

# March 2020 Group Exercise

Updated 2/28/20

<b>MON</b>	<p><b>9-10 a.m.*</b>  <b>U Jam Fitness™</b> Marissa (3/2)  <b>Zumba®</b> Kiana (3/9-3/30)</p>	<p><b>6-7 p.m.</b>  <b>Kickboxing</b> Deborah (3/2-3/30)</p>
<b>TUE</b>	<p><b>9-10 a.m.*</b>  <b>Hatha Yoga</b> Lacy (3/3-3/31)                      (Be on time! Latecomers are very distracting to the class)  <b>10:15-11:15 a.m.</b>  <b>Zumba® Toning</b> Kiana (3/10-3/31)  <b>No Zumba Toning class 3/3</b></p>	<p><b>6:10-7:05 p.m.</b>  <b>Zumba®</b> Diana (3/3-3/10 &amp; 3/24-3/31) Kiana (3/17)  <b>7:10-8:10 p.m.</b>  <b>Pilates</b> Lacy (3/3-3/31)</p>
<b>WED</b>	<p><b>9-10 a.m.*</b>  <b>Cardio Sculpt</b> Eversley (3/4-3/25)</p>	<p><b>6-7 p.m.</b>  <b>Cardio Sculpt</b> Deborah (3/4-3/25)</p>
<b>THU</b>	<p><b>9-10 a.m.*</b>  <b>Zumba®</b> Diana (3/5-3/26)</p>	<p><b>6:10-7:10 p.m.</b>  <b>Bombay Jam®</b> Vimalatha (3/5-3/26)</p>
<b>FRI</b>	<p><b>9-10 a.m.*</b>  <b>U Jam Fitness™</b> Marissa (3/6-3/27)  <b>10:15-11:15 a.m.</b>  <b>Hatha Yoga</b> Lacy (3/6-3/20)  <b>No Hatha Yoga class 3/27</b></p>	<ul style="list-style-type: none"> <li>• All Classes are held at the <u>Community Recreation Center</u>, 969 Kiely Boulevard, Santa Clara For information call 408 615-3140</li> <li>• Due to safety reasons, participants arriving 15 minutes after the start of class, 10 minutes for Yoga, will not be admitted into class. Please make an effort to be on time to Yoga, as latecomers are distracting to the class.</li> <li>• Anyone with a current Group Exercise card will receive program email such as monthly schedules and schedule changes.</li> <li>• Monthly schedule is available online. <a href="http://www.santaclaraca.gov/exercise">www.santaclaraca.gov/exercise</a></li> </ul>
<b>SAT</b>	<p><b>9:15-10:25 a.m.</b>  <b>Kickboxing</b>                      Deborah (3/7-3/28)</p>	
<p>*Babysitting is available for the <b>Monday-Friday morning 9 a.m.</b> classes for \$2.50 per child. No babysitting offered during evening classes, 10:15am classes or Saturday.                      Child must be 6 months                      Schedule is subject to change.                      Check e-mail for class changes or call 408 615-3140.                      Please note: No Tuesday, 10:15 a.m. Zumba Toning class 3/3                      No Friday, 10:15a.m. Hatha Yoga class 3/27</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/Body Sculpting/Sculpt & Stretch:** Work all major muscle groups using a variety of equipment. Physically challenging for all levels. Step/Kickboxing for Cardio Sculpt. **Hatha Yoga:** Posture focused yoga, practice for balance, strength, and flexibility with the intention of supporting ease in the body and mind. **Kickboxing:** Combines punches and kicks of martial arts into choreographed combinations to burn fat and sculpt your body. **Mat Pilates:** Class will be designed to both strengthen and stretch muscles, primarily the muscles of the core and strengthening of the spine. **U Jam Fitness™:** A Cardio Dance fitness program that unites world beats with urban flavor, while toning the entire body. **Zumba®:** A high energy dance workout that combines both Latin and international rhythms with cardiovascular exercise.

**Zumba® Toning:** Combines targeted body-sculpting and high-energy cardio exercises with Latin-infused Zumba® moves to create a calorie-burning, strength-training dance fitness party. Using light weight maraca-like Toning Sticks, you'll work to tone up specific muscle groups while enjoying a fun dance workout!

**Drop-in Cost: \$7.50**

**Pass Cost:**

# of Classes	Resident	Non-Res.
4	\$24	\$28
8	\$48	\$56
12	\$72	\$84
16	\$96	\$112
20	\$120	\$140
24	\$144	\$168

Passes do not expire & are non-refundable.



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