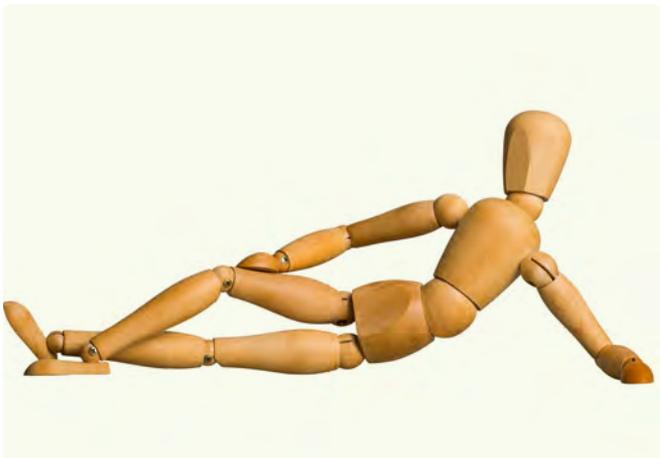
(18+)

Students receive lessons in anatomy, proportion, gesture and self-expression, while figuratively sculpting ceramics with a live model posing for one to two hours per class. Examples and brief demonstrations are given. Class is appropriate for beginning students without prior sculpting experience, as well as advanced students looking to expand their sculpting techniques. Model's fee is split among class participants (approximately \$50 – \$75) and is collected at the first class meeting. Clay must be purchased in studio (\$31 per 25 lb. bag).

Instructor: Rebecca Bui

Location: Creative Arts Center Pottery Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
649921.SA	18+	5/21 – 6/25	S	4 p.m. – 6 p.m.	\$105/\$131
149921.SA	18+	7/9 – 8/13	S	4 p.m. – 6 p.m.	\$126/\$158



Figurative Sculpture

Pottery \$31

(16+)

Throw your soul into your art and learn to make beautiful and functional pottery. Our master potters provide individual coaching no matter 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 (\$31 per 25 lb. bag). Beginning tool kits may be purchased in class (\$25). Firing and glazing are included in class price. Participants also receive one Open Studio pass with their first three registrations.

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

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
649911.MA	Beg	16+	5/16 – 6/20	M*	7 p.m. – 10 p.m.	\$158/\$198
649911.WA	Beg	16+	5/18 – 6/22	W	10 a.m. – 1 p.m.	\$189/\$236
649911.JA	Beg	16+	5/19 – 6/23	Th	10 a.m. – 1 p.m.	\$189/\$236
649911.JB	Beg	16+	5/19 – 6/23	Th	7 p.m. – 10 p.m.	\$189/\$236
649911.FA	Beg	16+	5/20 – 6/24	F	10 a.m. – 1 p.m.	\$189/\$236
149911.WA	Beg	16+	7/6 – 8/10	W	10 a.m. – 1 p.m.	\$189/\$236
149911.JA	Beg	16+	7/7 – 8/11	Th	10 a.m. – 1 p.m.	\$189/\$236
149911.JB	Beg	16+	7/7 – 8/11	Th	7 p.m. – 10 p.m.	\$189/\$236
149911.FA	Beg	16+	7/8 – 8/12	F	10 a.m. – 1 p.m.	\$189/\$236
149911.MA	Beg	16+	7/11 – 8/8	M	7 p.m. – 10 p.m.	\$158/\$198

*No class 5/30, 9/5

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 appears on registration receipt (approximately \$45). Supplies should be purchased by second class meeting. Supplies for first class are provided.

Instructor: Karen Haas

Location: Creative Arts Center Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
649641.JA	Beg	18+	5/12 – 6/16	Th	10 a.m. – 12 p.m.	\$89/\$111
149641.JA	Beg	18+	7/7 – 8/11	Th	10 a.m. – 12 p.m.	\$89/\$111



Photo by Mary Johnson

Friends of the Sunnyvale Pottery Studio

Spring Pottery and I Fused Glass Sale

Friday, May 6 and Saturday, May 7, 2016
10 a.m. – 5 p.m.

Location: Sunnyvale Community Center, Creative Arts Center

Browse a large selection of handmade ceramics and fused glass by 30+ local artists. Find unique Mother's Day gifts and support the arts in Sunnyvale! A portion of the proceeds are donated to the Sunnyvale Pottery Studio.

