



ACTIVE ADULTS CLASSES 50+

ADVANCED LINE DANCE-LEVEL 3

Enjoy line dance steps to the tunes of all of your favorite country music songs. Line Dancing is a wonderful way to have fun and stay fit.

BALLROOM DANCING

Come join others for some various dancing and fun socializing. Dress is casual and singles are welcomed. Come try out the exciting world of ballroom dancing; including the slow gliding foxtrot to sensuous rumba, to a vivacious cha cha... there is something for everyone. No partners or previous experience needed, just a desire to have some fun!

CHAIR EXERCISE

If you have not exercised in a while, this is the perfect class for you. The class is designed for individuals who need a gentler form of chair exercise, along with strength building and balance exercises. Music provides the opportunity for increased movement and enhanced relaxation exercises. One day we will use bands and the other weights.

CONDITIONING EXERCISE W/ TAI CHI CHIH

This class begins with Mat Exercises to strengthen muscles and promote flexibility, then we go into Chair Exercises, next is Tai Chi Chih movements reduce stress and promote coordination and balance. We will finish up with Visual Relaxation with a simple technique one can use anywhere to relax.

CONDITIONING EXERCISE W/ QIGONG

This class begins with Mat Exercises to strengthen muscles and promote flexibility, then we go into Chair Exercises, next is Qigong Exercises that coordinate breathing and inner concentration. We will finish up with Visual Relaxation with a simple technique one can use anywhere to relax.

ENHANCE FITNESS

Getting fit just became a lot more fun! Introducing a group exercise class for older adults age 55+. This class will improve your balance, flexibility, bone density, endurance, coordination, mental sharpness and decrease your risk of falling. Each class is one hour and meets for three days a week for ten weeks.

ALMADEN CENTER, 6445 CAMDEN AVE. (408) 268-1133

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
251.4.1811	Feldenkrais	50+	M	4/23-6/4	10:00AM-11:00AM	McCarten	6	\$34/\$42
251.4.1809	Feldenkrais *II	50+	F	4/27-6/1	9:40AM-10:40AM	McCarten	6	\$34/\$42
251.4.1814	Genealogy	50+	T	3/27-5/1	9:30AM-11:30AM	Erickson	6	\$34/\$42
251.4.1815	Golf Lessons	50+	Th	5/10-6/7	10:00AM-11:30AM	Jasso	5	\$104/\$112
251.4.1816	Hanna Somatic	50+	W	5/2-6/6	10:00AM-11:00AM	Kerber	6	\$34/\$42
251.4.1818	Healthy & Light Farmer's Market Cooking Class	50+	W	4/4-4/25	10:00AM-12:00PM	Barclay	4	\$80/\$88
251.4.1824	Hula Hawaiian Dance	50+	Th	4/26-5/31	11:30AM-12:30PM	Staff	6	\$29/\$37
251.4.1825	Hula Hawaiian Dance	50+	Th	5/31-7/5	11:30AM-12:30PM	Staff	6	\$29/\$37
251.4.1819	Line Dance Absolute Beginners	50+	W	5/2-6/20	1:00PM-2:30PM	R. Boesel	8	\$30/\$38
251.4.1822	Line Dance Advanced Beginner/Intermediate	50+	Th	5/17-7/5	8:30AM-12:00PM	P. Boesel	8	\$24/\$32
251.4.1823	Matter of Balance	50+	T/Th	5/15-5/17	11:30AM-12:30PM	Venitegem	2	\$12/\$20
251.4.1826	Memoir Writing	50+	M	4/16-5/21	10:30AM-12:00PM	Knight	6	\$34/\$42
251.4.1855	Piano Keyboarding 1A	50+	F	4/13-6/15	9:30AM-10:15AM	Siefert	10	\$19/\$27
251.4.1857	Piano Keyboarding 1B	50+	F	4/13-6/15	10:30AM-11:15AM	Siefert	10	\$19/\$27
251.4.1864	Spanish Intermediate	50+	M	3/26-7/23	12:00PM-2:00PM	Herrera	17	\$65/\$73
251.4.1871	Tai Chi	50+	W	3/28-5/2	10:30AM-11:30AM	Robertson	6	\$34/\$42
251.4.1872	Tai Chi	50+	W	5/2-6/6	10:30AM-11:30AM	Robertson	6	\$34/\$42
251.4.1880	Voice Lessons	50+	T	4/10-6/26	3:00PM-5:00PM	Tan	12	\$34/\$42
251.4.1885	Yoga - Gentle	50+	F	4/27-6/1	10:50AM-11:50AM	McCarten	6	\$34/\$42
251.4.1892	Zumba Gold	50+	W	4/25-5/30	8:15AM-9:00AM	Ash	6	\$24/\$32
251.4.1898	Zumba Platinum	50+	M	4/30-6/11	11:15AM-12:00PM	Fowler	6	\$24/\$32



