

Exercise & Wellness

Class Schedule for Spring 2019

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
11988	Monday	2/4-2/25*	8:45 - 9:45am	3	\$15.00R/\$18.00N
11989	Monday	3/4-3/25	8:45 - 9:45am	4	\$20.00R/\$23.00N
11990	Monday	4/1-4/29	8:45 - 9:45am	5	\$25.00R/\$28.00N
11991	Monday	5/13-5/20	8:45 - 9:45am	2	\$10.00R/\$13.00N

*No class on 1/21 & 2/18

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
11866	Tuesday/Friday	2/1-2/26	10:15 - 11:15am	8	\$40.00R/\$44.00N
11868	Tuesday/Friday	3/1-3/29	10:15 - 11:15am	9	\$45.00R/\$49.50N
11869	Tuesday/Friday	4/2-4/30	10:15 - 11:15am	7	\$35.00R/\$38.50N
11870	Tuesday/Friday	5/3-5/31	10:15 - 11:15am	9	\$45.00R/\$49.50N

*No Class on 4/16 & 4/19

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
11906	Thursday	2/7-2/28	10:00 - 11:15am	4	\$28.00R/\$31.00N
11907	Thursday	3/7-3/21*	10:00 - 11:15am	3	\$21.00R/\$24.00N
11909	Thursday	4/4-4/25	10:00 - 11:15am	4	\$28.00R/\$31.00N
11910	Thursday	5/2-5/23	10:00 - 11:15am	4	\$28.00R/\$31.00N

* 3/21 Class will be held at the Veterans Memorial Building-301 Main St.

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. 9009	Tuesday	1/8-4/16	11:45am-1:00pm	15	\$75.00R/\$82.50N
Int. 9014	Tuesday	1/8-4/16	1:10pm-2:25pm	15	\$75.00R/\$82.50N



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. 11843	Friday	2/1-2/22	1:30 - 2:45pm	4	\$20.00R/\$23.00N
Beg. 11844	Friday	3/1-3/29	1:30 - 2:45pm	5	\$25.00R/\$28.00N
Beg. 11845	Friday	4/5-4/26	1:30 - 2:45pm	4	\$20.00R/\$23.00N
Beg. 11847	Friday	5/3-5/31	1:30 - 2:45pm	5	\$25.00R/\$28.00N
Int. 11848	Friday	2/1-2/22	3:00 – 4:15pm	4	\$20.00R/\$23.00N
Int. 11849	Friday	3/1-3/29	3:00 – 4:15pm	5	\$25.00R/\$28.00N
Int. 11850	Friday	4/5-4/26	3:00 – 4:15pm	4	\$20.00R/\$23.00N
Int. 11851	Friday	5/3-5/31	3:00 – 4:15pm	5	\$25.00R/\$28.00N

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
11871	Tuesday/Friday	2/1-2/26	9:00 – 10:00am	8	\$40.00R/\$44.00N
11872	Tuesday/Friday	3/1-3/22	9:00 – 10:00am	7	\$35.00R/\$38.50N
11873	Tuesday/Friday	4/2-4/30	9:00 – 10:00am	9	\$45.00R/\$49.50N
11874	Tuesday/Friday	5/3-5/31	9:00 – 10:00am	9	\$45.00R/\$49.50N

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
11875	Wednesday	2/6-2/27	9:00 - 10:00am	4	\$20.00R/\$23.00N
11876	Wednesday	3/6-3/20	9:00 – 10:00am	3	\$15.00R/\$18.00N
11877	Wednesday	4/3-4/24	9:00 – 10:00am	4	\$20.00R/\$23.00N
11878	Wednesday	5/1-5/29	9:00 – 10:00am	5	\$25.00R/\$28.00N

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.

