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MARTIAL ARTS

Chen Tai-Chi Chuan

Ages: 15+

Learn and enjoy the benefits of Tai-Chi Chuan. The focus will be on learning to relax using deep breathing methods and meditation, as well as gentle movements to stretch and tone your muscles. These fundamentals will then be incorporated as you learn the Chen Style Tai-Chi form. Tai-Chi can help you achieve better health, greater peace of mind and focus in your life. Beginning and intermediate participants welcome.

Location: Activity Building

Instructor: Shauna LeMay

09FA Tu/Th 9/5-9/28 7:00-8:00pm

10FA Tu/Th 10/3-10/26 7:00-8:00pm

11FA Tu/Th 11/7-12/7 7:00-8:00pm

No class: 11/23

Fee: \$40 / \$43 NR or \$110 / \$113 NR for the 3 months listed.

Aiki Jujitsu Self Defense

Ages: 13+

Jujitsu is a practical method of self defense using restraining arts, throws, strikes and blocking methods. Come and learn effective martial arts techniques in a relaxed, comfortable and friendly environment. Develop self-confidence and learn advanced methods of conflict resolution that can be used in all aspects of your everyday life. Recommended uniforms can be ordered for \$65 from instructor.

Location: Activity Building

Instructor: Clint LeMay

09FA M/W 9/6-9/27 7:30-8:30pm

10FA M/W 10/2-11/1 7:30-8:30pm

11FA M/W 11/6-12/6 7:30-8:30pm

No class: 10/9, 11/22

Fee: \$50 / \$53 NR or \$140 / \$143 NR for the 3 months listed.

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Teen /Adult Aikido

Ages: 16+

The primary focus is a non-competitive approach to self-defense and self-discipline. Yoshinkan Aikido allows each student to train at their own pace, without pressure, in a safe and fun environment. Have children? Want to train together? Check out our Family Training Option in our youth program and train together!

Location: Youth Center

Instructor: Steven Miranda

09FA Tu/Th 9/2-9/30 7:30-9:30pm

& Sa 7:30-8:30am

10FA Tu/Th 10/3-10/31 7:30-9:30pm

& Sa 7:30-8:30am

11FA Tu/Th 11/2-11/30 7:30-9:30pm

& Sa 7:30-8:30am

12FA Tu/Th 12/2-12/21 7:30-9:30pm

& Sa 7:30-8:30am

No class: 11/23 & 12/23 thru 12/30. Class resumes 1/2/18.

Fee: \$63 / \$66 NR per month or \$175 / \$178 NR for 3 months

New Students: \$150 / \$153 NR for the first 3 months

Family Discounts: First person full price, each additional youth member \$25 / \$28 NR per month or \$75 / \$78 NR for the first 3 months. Adult members \$53 / \$56 NR per month or \$165 / \$168 NR for 3 months

Family training option: Adult members \$40 / \$43 NR per month or \$100 / \$103 NR for 3 months and youth members \$25 / \$28 NR per month or \$75 / \$78 NR for 3 months and train together in the **youth class**.

Let's Salsa!

Ages: 18+

Location: Genovia Dance

@ Anti-Gravity School of Dance

201-C Harding Blvd, Roseville

Instructor: Genovia Dance Staff

Beginning Salsa

If you've never danced before or you're just getting started, this class is for you!

Learn basic steps, timing, partnering and turns in one of the most popular latin club dances danced worldwide. Learn Cuban motion and how to lead and follow.

09FA W/F 9/6-9/29 8:00-9:00pm

10FA W/F 10/4-10/27 8:00-9:00pm

11FA W/F 11/1-11/24 8:00-9:00pm

12FA W/F 12/6-12/29 8:00-9:00pm

Fee: \$40 / \$43 NR

Intermediate Salsa

Merengue/Bachata/Rueda

Dancers that know the basics will learn complicated patterns, multiple turns and simple dips. Class moves at a faster pace, but will perfect the leading and following techniques needed to smoothly execute these more advanced patterns.

09FA W 9/6-9/27 9:00-10:00pm

10FA W 10/4-10/25 9:00-10:00pm

11FA W 11/1-11/22 9:00-10:00pm

12FA W 12/6-12/27 9:00-10:00pm

Fee: \$25 / \$28 NR

New! Ballroom Dancing

Ages: 18+

Ballroom dancing is hot! Classes cover easy-to-learn patterns that look great on the dance floor. For beginners and experienced dancers alike and a partner is not required. Richard Kowaleski is a very popular dance instructor with a unique teaching style and a delightful sense of humor that puts you at ease so you can quickly learn while also having fun. Please bring smooth-soled shoes with good heel support.

