

Exercise & Wellness

Class Schedule for May, June & July 2018

All classes take place at the Pleasanton Senior Center Main Hall

CORE, STRETCH AND BALANCE

AGES 50 AND UP

This class is designed to increase your general sense of well-being through a series of stretches that will strengthen your core and increase your flexibility, ultimately improving overall balance. The use of light weights will assist in gaining muscle strength and improved mobility. Bring a set of light weights (3-5 lbs.) and a floor exercise mat.

Code	Day	Dates	Time	# of Classes	Cost
6215	Monday	5/7-5/14	8:45-9:45 a.m.	2	\$9.00R/\$12.00N
7257	Monday	6/4-6/25	8:45-9:45 a.m.	4	\$18.00R/\$21.00N
7259	Monday	7/2-7/30*	8:45-9:45 a.m.	3	\$13.50R/\$16.50N
7261	Monday	8/6-8/27	8:45-9:45 a.m.	4	\$18.00R/\$21.00N

*No class on 7/16 & 7/23

FIT FOR FIFTY

AGES 50 AND UP

A slower-paced exercise program geared for the mature adult/senior without the movement and mobility required in a more typical aerobics class. Designed to help those who want to be physically fit through easy movement, strength and core work, stretching, toning, balance and small motor flexibility.

Code	Day	Dates	Time	# of Classes	Cost
6404	Tuesday/Friday	5/1-5/29	10:15-11:15 a.m.	9	\$40.50R/\$45.00N
7274	Tuesday/Friday	6/1-6/29	10:15-11:15 a.m.	9	\$40.50R/\$44.00N
7275	Tuesday/Friday	7/3-7/31*	10:15-11:15 a.m.	7	\$31.50R/\$35.00N
7276	Tuesday/Friday	8/3-8/31	10:15-11:15 a.m.	9	\$40.50R/\$44.00N

*No class on 7/24 & 7/27

LINE DANCE – BEGINNING & INTERMEDIATE

AGES 18 AND UP

Come join this fun, beginner or intermediate line dance class, where you can unwind, meet new friends, and exercise. You will learn all the basic steps for each line dance. Steps are taught slowly and easily. Dances are repeated until you feel comfortable. Previously learned dances will also be reviewed and practiced at each class. No partner necessary.

Code	Day	Dates	Time	# of Classes	Cost
Beg. 6359	Friday	5/4-5/25	1:30-2:45 p.m.	4	\$18.00R/\$21.00N
Beg. 7291	Friday	6/1-6/29	1:30-2:45 p.m.	5	\$22.50R/\$25.50N
Beg. 7292	Friday	7/6-7/20	1:30-2:45 p.m.	3	\$13.50R/\$16.50N
Beg. 7295	Friday	8/3-8/31	1:30-2:45 p.m.	5	\$22.50R/\$25.50N
Int. 6372	Friday	5/4-5/25	3-4:15 p.m.	4	\$18.00R/\$21.00N
Int. 7296	Friday	6/1-6/29	3-4:15 p.m.	5	\$22.50R/\$24.75N
Int. 7297	Friday	7/6-7/20	3-4:15 p.m.	3	\$13.50R/\$15N
Int. 7298	Friday	8/3-8/31	3-4:15 p.m.	5	\$22.50R/\$24.75N

YOGA – ALL LEVELS*AGES 18 AND UP*

Course designed to further the student's knowledge of the practice of Yoga. Included in this course is a continued discussion of the philosophy of Yoga, increased practice of Pranayama (breathing techniques), meditation, and a wider variety of appropriate Asana (Yoga poses).

Code	Day	Dates	Time	# of Classes	Cost
5990	Thursday	5/3-5/24	10:00 – 11:15am	4	\$26.00R/\$29.00N
7277	Thursday	6/7-6/28	10:00 - 11:15am	4	\$26.00R/\$29.00N
7278	Thursday	7/12-7/19	10:00 - 11:15am	2	\$13.00R/\$16.00N
7285	Thursday	8/2-8/30	10:00 - 11:15am	5	\$32.50R/-/\$36N

TAI-CHI BEGINNING & INTERMEDIATE*AGES 18 AND UP*

Beginners, intermediate and advanced students will establish and continue to build on fundamentals as well as learn additional moves. Students can expect to encounter challenges during their exploration, both mental and physical, as their practice leads to improved coordination, flexibility, strength, balance and equanimity.

Code	Day	Dates	Time	# of Classes	Cost
Beg. 6451	Tuesday	5/1-8/14*	11:45a.m.-1:00p.m.	14	\$63.00R/\$69.00N
Int. 6452	Tuesday	5/1-8/14*	1:10p.m.-2:25p.m.	14	\$63.00R/\$69.00N

*No class on 7/24, 8/7

ZUMBA GOLD*AGES 50 AND UP*

Zumba Gold, designed for adults 50 years of age and older, is an exciting and high-energy aerobic exercise, using Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Routines feature fast and slow rhythms and music that are combined for aerobic endurance, muscle tone and flexibility.

Code	Day	Dates	Time	# of Classes	Cost
6450	Tuesday/Friday	5/1-5/29	9–10a.m.	9	\$40.50R/\$45.00N
7262	Tuesday/Friday	6/1-6/29*	9–10a.m.	7	\$31.50R/\$35.00N
7263	Tuesday/Friday	7/3-7/31*	9–10a.m.	7	\$31.50R/\$35.00N
7264	Tuesday/Friday	8/3-8/31	9–10a.m.	9	\$40.50R/\$45.00N

*No class on 6/19, 6/22, 7/24 & 7/27

ZUMBA TONING*AGES 50 AND UP*

This class is designed to develop every major muscle group in an efficiently paced, hour-long workout. This is a total body strengthening and toning class that uses a variety of resistance options. Our Zumba Toning certified instructor uses dynamic resistance training, resulting in muscle strength, increased bone density, and improved mobility, posture and coordination.

Code	Day	Dates	Time	# of Classes	Cost
6444	Wednesday	5/2-5/30	9–10a.m.	5	\$22.50R/\$25.50N
7265	Wednesday	6/6-6/27*	9–10a.m.	3	\$13.50R/\$16.50N
7267	Wednesday	7/11-7/18	9–10a.m.	2	\$9.00R/\$11.00N
7268	Wednesday	8/1-8/29	9–10a.m.	5	\$22.50R/\$25.50N

*No class on 6/20

Don't see the class you're looking for?

Call us at 925-931-5367 and let us know what classes you would like to see offered for Mature Adults.

The Senior Center will be closed from Monday July 23 through Friday July 27 for maintenance and repairs. The center will re-open on Monday, July 30.

