

EXERCISE & FITNESS

iBilingüe,

TAE KWON DO

Martial Art originating in Korea is more than a physical regimen of specialized kicks and punches, but a discipline of mind and body bringing fluidity to motion, grace to movement, and physical harmony. Learn to develop the capability to meet challenges with calmness and success. *No Class 1/15, 2/19, 3/19, & 4/16.

Instructor: Gonzalez \$38(R)/\$47(N)

6-12 yrs.

001	M,W,F	6:00-7:30 PM	*01/04-01/29	ATK
002	M,W,F	6:00-7:30 PM	*02/03-02/26	ATK
003	M,W,F	6:00-7:30 PM	*03/01-03/31	ATK
004	M,W,F	6:00-7:30 PM	*04/02-04/30	ATK

13 yrs. & up

005	M,W,F	7:30-9:00 PM	*01/04-01/29	ATK
006	M,W,F	7:30-9:00 PM	*02/03-02/26	ATK
007	M,W,F	7:30-9:00 PM	*03/01-03/31	ATK
008	M,W,F	7:30-9:00 PM	*04/02-04/30	ATK

TAE KWON DO

Este es un arte marcial originado en Corea que es más que un régimen físico de golpes y patadas especializadas, es una disciplina de mente y cuerpo que provee fluidez y gracia al movimiento junto con la armonía física. Aprenda a desarrollar la capacidad de enfrentar los retos con calma y éxito.

T'AI CHI FOR THE MIND AND BODY

Tai Chi Chuan has its roots based in ancient Chinese martial arts. Today, many practice Tai Chi for its many health benefits. It offers practitioners reduction of blood pressure and stress. The low, gentle movements of the form improve balance, muscle tone, and benefit people of all ages and fitness levels. This class will cover the traditional Yang Long Tai Chi form as often seen practiced in parks of Chinese communities. *001 No class 1/6; makeup class Mon. 1/25

18 yrs. & up

Instructor: Lewis \$27(R)/\$33.50(N)

001	W	6:00-8:00 PM	*01/13-01/27	EMSC
002	W	6:00-8:00 PM	02/03-02/24	EMSC
003	W	6:00-8:00 PM	03/03-03/24	EMSC
004	W	6:00-8:00 PM	04/07-04/28	EMSC

iBilingüe,

YOGA

Improve flexibility, strength, and balance for any age and fitness level! Stretching into posture stimulates circulation, increases range of movement, tones muscles, and relaxes tension. Yoga can help promote a sense of physical well-being and release patterns of stress and tension. Requires no special equipment.

18 yrs. & up

Instructor: Mercado \$27(R)/\$33.50(N)

001	W	5:30-6:30 PM	01/06-01/27	EMSC
002	W	5:30-6:30 PM	02/03-02/24	EMSC
003	W	5:30-6:30 PM	03/03-03/24	EMSC
004	W	5:30-6:30 PM	04/07-04/28	EMSC

YOGA

¡Mejora tu flexibilidad, fuerza y balance! No se requiere equipo especial, el estiramiento hacia una posición estimula la circulación, aumenta la escala de movimiento, refuerza los músculos y relaja la tensión. Para cualquier edad y nivel de salud.

CLICK HERE FOR A PRINTABLE REGISTRATION FORM

NOTICE OF REGISTRATION PROCEDURES

Registrations must be received at least three days before the first class start date and have a minimum of six participants for the class to be a "GO". Otherwise, the class may be cancelled.

CLICK HERE FOR CITY RESIDENT DISCOUNT INFO

iBilingüe,

KARATE

Family-oriented class offering the highest avenues for Karate training and competition. Focuses on self-improvement by promoting positive values, fitness, self-esteem, and confidence. This class is U.S.A. and International Karate Do Kai registered.

6 yrs. & up

Instructor: Villalobos \$52.50(R)/\$65(N)

001	Tu,Th	6:00-7:15 PM	01/05-01/28	MMP
002	Tu,Th	6:00-7:15 PM	02/02-2/25	MMP
003	Tu,Th	6:00-7:15 PM	03/02-03/30	MMP
004	Tu,Th	6:00-7:15 PM	04/01-04/29	MMP

KARATE

Una clase orientada hacia la familia que ofrece las mejores alternativas para entrenamiento y competencia de Karate. Se enfoca en el mejoramiento de uno mismo al promover los valores positivos, la buena salud, y confianza. Esta es una clase registrada con el Karate Do Kai Internacional y en los Estados Unidos.

Fitness  **Center**
18 yrs. & up

Located at the

Abel Maldonado Community Youth Center

600 S. McClelland Street

Monday - *Friday: 5:30 a.m. to 1 p.m.

Saturday: 8 a.m. to 1 p.m.

*Center Closed on the 3rd Friday of each month

Featuring:

- 14 Pieces of Nautilus Equipment • 1 Arm Bike • 2 Cross Trainers
- 3 Treadmills • 1 Rowing Machine • 2 Stationary Bikes

\$2.50 per visit, or \$30 for a *30-Day Pass

*30-Day Pass includes use of Paul Nelson Aquatic Center and Minami Boxing Gym during posted hours. Passes available for purchase at the Center.

For more information, call (805) 925-0951, ext. 252

HEALTH TIP

Did you know that enrolling kids in sports and extracurricular activities early on can help build confidence and improve their academic achievement?