

# November 2024 Group Exercise

Updated : 10/22/2024

<b>MON</b>	<p><b>10-11 a.m.</b> Zumba® with Kiana</p>	<p><b>6:15-7 p.m.</b> Zumba® with Beth</p> <p><b>7:05-8:05 p.m.</b> Butts &amp; Guts with Veronica</p>
<b>TUE</b>	<p><b>9-10 a.m.</b> Power Hour with Ashley</p>	<p><b>6:15-7 p.m.</b> Zumba® with Diana</p>
<b>WED</b>	<p><b>9-10 a.m.</b> Zumba® with Ginger</p>	<p><b>6:15-7:15 p.m.</b> Body Sculpting with Veronica</p>
<b>THU</b>	<p><b>9-10 a.m.</b> Zumba® with Diana</p>	<p><b>6:15-7:15 p.m.</b> Zumba® with Luda</p>
<b>FRI</b>	<p><b>9-10 a.m.</b> Bolly X® with SK</p> <p><b>10:15-11:15 a.m.</b> Butts &amp; Guts with Veronica</p> <p><b>11:30 a.m.-12:30 p.m.</b> Power Yoga with Steph</p>	<ul style="list-style-type: none"> <li>• <u>All Classes are held at the Community Recreation Center,</u> 969 Kiely Boulevard, Santa Clara For information call 408-615-3140.</li> <li>• Please make an effort to be on time to all classes, as latecomers are distracting to the class.</li> <li>• Anyone with a current Group Exercise card or Activity Pass will receive program emails such as monthly schedules and schedule changes. We recommend signing up to receive text messages for any late cancelations.</li> </ul>
<b>SAT</b>	<p><b>9-10 a.m.</b> Zumba® with Diana</p>	
<p><b><u>No class: Nov. 11 and Nov. 25-30</u></b></p> <p><b>Schedule is subject to change.</b> Check e-mail for class changes and updates due to instructor changes, or call 408-615-3140.</p>		

Activity Pass Cost:		
# of Classes	Resident	Non-Res.
1	\$11	\$11
5	\$35	\$45
10	\$70	\$90
20	\$140	\$180
* <u>Current passes may be used until they expire, then an Activity Pass is required.</u>		
<i>Passes do not expire &amp; are non-refundable.</i>		

**Class Descriptions:** **Bolly-X®:** Bollywood in-spired fitness class. Get ready to unleash your inner Rockstar! **Body Sculpting:** Sculpt your entire body in one fun class. **Cardio Dance:** Dance your way into the perfect workout! **Power Yoga:** Movement meditation that links movement and breath to attain balance in the mind and body while building endurance, strength, and flexibility. All levels are welcome. **Power Hour:** A high intensity workout that uses a variety of equipment to build strength and endurance. **Zumba®:** A high energy dance workout that combines both Latin and international rhythms with cardiovascular exercise. Toning sticks may be incorporated into Kiana's class. Contact Jessica Carter, [jcarter@santaclaraca.gov](mailto:jcarter@santaclaraca.gov) for questions.

