

Exercise & Wellness

Class Schedule for Fall 2018 & Winter 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
8755	Monday	9/10-9/24	8:45 - 9:45am	3	\$15.00R/\$18.00N
8758	Monday	10/1-10/29	8:45 - 9:45am	5	\$25.00R/\$28.00N
8759	Monday	11/5-11/26*	8:45 - 9:45am	3	\$15.00R/\$18.00N
8760	Monday	12/3-12/17	8:45 - 9:45am	3	\$15.00R/\$18.00N
8761	Monday	1/7-1/28*	8:45 - 9:45am	3	\$15.00R/\$18.00N

*No class on 11/12 & 1/21

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
8762	Tuesday/Friday	9/4-9/28	10:15 - 11:15am	8	\$40.00R/\$44.00N
8763	Tuesday/Friday	10/2-10/30	10:15 - 11:15am	9	\$45.00R/\$49.50N
8764	Tuesday/Friday	11/2-11/30*	10:15 - 11:15am	8	\$40.00R/\$44.00N
8765	Tuesday/Friday	12/4-12/21	10:15 - 11:15am	6	\$30.00R/\$33.00N
8766	Tuesday/Friday	1/8-1/29	10:15 - 11:15am	7	\$35.00R/\$38.50N

*No Class on 11/23

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
8997	Thursday	9/6-9/27	10:00 - 11:15am	4	\$28.00R/\$31.00N
8998	Thursday	10/4-10/25	10:00 - 11:15am	4	\$28.00R/\$31.00N
8999	Thursday	11/1-11/29*	10:00 - 11:15am	4	\$28.00R/\$31.00N
9001	Thursday	12/6-12/20	10:00 - 11:15am	3	\$21.00R/\$24.00N
9003	Thursday	1/17-1/31	10:00 - 11:15am	3	\$21.00R/\$24.00N

*No class on 11/22

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. 8793	Tuesday	9/4-12/11	11:45am-1:00pm	15	\$75.00R/\$82.50N
Int. 8795	Tuesday	9/4-12/11	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. 8767	Friday	9/7-9/28	1:30 - 2:45pm	4	\$20.00R/\$23.00N
Beg. 8768	Friday	10/5-10/31	1:30 - 2:45pm	4	\$20.00R/\$23.00N
Beg. 8769	Friday	11/2-11/30*	1:30 - 2:45pm	4	\$20.00R/\$23.00N
Beg. 8770	Friday	12/7-12/21	1:30 - 2:45pm	3	\$15.00R/\$18.00N
Beg. 8771	Friday	1/11-1/31	1:30 - 2:45pm	3	\$15.00R/\$18.00N
Int. 8777	Friday	9/7-9/28	3:00 – 4:15pm	4	\$20.00R/\$23.00N
Int. 8779	Friday	10/5-10/31	3:00 – 4:15pm	4	\$20.00R/\$23.00N
Int. 8780	Friday	11/2-11/30*	3:00 – 4:15pm	4	\$20.00R/\$23.00N
Int. 8783	Friday	12/7-12/21	3:00 – 4:15pm	3	\$15.00R/\$18.00N
Int. 8789	Friday	1/11-1/31	3:00 – 4:15pm	3	\$15.00R/\$18.00N

*No Class on 11/23

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
8798	Tuesday/Friday	9/4-9/28	9:00 – 10:00am	8	\$40.00R/\$44.00N
8799	Tuesday/Friday	10/2-10/30*	9:00 – 10:00am	7	\$35.00R/\$38.50N
8800	Tuesday/Friday	11/2-11/30*	9:00 – 10:00am	8	\$40.00R/\$44.00N
8801	Tuesday/Friday	12/4-12/21	9:00 – 10:00am	6	\$30.00R/\$33.00N
8802	Tuesday/Friday	1/8-1/29	9:00 – 10:00am	7	\$35.00R/\$38.50N

*No class on 10/9, 10/12 & 11/23

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
9016	Wednesday	9/5-9/26	9:00 - 10:00am	4	\$20.00R/\$23.00N
9017	Wednesday	10/3-10/31*	9:00 – 10:00am	4	\$20.00R/\$23.00N
9018	Wednesday	11/7-11/28	9:00 – 10:00am	4	\$20.00R/\$23.00N
9019	Wednesday	12/5-12/19	9:00 – 10:00am	3	\$15.00R/\$18.00N
9020	Wednesday	1/9-1/30	9:00 – 10:00am	4	\$20.00R/\$23.00N

*No class on 10/10

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.