ACTIVE ADULTS CLASSES 50+

FELDENKRAIS

Awareness through movement. Help improve your flexibility and reduce muscular tension while enhancing mobility, balance, and coordination. Safe comfortable movement sequences from a certified teacher. Ideal for people with arthritis, fibromyalgia, and other painful conditions.

FELDENKRAIS *II

Awareness through movement. Help improve your flexibility and reduce muscular tension while enhancing mobility, balance, and coordination. Safe comfortable movement sequences from a certified teacher. Ideal for people with arthritis, fibromyalgia, and other painful conditions. *Must have taken a previous feldenkrais class.

GENEALOGY

Discover proof of your family's ancestry as we dig through records available around the Bay Area and on the Internet. ; Monthly field trips to libraries and archives give hands-on experience after participating in class discussions.

GOLF LESSONS

Improve your golf game with lessons from a golf pro. ; During this 5 week class we will review and practice the various shots a golfer will take during the course of a golf game. ; These shots include putting, chipping, pitching, full swing and driving. ; These classes will provide meaningful insight to the game of golf.

HANNA SOMATIC

Hanna Somatic Education is a natural, gentle and safe way to end chronic pain, relieve stress and restore freedom of movement. You will learn how to release tension patterns you may not be aware of that have lingered with you for days or even years resulting from injury, trauma, surgery, minor falls or even the stress of daily life. Wear comfortable clothing and bring a mat or towel.

HEALTHY & LIGHT FARMER'S MARKET COOKING CLASS

Healthy & Light meals direct from your local farmer's market. ; Learn how to use the same ingredients to create a variety of different and delicious meals. ; Fieldtrips to your local farmer's market will be planned. Your instructor is Erin Barclay who successfully owned and designed menus for top-of-line restaurants and clients.

HULA HAWAIIAN DANCE

Learn the majestic art of Hula which is the Hawaiian way of story telling through dance. ; Experience the Aloha spirit as you learn to dance.

INTERMEDIATE LINE DANCE-LEVEL 2

Enjoy line dance steps to the tunes of all of your favorite country music songs. Line Dancing is a wonderful way to have fun and stay fit.