Location: Youth Center

Instructor: Richard Kowaleski

3 Week Fee: \$30 / \$33 NR single,

\$45 / \$48 NR couple

4 Week Fee: \$40 / \$43 NR single,

\$60 / \$63 NR couple

Waltz • 3 weeks

09AFA M 9/11-9/25 7:00-8:00pm

Foxtrot • 3 weeks

09BFA M 9/11-9/25 8:00-9:00pm

East Coast Swing - 4 weeks

10AFA M 10/2-10/30 7:00-8:00pm

West Coast Swing - 4 weeks

10BFA M 10/2-10/30 8:00-9:00pm

No class: 10/9

Cha Cha • 4 weeks

11AFA M 11/6-11/27 7:00-8:00pm

Hustle • 4 weeks

11BFA M 11/6-11/27 8:00-9:00pm

Night Club Two Step • 3 weeks

12AFA M 12/4-12/18 7:00-8:00pm

Tango • 3 weeks

12BFA M 12/4-12/18 8:00-9:00pm

Adult Pottery

Ages: 18+

Experience one of the most ancient & relaxing art forms while learning different techniques to create your own individual works of art. Hand building as well as wheel throwing will be offered. Emphasis is on fun while exploring your creative side. Although this is a beginning class, all levels are welcome. \$25 materials fee due to instructor at first class.

Location: Fair Oaks Arts & Crafts Bldg behind Clubhouse, 7997 California Ave, Fair Oaks

Instructor: Michelle Lueth

09FA Tu 9/19-10/10 1:30-3:30pm

10AFA W 10/18-11/8 1:30-3:30pm

10BFA Tu 10/24-11/14 1:30-3:30pm

Fee: \$74 / \$77 NR

Mommy & Me Little Hands Pottery and Family Pottery

See page 5



New! Self Care Yoga

Ages: 18+

In this class, we nourish joints, muscles and fascia by slowing down and practicing compassionate attention. We take our time. We create space to feel sensations in the body and we let our hearts and minds rest. Appropriate for the absolute beginner as well as the advanced practitioner who wants to go deeper into a practice of restoration and self-care. Please bring a yoga mat and blanket.

Location: Activity Building

Instructor: Holly Holt

09FA Tu 9/5- 9/26 8:45-10:00am

10AFA Tu 10/3-10/24 8:45-10:00am

10BFA Tu 10/31-11/21 8:45-10:00am

11FA Tu 11/28-12/19 8:45-10:00am

Fee: \$44 / \$47 NR

Artist Studio

Ages: 35+

Do you love to explore your artistic side, but can't find the time or energy to work on your own? Our group of amateur artists love to share their expertise and encouragement in a relaxed and friendly environment and is open to anyone interested in painting independently with any media. Bring a lunch and enjoy creating beautiful art. Please bring your own supplies. A basic supply list will be provided upon request.

Location: Activity Building

08SU Th 9/7-11/16 11:00am-3:00pm

Fee: \$30 / \$33 NR

Mosaic Design

Ages: 18+

Have you ever seen a wonderful handmade glass or tile mosaic and wanted to try your hand at making one yourself? Learn the basics to create your own Mosaic masterpiece. Have fun and bring home a one of a kind mosaic design. \$35 materials fee due to instructor at first class. Please see receipt for cancellation policy.

Location: Fair Oaks Arts & Crafts Bldg behind Clubhouse, 7997 California Ave, Fair Oaks

Instructor: Michelle Lueth

10FA F 10/13-11/3 1:00-4:00pm

Fee: \$74 / \$77 NR

New! Weight Loss Challenge

Ages: 18+

I CHALLENGE YOU! 30 days of weight loss coaching, nutrition guidelines and workouts. Those who accept the challenge will be led by a certified personal trainer to coach and motivate you to reach your goal! Please wear appropriate clothing and shoes, bring a water bottle, towel and yoga mat.

Location: New Fire Fitness

8303 Sierra College Blvd., Roseville

Instructor: Travis Grosjean, NASM-CPT, PES

09FA M 9/11-10/2 5:30-6:30pm

10FA M 10/16-11/6 5:30-6:30pm

11FA M 11/13-12/4 5:30-6:30pm

Fee: \$65 / \$68 NR

Simply Crafty Women

Hosted by: Orangevale Woman's Club

Ages: 18+

Come join community minded crafters to make projects to benefit our community. Some of the projects worked on could be pillows for surgical patients, projects for The Petal Connection which provides bouquets for hospice patients, or making blankets for the receiving home. We encourage all levels of crafters! Each session will have a different theme. You are welcome to bring a snack or lunch. \$5 material fee paid day of class.