FREE Admission

NEW
New Program
Offering

TRY IT!
Try It Free on the
First Day of Class

FREE
No Fees

\$\$
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



Open Pottery Studio 16+

Intermediate and advanced potters work independently on individual projects while enjoying the 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.

Summer Open Studio Schedule April 4 – September 24, 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:** 5/21, 5/30, 6/27, 6/28, 7/1, 7/2, 7/4, 9/5

Staff announce 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 have 15 minutes to clean-up and depart.

Cost per two 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 is accepted. Works over 20" x 20" x 24" or pieces that cannot be fired in group firing are not 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 three to four weeks for firing. No refunds, transfers or credits for passes. Lost passes are not credited.

For more information
call 408-730-7345



Open Painting Studio 18+

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

- Day/Time:** Mondays, 9 a.m. – noon
Tuesdays, 6:30 – 9:30 p.m.
- Location:** Creative Arts Center Paint Room
- Fee:** \$5 (payable at door), drop-ins are welcome.

For more information
call 408-730-7758

Immigration Clinic **FREE**

**Thursday, April 28 and Thursday, June 9, 2016,
2 – 6 p.m.**

Receive individualized consultations on any immigration related issues including: citizenship, work permits, green card renewals, Deferred Action for Childhood Arrivals (DACA) and family immigration. No appointment is necessary.

For more information
call 408-453-3017 or 408-730-7800
for assistance in Spanish/English

Adults



Legal Clinics **FREE**

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

Columbia Neighborhood Center, 785 Morse Ave., 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 for referral to other resources.

Upcoming Clinic Dates

May 7	July 9
June 4	August 6

Call the Columbia Neighborhood Center at 408-730-7800 to confirm clinic dates.

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



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 skill levels. No previous Middle Eastern dance experience necessary.

Instructor: Alcina Nelson

Location: Sunnyvale Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
644100.TQ	16+	5/3 – 6/21	Tu	7:30 p.m. – 8:30 p.m.	\$79/\$99
144100.TQ	16+	7/5 – 8/23	Tu	7:30 p.m. – 8:30 p.m.	\$79/\$99



Abs Arabia Style

Ballroom Dance (18+)

Find out how easy it is to have fun on the dance floor. This fun, non-competitive class makes it simple to learn the steps and routines of popular ballroom dances. Leather-soled shoes that stay firmly on your feet and allow you to spin safely are required. No partner necessary. Dance partners switch 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 moves that will get you noticed on the dance floor.

Instructor: Bud Ayers

Location: Recreation Center Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
644301.MP	1	18+	5/2 – 6/27	M*	7:30 p.m. – 8:30 p.m.	\$83/\$104
144301.MP	1	18+	7/11 – 8/29	M	7:30 p.m. – 8:30 p.m.	\$83/\$104
644302.MQ	2	18+	5/2 – 6/27	M*	8:30 p.m. – 9:30 p.m.	\$83/\$104
144302.MQ	2	18+	7/11 – 8/29	M	8:30 p.m. – 9:30 p.m.	\$83/\$104

*No class 5/30

Belly Dance **TRY IT!** (16+)

Spend a fun evening learning traditional Middle Eastern style dance moves. Gain core strength and control through dancing to 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 deeper focus on understanding Middle Eastern rhythms, overlays, combinations, transitions and drum solo technique. Prerequisite: One year training at the beginning level.

Instructor: Alcina Nelson

Location: Sunnyvale Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
644101.TP	1	16+	5/3 – 6/21	Tu	6:30 p.m. – 7:30 p.m.	\$79/\$99
144101.TP	1	16+	7/5 – 8/23	Tu	6:30 p.m. – 7:30 p.m.	\$79/\$99
644102.TR	2	16+	5/3 – 6/21	Tu	8:30 p.m. – 9:30 p.m.	\$79/\$99
144102.TR	2	16+	7/5 – 8/23	Tu	8:30 p.m. – 9:30 p.m.	\$79/\$99

Swing Dancing

Ages 18+

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

Day/Time: First and Third Fridays of the Month, 8:30 – 11 p.m.

Instructor: For Dancers Only

Location: Sunnyvale Theatre Dance Studio

Cost: \$8 per person at the door (cash only)

For more information

visit [Facebook.com/ForDancersOnly](https://www.facebook.com/ForDancersOnly),

e-mail ForDancersOnlySB@gmail.com or call at 408-657-7836

NEW
New Program Offering

TRY IT!
Try It Free on the First Day of Class

FREE
No Fees

\$\$
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



Israeli Folk Dance

Ages 13+

Join Israeli folk dancers in a circle, group or with a partner for an energetic and inspiring evening of rhythmic and dynamic movement. The evening begins 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: \$7 at the door

For more information
call 408-287-9999

Square Dancing

Ages 18+ **TRY IT!**

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

Day/Time: Tuesdays, 7 – 10 p.m.

New classes begin the first Tuesday of the month. 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 Ave.

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

For more information
call 408-744-1021 or visit SunnyvaleSquares.com

Hula **TRY IT!** (18+)

Spend an hour in Hawaii! Learn hula basics and ancient Kahiko and modern Auana Hula choreography. Enjoy traditional Hawaiian music, as the instructor accompanies class on the 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: Sunnyvale Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
644140.FP	18+	5/6 – 6/24	F	2 p.m. – 3 p.m.	\$89/\$111
144140.FP	18+	7/1 – 8/26	F	2 p.m. – 3 p.m.	\$99/\$124

Tap Dance (14+)

Start tapping and feel uplifted and rejuvenated with improved coordination, agility and tapping skills. Tap shoes are required.

Level 1 – Advanced Beginning: Learn and practice basic tap routines. This fun, fast-paced class is ideal for former tappers needing a review and those with some prior experience who are ready to dive into learning 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: Sunnyvale Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
144481.JP	1	14+	7/7 – 8/25	Th	6:30 p.m. – 7:30 p.m.	\$79/\$99
144482.JQ	2	14+	7/7 – 8/25	Th	7:30 p.m. – 8:30 p.m.	\$79/\$99

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

Adults



Special Interest

CPR/AED for Health Care Providers

(15+)

This American Heart Association course is designed to provide a wide variety of healthcare professionals and 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 nonrefundable and non-transferable.

Instructor: Sunnyvale Staff**Location:** Recreation Center Neighborhood Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
640462.AA	15+	6/2	Th	5 p.m. – 9 p.m.	\$79/\$99

Sports and Fitness

Badminton TRY IT!

(14+)

Class is structured to review fundamentals and provide play opportunity. No previous experience necessary. Racquet and shuttlecocks are required.

Instructor: Terence Chua**Location:** Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648000.TA	14+	5/3 – 7/5	Tu	7 p.m. – 9 p.m.	\$88/\$110

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 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)
648160.MA	16+	5/2 – 6/13	M*	7 p.m. – 8:30 p.m.	\$47/\$59

**No class 5/30*

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 utilizes rings, bands and balls for an 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:** Sunnyvale Theatre Dance Studio (Braly Park Building 8/16 - 9/1)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648920.TA	18+	5/3 – 6/28	Tu	12 p.m. – 1 p.m.	\$104/\$130
648920.HA	18+	5/5 – 6/30	Th*	12 p.m. – 1 p.m.	\$92/\$115
148920.TA	18+	7/12 – 8/30	Tu*	12 p.m. – 1 p.m.	\$69/\$86
148920.HA	18+	7/14 – 9/1	Th*	12 p.m. – 1 p.m.	\$69/\$86

**No class 5/26, 8/2, 8/4, 8/9, 8/11*

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 with coping 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)
648780.SC	14+	5/7 – 6/25	Sa*	11:15 a.m. – 12 p.m.	\$72/\$90
148780.SC	14+	7/9 – 8/27	Sa	11:15 a.m. – 12 p.m.	\$82/\$103

**No class 5/21*

Meditation and Visualization

Personal Training Program

(18+)

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

Location: Senior Center Fitness Room

# Of Sessions	One person rates*		Two person rates*	
	Residents	Non-residents	Residents	Non-residents
1	\$65	\$81	\$100	\$120
3	\$185	\$231	\$255	\$305
5	\$275	\$325	\$375	\$425

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

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

Strength Training TRY IT!