BERRYESSA CENTER, 3050 BERRYESSA RD. (408) 251-6392

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
213.4.1800	Enhance Fitness	50+	W/F	4/4-6/8	1:30PM-2:30PM	Martin	20	\$30/\$38
213.4.1911	Jewelry Making	50+	M	4/9-5/14	1:30PM-2:30PM	Volunteer	6	\$5/\$13
213.4.1914	Jewelry Making	50+	M	6/4-7/9	1:30PM-2:30PM	Volunteer	6	\$5/\$13
213.4.1912	Knitting and Crocheting	50+	Th	4/12-5/17	10:00AM-11:00AM	Volunteer	6	\$5/\$13
213.4.1913	Knitting and Crocheting	50+	Th	5/24-6/28	10:00AM-11:00AM	Volunteer	6	\$5/\$13
213.4.1804	Line Dancing - Beg	50+	F	4/6-5/4	8:45AM-9:45AM	Soffiotto	5	\$15/\$23
213.4.1805	Line Dancing - Beg	50+	F	5/11-6/8	8:45AM-9:45AM	Soffiotto	5	\$15/\$23
213.4.1806	Line Dancing - Intermediate	50+	F	4/6-5/4	9:45AM-10:45AM	Soffiotto	5	\$15/\$23
213.4.1807	Line Dancing - Intermediate	50+	F	5/11-6/8	9:45AM-10:45AM	Soffiotto	5	\$15/\$23
213.4.1803	Matter of Balance	50+	W	4/4-5/23	3:00PM-5:00PM	Martin	8	\$15/\$23
213.4.1801	Mixed Media Art	50+	F	4/6-5/25	1:00PM-3:00PM	Sieker	8	\$56/\$64
213.4.1802	Watercolor	50+	F	4/6-5/25	10:00AM-12:00PM	Sieker	8	\$56/\$64
213.4.1810	Zumba-Platinum	50+	T	4/10-5/15	1:30PM-2:30PM	Lonaker	6	\$35/\$43
213.4.1811	Zumba-Platinum	50+	T	5/22-6/26	1:30PM-2:30PM	Lonaker	6	\$35/\$43

CAMDEN CENTER, 3369 UNION AVE. (408) 559-8553

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
257.4.1924	Ballroom Dancing, Drop-In	50+	M	4/23-7/16	2:00PM-3:30PM	Volunteer	12	\$10/\$18
257.4.1925	Bridge, Drop-In	50+	F	4/20-7/6	9:00AM-3:00PM		12	\$20/\$28



ACTIVE ADULTS CLASSES 50+

JEWELRY MAKING

Do you enjoy making jewelry? So do we, come and join us in exchanging ideas and ways of making jewelries.

KNITTING AND CROCHETING

Enjoy socializing with others while making wonderful items for yourself or others. We will learn from each other and sometimes help make a blanket as a group to give away.

LAPIDARY

Specialized craft using machines to cut and polish rocks and gemstones into decorative items (not for re-sale). Participants must register in advance.

LINE DANCE - ADVANCED BEGINNER/INTERMEDIATE

Come join in on the fun of Adv.Beg/intermediate line dancing, where partners are not needed. ; Advanced steps and movement will be introduced and practice. ; A minimum of six months of line dancing experience required before attending class.

LINE DANCE - BEGINNING

Come find out how much fun it is to Line Dance. Lessons are easy and provide great exercise. You do not need a partner or any experience in dance. You will learn classic line dances and popular ones. Dance shoes work best! Don't forget to bring a water bottle to quench your thirst as you dance away.

LINE DANCE - SOUL

Our Soul Line Dancing class will give you a low impact cardio work out. With classic foot tapping R&B music and variations on many soul Line Dancing Routines, students are bound to leave energized and full of nostalgia.

LINE DANCE ABSOLUTE BEGINNERS

Come find out how much fun it is to Line Dance. Lessons are easy and provide great exercise. You do not need a partner or any experience in dance. You will learn classic line dances and popular ones. Dance shoes work best! Don't forget to bring a water bottle to quench your thirst as you dance away.

LINE DANCE BEGINNER/INTERMEDIATE

Come find out how much fun it is to Line Dance. Lessons are easy and provide great exercise. You do not need a partner or any experience in dance. You will learn classic line dances and popular ones. Dance shoes work best and be sure to bring a water bottle.

CAMDEN CENTER, 3369 UNION AVE. (408) 559-8553

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
257.4.1850	Enhance Fitness	50+	T/Th	3/27-5/31	10:40AM-11:40AM	Cutright	20	\$30/\$38
257.4.1815	Feldenkrais	50+	T	3/6-4/24	1:30PM-2:30PM	Urrutia	8	\$29/\$37
257.4.1816	Photography	50+	T	3/20-5/8	2:45PM-4:45PM	Urrutia	8	\$75/\$83
257.4.1973	Tai Chi	50+	M	4/2-6/25	9:00AM-10:00AM	Volunteer	12	\$10/\$18
257.4.1914	Tai Chi-Fri	50+	F	4/6-6/29	9:00AM-10:30AM	Volunteer	13	\$11/\$19
257.4.1915	Tai Chi-Mon	50+	M	4/2-6/11	9:00AM-10:30AM	Volunteer	10	\$8/\$18
257.4.1910	Tai Chi-Mon	50+	M	4/2-6/25	9:00AM-10:30AM	Volunteer	12	\$10/\$18
257.4.1913	Tai Chi-Thurs	50+	Th	4/5-6/28	9:00AM-10:30AM	Volunteer	13	\$11/\$19
257.4.1911	Tai Chi-Tues	50+	T	4/3-6/26	9:00AM-10:30AM	Volunteer	13	\$11/\$19
257.4.1912	Tai Chi-Wed	50+	W	4/4-6/27	9:00AM-10:30AM	Volunteer	13	\$11/\$19

