GROUP EXERCISE

July 2014 (updated 6/23/14)

MON	**9:00-10:00am*** **Zumba®** Crystal (7/7) Anna (7/14, 7/21, 7/28)	**6:00-7:00pm** **Kickboxing** Deborah	
TUE	**9:00-10:00am*** **Step/Sculpt** Jill	**6:00-7:00pm** **(TBS) Total Body Sculpt** Julie	
WED	**9:00-10:00am*** **Kickboxing** Laurie (7/2, 7/9) **Cardio Sculpt** Julie (7/16, 7/23, 7/30)	**6:00-7:00pm** **Zumba** Sunny (7/2) **Cardio Sculpt** Deborah (7/9, 7/16, 7/23, 7/30)	
THU	**9:00-10:00am*** **Zumba®** Crystal (7/3, 7/17, 7/31) **Bombay Jam®** Ella (7/10, 7/24)	**6:00-7:00pm** **Zumba®** Crystal (7/3) **Bombay Jam®** Gurleen (7/10, 7/17, 7/24, 7/31)	
FRI	**9:15-10:15:am*** **Kickboxing** Laurie (7/11) **U Jam Fitness™** Julie (7/18) **Bombay Jam®** Ella (7/25) **No class 7/4**		
SAT	**9:15-10:30am** **Kickboxing** Deborah (7/5, 7/12, 7/26) Laurie (7/19)		

- All Classes are held at the Community Recreation Center, 969 Kiely Boulevard, Santa Clara
  For information call 408/615-3140
- 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

*Babysitting *is*

available for the Monday-Friday morning classes for $2.50 per child.

No class: Friday, July 4.

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. **Hard Core Sculpting**: An integrated approach to strengthening core muscles while sculpting all major muscle groups using hand weights, bands, gliders, and fitness balls. **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. **TBS (Total Body Sculpt)**: This strength training program works all muscle groups for a total body workout.

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.