

Exercise & Wellness

Class Schedule for Summer 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
13743	Monday	6/3-6/24	8:45 - 9:45am	4	\$20.00R/\$23.00N
13744	Monday	7/1-7/15	8:45 - 9:45am	3	\$15.00R/\$18.00N
13745	Monday	8/5-8/26	8:45 - 9:45am	4	\$20.00R/\$23.00N

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
13746	Tuesday/Friday	6/4-6/28	10:15 - 11:15am	8	\$40.00R/\$44.00N
13747	Tuesday/Friday	7/2-7/30*	10:15 - 11:15am	7	\$35.00R/\$38.50N
13748	Tuesday/Friday	8/2-8/30	10:15 - 11:15am	9	\$45.00R/\$49.50N

*No Classes on 7/23 & 7/26

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
13757	Thursday	6/13-6/27	10:00 - 11:15am	3	\$21.00R/\$24.00N
13758	Thursday	7/11-7/18	10:00 - 11:15am	2	\$14.00R/\$17.00N
13759	Thursday	8/1-8/15	10:00 - 11:15am	3	\$21.00R/\$24.00N

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. 13799	Tuesday	5/7-8/27*	11:45am-1:00pm	15	\$75.00R/\$82.50N
Int. 13808	Tuesday	5/7-8/27*	1:10pm-2:25pm	15	\$75.00R/\$82.50N

*No Classes on 7/23 & 8/6

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. 13750	Friday	6/7-6/28	1:30 - 2:45pm	4	\$20.00R/\$23.00N
Beg. 13752	Friday	7/5-7/19	1:30 - 2:45pm	3	\$15.00R/\$18.00N
Beg. 13753	Friday	8/2-8/23	1:30 - 2:45pm	4	\$20.00R/\$23.00N
Int. 13754	Friday	6/7-6/28	3:00 – 4:15pm	4	\$20.00R/\$23.00N
Int. 13755	Friday	7/5-7/19	3:00 – 4:15pm	3	\$15.00R/\$18.00N
Int. 13756	Friday	8/2-8/23	3:00 – 4:15pm	4	\$20.00R/\$23.00N

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
13685	Tuesday/Friday	6/4-6/28	9:00 – 10:00am	8	\$40.00R/\$44.00N
13686	Tuesday/Friday	7/2-7/30*	9:00 – 10:00am	7	\$35.00R/\$38.50N
13689	Tuesday/Friday	8/2-8/30	9:00 – 10:00am	9	\$45.00R/\$49.50N

No Classes on 7/23 & 7/26

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
13760	Wednesday	6/5-6/26	9:00 – 10:00am	4	\$20.00R/\$23.00N
13761	Wednesday	7/3-7/31*	9:00 - 10:00am	4	\$20.00R/\$23.00N
13762	Wednesday	8/7-8/28	9:00 – 10:00am	4	\$20.00R/\$23.00N

*No Class on 7/24

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.