

Exercise & Wellness

Class Schedule for Spring 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
4212	Monday	1/8-1/29*	8:45 - 9:45am	3	\$13.50R/\$16.50N
6206	Monday	2/5-2/26*	8:45 - 9:45am	3	\$13.50R/\$16.50N
6213	Monday	3/5-3/26	8:45 - 9:45am	4	\$18.00R/\$21.00N

*No class on 1/15, 2/19

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
4434	Tuesday/Friday	1/5-1/30	10:15 -11:15am	8	\$36.00R/\$40.00N
6401	Tuesday/Friday	2/2-2/27	10:15 -11:15am	8	\$36.00R/\$40.00N
6402	Tuesday/Friday	3/2-3/30	10:15 - 11:15am	9	\$40.50R/\$45.00N

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. 4131	Friday	1/12-1/26	1:30 - 2:45pm	3	\$13.50R/\$16.50N
Beg. 6339	Friday	2/2-2/23	1:30 - 2:45pm	4	\$18.00R/\$21.00N
Beg. 6343	Friday	3/2-3/30	1:30 - 2:45pm	5	\$22.50R/\$25.50N
Int. 4136	Friday	1/12-1/26	3:00 - 4:15pm	3	\$13.50R/\$16.50N
Int. 6369	Friday	2/2-2/23	3:00-4:15pm	4	\$18.00R/\$21.00N
Int. 6370	Friday	3/2-3/30	3:00 - 4:15pm	5	\$22.50R/\$25.50N

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
4233	Thursday	1/18-1/25	10:00 - 11:15am	2	\$13.00R/\$16.00N
5987	Thursday	3/1-3/22	10:00 – 11:15am	4	\$26.00R/\$29.00N
5989	Thursday	4/5-4/26*	10:00 – 11:15am	3	\$19.50R/\$22.50N

*No class on 1/15, 2/19

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. 4207	Tuesday	1/9-4/17	11:45am-1:00pm	15	\$67.50R/\$74.25N
Int. 4208	Tuesday	1/9-4/17	1:10pm-2:25pm	15	\$67.50R/\$74.25N

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
4225	Tuesday/Friday	1/9-1/30	9:00 – 10:00am	7	\$31.50R/\$35.00N
6446	Tuesday/Friday	2/2-2/27	9:00 – 10:00am	8	\$36.00R/\$40.00N
6448	Tuesday/Friday	3/2-3/30	9:00 – 10:00am	9	\$40.50R/\$40.00N

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
4217	Wednesday	1/10-1/31	9:00 - 10:00am	4	\$18.00R/\$21.00N
6441	Wednesday	2/7-2/28	9:00 - 10:00am	4	\$18.00R/\$21.00N
6442	Wednesday	3/7-3/28	9:00 – 10:00am	4	\$18.00R/\$21.00N

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.