CYPRESS CENTER, 403 S. CYPRESS AVE. (408) 244-1353

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
256.4.1821	Chair Exercise	50+	T/Th	4/17-6/7	12:30PM-1:30PM	Ramirez	16	\$55/\$63
256.4.1841	Conditioning Exercise w/Tai Chi Chih	50+	T	4/17-6/5	9:00AM-11:00AM	Caudill	8	\$30/\$38
256.4.1851	Conditioning Exercise w/Qigong	50+	Th	4/19-6/7	9:00AM-11:00AM	Caudill	8	\$30/\$38
256.4.1813	EnhanceFitness- Cypress	50+	M/W/F	3/26-4/27	8:30AM-9:30AM	Faber	14	\$20/\$28
256.4.1814	EnhanceFitness- Cypress	50+	M/W/F	5/30-6/29	8:30AM-9:30AM	Faber	14	\$20/\$28
256.4.1871	Line Dance, Adv.Beg/Int	50+	M	4/16-6/11	12:30PM-2:30PM	Shannon	8	\$37/\$45
256.4.1861	Line Dance, Basic Beginner	50+	M	4/16-6/11	9:00AM-9:45AM	Shannon	8	\$20/\$28



ACTIVE ADULTS CLASSES 50+

LINE DANCE INTERMEDIATE

Come join in on the fun of intermediate line dancing, where partners are not needed. Advanced steps and movement will be introduced and practice. A minimum of six months of line dancing experience required before attending class.

LINE DANCE, BASIC BEGINNER

This is introduction to Line Dance so you can gain confidence with many of the basic Line Dance steps. Come find out how much fun it is to Line Dance. Lessons are easy and provide great exercise. You do not need a partner or any experience in dance. Dance shoes work the best and be sure to bring a water bottle.

MATTER OF BALANCE

A Matter of Balance includes eight two-hour sessions for a small group led by a trained facilitator. This nationally recognized program was developed at the Roybal Center at Boston University. During the class, participants learn to: view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance. This program is partially funded by a grant from the Health Trust.

MEMOIR WRITING

Have you always wanted to write your story? Have you already started and need help putting it together in an easy to read book? Join this class to find inspiration and information on how to write your story.

MIXED MEDIA ART

This unique Art Workshop will provide a broad base of art instruction, which will develop your skills in a range of artistic techniques. You will have the opportunity to experiment with a number of art applications such as landscape, still life, portrait and contour drawing. Curriculum is sequenced.

MS WORD

Create and edit text and graphics in letters, reports or messages Personalize form letters.

MS WORD OFFICE

Create formal reports, technical reports, proposals and studies. ; Create newsletters, brochures and manuals. ; Create forms. ; Managing Files and Advanced Page Appearance, Group Editing and Distributing Documents, Elements of a Publication, Enhancing Documents, Excel Perform calculations, analyze information and manage list in spreadsheets. Power Point create and edit presentations for slide show, meetings and others. ; Publisher create and edit newsletters, brochures, flyers, greeting cards others. ; Internet create e-mail and send. ; Receive and open attachment, forward, navigate and surf the internet.

PHOTOGRAPHY

Lear photography basics and then explore the creative side of photography. ; Digital cameras welcome. ; Bring camera and manual to the first day of class.