Location: Meeting Room

Instructor: Suzanne Winters

09FA M 9/11 10:00am-1:00pm

11FA M 11/13 10:00am-1:00pm

12FA M 12/11 10:00am-1:00pm

Fee: Free

New! Hot & Cold Soap

Making

Ages: 18+

Welcome to the wonderful world of soap making. Make your own soap using the Hot and Cold method, adding your own scent and color. Roll up your sleeves and begin making cute, artistic and novelty soap. Please bring a clean, empty, quart size milk carton with you to class come dressed in a long sleeve shirt & closed toed shoes.

Location: Youth Center

Instructor: Christina Duette

09AFA W 9/13 8:00-8:45pm

09BFA W 9/27 8:00-8:45pm

10AFA W 10/11 8:00-8:45pm

10BFA W 10/25 8:00-8:45pm

11AFA W 11/15 8:00-8:45pm

11BFA W 11/29 8:00-8:45pm

12FA W 12/13 8:00-8:45pm

Fee: \$58 / \$61 NR



Learn to Kayak

Lake & Calm Waters

Ages: 14+ (younger w/adult)

This small group class is the easiest way for anyone – really – ANYONE to try kayaking. Our stable kayaks and experienced instructors will show you how simple, safe and fun kayaking really is. Bring a friend or family and make a great day of it exploring the lake's hidden spots and learning the basics of how to be under your own power on the water. Beginners welcome, all equipment provided. You will receive an email or phone call three days prior to your program date, with the exact meeting location. If you do not, please contact the District Office two business days prior to class date. Please see receipt for cancellation policy.

Location: Lake Natoma (Folsom Area)

Instructor: Current Adventures Staff

09AFA	Sa	9/2	10:00am-1:00pm
09BFA	Th	9/7	11:00am-2:00pm
09CFA	Sa	9/16	11:00am-2:00pm
09DFA	Su	9/24	11:00am-2:00pm
10AFA	Sa	10/7	11:00am-2:00pm
10BFA	Th	10/12	11:00am-2:00pm
10CFA	Sa	10/21	11:00am-2:00pm
11FA	Sa	11/4	12:00-3:00pm

Fee: \$69 / \$72 NR

Full Moon & Sunset Paddles

Ages: 14+ (younger w/adult)

We'll glide through basic skills before cutting our quiet paths across the water and into the hidden swamps and channels of the lake. All beneath the fascinating light and ghostly shadows of the setting sun and rising moon. We'll have the stillness of the lake to ourselves but for the sounds of animals, & birds settling down at twilight. All equipment provided. You will receive an email or phone call three days prior to your program date, with the exact meeting location. If you do not, please contact the District Office two business days prior to class date. Please see receipt for cancellation policy.

Location: Lake Natoma (Folsom Area)

Instructor: Current Adventures Staff

09FA	Su	9/3	5:30-8:30pm
10FA	Su	10/1	4:30-7:30pm

Fee: \$49 / \$52 NR

Financial Planning Basics for Women

Ages: 18+

This is a two-hour educational event designed to support and encourage women to make educated money choices. Learn basic financial planning concepts that can help you create a more secure financial future for you and your family. We'll cover the basics of saving, investing, risk management and estate planning. Pre-registration is required.

Location: Meeting Room

Instructor: Tina Florence

09FA	Tu	9/26	6:30-8:30pm
10FA	W	10/11	6:30-8:30pm

Fee: \$10 / \$13 NR

Mens 3 on 3 Hoops

Ages: 50+

Looking for some fun, friendly competition and a great workout? This league is for men 50 years and older who are looking to get out and have some fun and competition on the basketball court. The league is a draft league with eight games.

Location: OCC Gym

09FA	W	9/27-12/13	7:30-9:00pm
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No class: 11/22

Fee: \$30

New! Cardio Kickboxing

Ages: 14+

Cardio kickboxing is one of the best exercises on earth. People burn upward of 800 calories per class while having a blast kicking and punching to some amazing music.

Location: THE STUDIO Martial Arts & Fitness

8200 Sierra College Blvd. Ste. D, Roseville

Instructor: The STUDIO Staff

Choose time:

9:15-10:00am or 7:00-7:45pm

09AFA	M/W	9/6-9/27
10AFA	M/W	10/2-10/25
11AFA	M/W	11/6-11/29
12AFA	M/W	12/4-12/27

No class: 12/25

Fee: \$129 / \$132 NR

Jazzercise

Ages: 16+

Unlimited day and evening class per month with no contract! