

March 2015

Updated 2/20/15

GROUP EXERCISE

MON	9:00-10:00am* Zumba® Anna (3/2-3/23) Crystal (3/30)	6:00-7:00pm Kickboxing Deborah	
TUE	9:00-10:00am* Step/Sculpt Jill	6:00-7:00pm (HIBS) High Intensity Body Sculpting Veronica	
WED	9:00-10:00am* Cardio Sculpt Eversley	6:00-7:00pm Cardio Sculpt Deborah	
THU	9:00-10:00am* Bombay Jam® Ella (3/5, 3/19) Crystal's 30th Birthday Bash (3/12 in the Auditorium) Zumba® Crystal (3/26)	6:00-7:00pm Bombay Jam® Gurleen	
FRI	9:15-10:15am* U-Jam Fitness™ Marissa	<ul style="list-style-type: none"> • All Classes are held at the <u>Community Recreation Center</u>, 969 Kiely Boulevard, Santa Clara • Due to safety reasons, participants arriving 15 minutes after the start of class will not be admitted into class. • Zumba® classes tend to fill. Arrive early! • If you would like to receive Group Exercise updates and notifications, please confirm your email address with office staff or email "add to Group Exercise" to PRCustomerserve@SantaClaraCA.gov. • Monthly schedule is available online @ http://santaclaraca.gov/exercise 	
SAT	9:15-10:30am Kickboxing Deborah		
<p>*Babysitting is available for the <u>Monday-Friday morning</u> classes for \$2.50 per child.</p>			

Class Offerings and Descriptions: **Bombay Jam®:** The ultimate dance fitness total body workout that is effective, safe, easy to follow and packed with authentic Bollywood Flavor. **Cardio Sculpt:** Work all major muscle groups using a variety of equipment. Physically challenging for all levels. **Kickboxing:** Combines punches and kicks of martial arts into choreographed combinations to burn fat and sculpt your body. **Step/Sculpt:** Combines the fun of step with a sculpting segment for increased muscle definition. **HIBS (High Intensity Body Sculpting):** Get your heart rate pumping and tone all muscles of the body in one class. **U-Jam Fitness™:** An intense cardio-dance fitness program that unites world beats with urban flavor, while toning your entire body. **Zumba®:** A high energy dance workout that combines both Latin and international rhythms with cardiovascular exercise. **Crystal's 30th Birthday Bash:** Dance Party in the Auditorium. Limited to 50 people! Come early just in case it fills. Tell your friends!

Drop-in Cost: \$5.50		
Pass Cost:		
# of Classes	Resident	Non-Res.
4	\$16	\$20
8	\$32	\$40
12	\$48	\$60
16	\$64	\$80
20	\$80	\$100
24	\$96	\$120
Passes do not expire & are non-refundable.		