CYPRESS CENTER, 403 S. CYPRESS AVE. (408) 244-1353

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
256.4.1865	Line Dance, Beginner	50+	M	4/16-6/11	10:15AM-11:15AM	Shannon	8	\$21/\$29
256.4.1893	Matter of Balance	50+	T/F	4/17-6/8	9:00AM-10:00AM	Ramirez	16	\$20/\$28
256.4.1881	Square Dance -April	50+	W	4/4-4/25	1:30PM-3:30PM	Woods	4	\$20/\$28
256.4.1882	Square Dance -May	50+	W	5/2-5/30	1:30PM-3:30PM	Woods	5	\$20/\$28
256.4.1883	Square Dance - June	50+	W	6/6-6/27	1:30PM-3:30PM	Woods	4	\$20/\$28
256.4.1896	Zumba Gold	50+	F	4/27-6/15	10:00AM-11:00AM	Ash	8	\$32/\$40

EVERGREEN CENTER, 4860 SAN FELIPE RD. (408) 270-2220

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
215.4.1008	Advanced Line Dance	50+	W	4/4-6/20	1:00PM-2:30PM	Megginson	12	\$45/\$53
215.4.1013	Ballroom Dancing	50+	M	4/2-5/21	1:00PM-2:30PM	Staff	8	\$70/\$78
215.4.1007	Intermediate Line Dance	50+	Th	4/5-6/21	2:30PM-3:30PM	Megginson	12	\$32/\$40
215.4.1012	Tai Chi	50+	W	3/28-6/13	1:45PM-2:45PM	Staff	12	\$34/\$42
215.4.1009	Zumba-Platinum	50+	Th	4/5-5/10	10:15AM-11:15AM	Lonaker	6	\$35/\$43
215.4.1010	Zumba-Platinum	50+	Th	5/17-6/21	10:15AM-11:15AM	Lonaker	6	\$35/\$43



ACTIVE ADULTS CLASSES 50+

PHOTOSHOP ADVANCE

Must have taken the basic and Intermediate Photoshop. The Student will learn Advanced Adobe Photoshop Elements techniques that apply to both the photographer and artist. ; Hands-on exercise will assist the Student in perfecting their photography workflow. ; The following methods and features are just a few topics we will cover. ; Copy and paste to a new layer, adding local and global adjustment layers, working on adjustment masks, text, blur, filters, ; sharpening, dodge and burn, adding borders and feathered edges, resize and expand the canvas of the image, renaming layers, Digital Photography Workflows and printing at home or online services.

PHOTOSHOP BASIC ELEMENTS

Learn Adobe Photoshop Element techniques that apply to both the photographer and artist. The following methods and features we will cover. Copy and paste to a new layer, adding local and global adjustment layers, working on adjustment masks, text, blur, filters, sharpening, dodge and burn, adding borders and feathered edges, resize and expand the canvas of the image, renaming layers, Digital Photography Workflows and printing at home or online services. Students must have basic computer skills, including an understanding of file and folder structure.

PHOTOSHOP INTERMEDIATE ELEMENTS

Elements techniques, methods and applications will be discussed and expand in the Intermediate class. Hands-on exercise's will provide perfection to the students understanding using copy and past to a new layer, creating filters as backgrounds, in depth global adjustment layers and masks, dodge and burn, sharpening images, text borders, resize and expand canvas, Digital Photography Workflows and printing. Display your photos in a fancy slideshow with professional-looking transition, pan and zooms right on your computer. Build and arrange your photos in albums. View your photos in several ways.

PIANO INT /ADV FOR SENIORS

Come practice your favorite songs on the piano with your friends.

PIANO KEYBOARDING 1A

Students share portable keyboards and learn how to read music and play simple, popular pieces. Beginning piano music is welcomed. However, Alfred's Basic Piano Adult All-In-One course book is strongly recommended.

PIANO KEYBOARDING 1B

Students share portable keyboards and learn how to read music and play simple, popular pieces. ; Beginning piano music is welcomed. ; However, Alfred's Basic Piano Adult All-In-One course book is strongly recommended.

PING PONG

Challenge your friends or others to a game of ping pong or just enjoy socializing over a friendly game.

