

# December 2019 Group Exercise

11/18/19

<b>MON</b>	<p><b>9-10 a.m.*</b>  <b>Zumba® Kiana</b> (12/2-12/9)  <b>Zumba® Holiday Celebration</b> (12/16)                      Dress Festive! Get ready for raffle prizes and fun!  <i>No class 12/23 &amp; 12/30</i></p>	<p><b>6-7 p.m.</b>  <b>Kickboxing</b> Deborah (12/2-12/16)  <i>No class 12/23 &amp; 12/30</i></p>
<b>TUE</b>	<p><b>9-10 a.m.*</b>  <b>Hatha Yoga</b> Lacy (12/3-12/17)                      (Be on time! Latecomers are very distracting to the class)  <b>10:15-11:15 a.m.</b>  <b>Zumba® Toning</b> Kiana (12/3-12/17)  <i>No class 12/24 &amp; 12/31</i></p>	<p><b>6:10-7:05 p.m.</b>  <b>Zumba®</b> Diana (12/3-12/17)  <b>7:10-8:10 p.m.</b>  <b>Pilates</b> Lacy (12/3-12/17)  <i>No class 12/24 &amp; 12/31</i></p>
<b>WED</b>	<p><b>9-10 a.m.*</b>  <b>Cardio Sculpt</b> Eversley (12/4-12/18)  <i>No class 12/25</i></p>	<p><b>6-7 p.m.</b>  <b>Cardio Sculpt</b> Deborah (12/4-12/18)  <i>No class 12/25</i></p>
<b>THU</b>	<p><b>9-10 a.m.*</b>  <b>Zumba®</b> Diana (12/5-12/19)  <i>No class 12/26</i></p>	<p><b>6:10-7:10 p.m.</b>  <b>Bombay Jam®</b> Vimalatha (12/5-12/19)  <i>No class 12/26</i></p>
<b>FRI</b>	<p><b>9-10 a.m.*</b>  <b>U Jam Fitness™</b> Marissa (12/6-12/20)  <b>10:15-11:15 a.m.</b>  <b>Hatha Yoga</b> Lacy (12/6-12/20)  <i>No class 12/27</i></p>	<ul style="list-style-type: none"> <li>• All Classes are held at the <u>Community Recreation Center</u>, 969 Kiely Boulevard, Santa Clara For information call 408 615-3140</li> <li>• Due to safety reasons, participants arriving 15 minutes after the start of class, 10 minutes for Yoga, will not be admitted into class. Please make an effort to be on time to Yoga, as latecomers are distracting to the class.</li> <li>• Anyone with a current Group Exercise card will receive program email such as monthly schedules and schedule changes.</li> <li>• Monthly schedule is available online <a href="http://www.santaclaraca.gov/exercise">www.santaclaraca.gov/exercise</a></li> </ul>
<b>SAT</b>	<p><b>9:15-10:25 a.m.</b>  <b>Kickboxing</b>                      Deborah (12/7-12/21)  <i>No class 12/28</i></p>	
<p>*Babysitting is available for the <b>Monday-Friday morning 9 a.m.</b> classes for \$2.50 per child. <b>No babysitting offered during evening classes, 10:15am classes or Saturday.</b>                      Child must be 6 months                      Schedule is subject to change.                      Check e-mail for class changes or call 408 615-3140.                      No class: December 23-December 31</p>		

**Class Offerings and Descriptions:** **Bombay Jam®:** The ultimate dance fitness total body workout that is effective, safe, easy to follow and packed with authentic Bollywood Flavor. **Cardio Sculpt/Body Sculpting/Sculpt & Stretch:** Work all major muscle groups using a variety of equipment. Physically challenging for all levels. Step/Kickboxing for Cardio Sculpt. **Hatha Yoga:** Posture focused yoga, practice for balance, strength, and flexibility with the intention of supporting ease in the body and mind. **Kickboxing:** Combines punches and kicks of martial arts into choreographed combinations to burn fat and sculpt your body. **Mat Pilates:** Class will be designed to both strengthen and stretch muscles, primarily the muscles of the core and strengthening of the spine. **U Jam Fitness™:** A Cardio Dance fitness program that unites world beats with urban flavor, while toning the entire

body. **Zumba®:** A high energy dance workout that combines both Latin and international rhythms with cardiovascular exercise. **Zumba® Toning:** Combines targeted body-sculpting and high-energy cardio exercises with Latin-infused Zumba® moves to create a calorie-burning, strength-training dance fitness party. Using light weight maraca-like Toning Sticks, you'll work to tone up specific muscle groups while enjoying a fun dance workout!

**Drop-in Cost: \$7.50**

**Pass Cost:**

# of Classes	Resident	Non-Res.
4	\$24	\$28
8	\$48	\$56
12	\$72	\$84
16	\$96	\$112
20	\$120	\$140
24	\$144	\$168

Passes do not expire & are non-refundable.



**City of Santa Clara**

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