(18+)

Feel stronger, healthier and more vital. Strengthen bones and improve balance, coordination and mobility-all through the proper use of fitness machines, medicine balls, kettle weights and Bosu®. Classes begin with a warm up followed by a rotation through various exercise stations and conclude with a cool down. Classes have a maximum of 10 students to better meet individual fitness goals.

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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
646300.AA	18+	5/2 – 6/27	M*	7 p.m. – 8 p.m.	\$69/\$86
646300.BA	18+	5/3 – 6/28	Tu*	7 p.m. – 8 p.m.	\$69/\$86
646300.BB	18+	7/12 – 8/30	Tu	7 p.m. – 8 p.m.	\$69/\$86

No class 5/30, 5/31*For Zumba Gold for older adults, see page 64.**

NEW
New Program
Offering

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Try It Free on the
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No Fees

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Extended Care
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Free T-Shirt
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Recreational
Swim

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Travels
Offsite

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Performance
on Final Day

👤
Parent/Guardian
Participation Required



Columbia Neighborhood Center Fitness Room

785 Morse Ave., 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. – noon

**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

Adult Drop-In Gym

Sunnyvale Indoor Sports Center • 550 E. Remington Drive
Individual drop-in fee (per visit): \$5 Resident, \$6 Non-Resident.
Spectators must also pay the fee.

Adult Drop-in Gym is closed in July and August due to construction in the Indoor Sports Center gym.

BADMINTON Ages 16+ *

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.



VOLLEYBALL Ages 18+

Tuesday: 5 – 7 p.m.

Drop-In Gym Discount Passes Available

Sunnyvale Resident: 10 visit pass \$40

Non-Resident: 10 visit pass \$50

Fee includes use of showers and locker room.
Spectators must also pay the drop-in fee.

For more information
call 408-730-7334

Adults

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

Exercise body and mind with the slow motion, continuous movements of this traditional Chinese martial art. This is a mixed level class. The first and second part of each class focus on stretching, fundamental stance drills and form movement combinations. Students are then split into small groups. Beginners work on eight- 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: Sunnyvale Theatre Dance Studio
(Recreation Center Community Room: 8/17 - 8/31)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648910.WP	14+	5/11 – 6/29	W	7 p.m. – 8:30 p.m.	\$92/\$115
148910.WP	14+	7/13 – 8/31	W	7 p.m. – 8:30 p.m.	\$92/\$115



Volleyball

Volleyball – Intermediate/Advanced (16+)

Improve volleyball skills by playing fun, game-like drills, using the nets and 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)
648702.MA	Int/Adv	16+	5/2 – 6/27	M*	8 p.m. – 10 p.m.	\$102/\$128

*No class 5/30

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)
648750.FA	16+	5/6 – 6/24	F	9:30 a.m. – 11 a.m.	\$82/\$103
148750.FA	16+	7/8 – 8/26	F	9:30 a.m. – 11 a.m.	\$82/\$103

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648750.RA	16+	5/5 – 6/23	Th	6:30 p.m. – 8 p.m.	\$82/\$103
148750.RA	16+	7/7 – 8/25	Th	6:30 p.m. – 8 p.m.	\$82/\$103



Yoga for Fitness

Yoga for Wellness TRY IT! (16+)

Stressed out? Need to relax? Taught by a certified Iyengar instructor, this class has lasting benefits in the participant's life. The practice of Yoga improves overall health and releases tension and stress. All levels welcome. Please bring a yoga mat and at least two firm yoga blankets or two 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)
648770.TA	16+	5/3 – 6/28	Tu*	6 p.m. – 7:30 p.m.	\$81/\$101
148770.TA	16+	7/12 – 8/30	Tu	6 p.m. – 7:30 p.m.	\$92/\$115

*No class 5/31, 6/21

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

Improve balance, flexibility and mental focus. Mudra, Asanas and deep breathing techniques teach participants 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)
648760.WA	14+	5/4 – 6/29	W	8:30 a.m. – 10 a.m.	\$93/\$116
648760.SB	14+	5/7 – 6/25	Sa*	9:30 a.m. – 11 a.m.	\$72/\$90
148760.WA	14+	7/6 – 8/31	W	8:30 a.m. – 10 a.m.	\$93/\$116
148760.SB	14+	7/9 – 8/27	Sa	9:30 a.m. – 11 a.m.	\$82/\$103

*No class 5/21