SPANISH CONVERSATION & CULTURE

Be prepared when you visit Mexico or the corner market. Learn everyday phrases, simple conversations, Hispanic culture and more from a dynamic instructor.

SPANISH INTERMEDIATE

Experience the Spanish culture without ever leaving the comfort of your own community. Learn everyday phrases, simple conversations, Hispanic culture and more from a dynamic instructor. Be prepared when you visit Mexico or the corner market.

SQUARE DANCE

Join this lively class on Wednesdays where the new will learn square dancing steps and the experienced can practice their steps, while having fun and meeting new people! All levels are welcome and no partner is needed to join.

GARDNER CENTER, 520 W. VIRGINIA ST. (408) 277-4761

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
286.4.1903	Line Dance, Beginner	50+	T	4/3-5/22	10:00AM-11:00AM	Shannon	8	\$25/\$33
286.4.1902	Yoga - Gentle	50+	Th	4/5-5/24	10:00AM-11:00AM	Martin	8	\$30/\$38

MAYFAIR CENTER, 2039 KAMMERER AVE. (408) 794-1060

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
287.4.8000	Enhance Fitness	0-0	W/F	4/4-6/15	10:30AM-11:30AM	Staff	22	\$30/\$38

ROOSEVELT CENTER, 901 E. SANTA CLARA ST. (408) 794-7555

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
234.4.1800	Enhance Fitness	50+	T/Th	4/3-5/10	1:00PM-2:00PM	Staff	12	\$30/\$38



ACTIVE ADULTS CLASSES 50+

TAI CHI

This is a graceful exercise using slow circular movements and deep breathing. Tai Chi is great in helping the body improve strength and balance while relieving stress.

VOICE LESSONS

The goals of this class are to teach proper singing techniques including breathing, voice production, diction, expression and posture. Reading and understanding music as well as music theory & interpretation. A wide range of music repertoire will be offered, including classical, popular, musicals and opera. As well as songs from different countries and in different languages.

WATERCOLOR

Enjoy exploring different techniques in watercolor using a variety of papers and materials. Use pastels focusing on portraits and still life compositions. Design ways for using pastels and watercolor in combinations. Prerequisite: one year in Mixed Media Art.

WATERCOLOR & PASTEL

Enjoy exploring different techniques in watercolor using a variety of papers and materials. ; Use pastels focusing on portraits and still life compositions. ; Design ways for using pastels and watercolor in combinations.

YOGA - GENTLE

Awaken your mind and body with gentle yoga. Gentle yoga is a safe way to stretch and release tension. Based on the Feldenkrais method to increase flexibility and balanced mobility in the mature body.

ZUMBA GOLD

Let's salsa to better health! This Zumba gold class has a certified Zumba Gold instructor ready to infuse your exercise routine with Latin beats and flavor. You'll have a blast dancing with other active adults!

ZUMBA-PLATINUM

Zumba Platinum Join the latest exercise craze! Zumba Platinum Fitness & Dance class is geared toward the active older adult. Set to a variety of music this class will have you dancing and smiling in no time!

SEVEN TREES CENTER, 3590 CAS DR. (408) 794-1690

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
239.4.1811	Enhance fitness	50+	T/Th	3/27-4/26	10:00AM-11:00AM	Faber	10	\$15/\$23
239.4.1812	Enhance fitness	50+	T/Th	5/29-6/28	10:00AM-11:00AM	Faber	10	\$15/\$23
239.4.1809	Line dance - Advanced Beginner/Intermediate	18+	W	5/16-6/13	10:30AM-12:00PM	Del Rosario	5	\$19/\$27
239.4.1813	Line Dance - Soul	50+	Th	4/12-5/24	1:30PM-3:30PM	Croft	7	\$21/\$29
239.4.1814	Line Dance - Soul	50+	Th	6/7-7/19	1:30PM-3:30PM	Croft	7	\$21/\$29
239.4.1808	Line dance- Advanced beginner/Intermediate	18+	W	4/4-5/2	10:30AM-12:00PM	Del Rosario	5	\$19/\$27

SOUTHSIDE CENTER, 5585 COTTLE RD. (408) 629-3336

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
219.4.1819	Enhance Fitness	50+	T/Th	3/27-4/26	11:30AM-12:30PM	Faber	10	\$16/\$24
219.3.1821	Line Dance - Beginning	50+	M	4/23-6/18	1:30PM-2:30PM	Shannon	8	\$40/\$48
219.4.1820	Line Dance - Beginning	50+	M	5/7-6/25	1:30PM-2:30PM	Shannon	7	\$40/\$48
219.4.1821	Line Dance - Beginning	50+	M	7/2-8/27	1:30PM-2:30PM	Shannon	9	\$40/\$48
219.3.1823	Line Dance Intermediate	50+	M	4/23-6/18	2:45PM-4:15PM	Shannon	8	\$40/\$48
219.4.1822	Line Dance Intermediate	50+	M	5/7-6/25	2:45PM-4:15PM	Shannon	7	\$40/\$48
219.4.1823	Line Dance Intermediate	50+	M	7/2-8/27	2:45PM-4:15PM	Shannon	9	\$40/\$48

WILLOW GLEN CENTER, 2175 LINCOLN AVE. (408) 448-6400

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
255.4.1820	EnhanceFitness	50+	M/W/F	3/26-4/27	10:00AM-11:00AM	Faber	14	\$20/\$28
255.4.1821	EnhanceFitness	50+	M/W/F	3/26-4/27	11:15AM-12:15PM	Faber	14	\$20/\$28

**WILLOW GLEN CENTER, 2175 LINCOLN AVE. (408) 448-6400**

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
255.4.1824	EnhanceFitness	50+	M/W/F	5/30-6/29	10:00AM-11:00AM	Faber	14	\$20/\$28
255.4.1825	EnhanceFitness	50+	M/W/F	5/30-6/29	11:15AM-12:15PM	Faber	14	\$20/\$28
255.4.1817	Feldenkrais	50+	M	4/2-5/7	8:30AM-9:30AM	McCarten	6	\$33/\$41
255.4.1818	Feldenkrais	50+	M	5/14-6/18	8:30AM-9:30AM	McCarten	5	\$33/\$41
255.4.1800	Lapidary	50+	F	4/6-4/27	9:00AM-12:00PM	Volunteer	3	\$11/\$19
255.4.1801	Lapidary	50+	F	5/4-5/25	9:00AM-12:00PM	Volunteer	4	\$11/\$19
255.4.1826	Matter of Balance	50+	M	4/9-5/21	1:00PM-3:00PM	Staff	7	\$15/\$23
255.4.1808	Memoir Writing	50+	T	4/24-5/29	10:00AM-12:00PM	Staff	6	\$34/\$42
255.4.1804	Piano Int /Adv for Seniors	50+	T	4/3-6/26	1:00PM-3:00PM	Volunteer	13	\$26/\$34
255.4.1811	Spanish Conversation & Culture	50+	T	4/3-5/1	10:00AM-12:00PM	Herrera	5	\$50/\$58
255.4.1812	Spanish Conversation & Culture	50+	T	5/15-6/12	10:00AM-12:00PM	Herrera	5	\$50/\$58
255.4.1809	Tai Chi	50+	Th	4/5-5/3	8:30AM-9:30AM	Robertson	5	\$45/\$53
255.4.1810	Tai Chi	50+	Th	5/17-6/14	8:30AM-9:30AM	Robertson	5	\$45/\$53
255.4.1813	Watercolor & Pastel	50+	Th	4/5-5/3	1:00PM-3:00PM	Franck	5	\$45/\$53
255.4.1814	Watercolor & Pastel	50+	Th	5/17-6/14	1:00PM-3:00PM	Franck	5	\$45/\$53
255.4.1822	Yoga - Gentle	50+	T	4/3-5/1	10:00AM-11:00AM	Staff	5	\$40/\$48
255.4.1823	Yoga - Gentle	50+	T	5/15-6/12	10:00AM-11:00AM	Staff	5	\$40/\$48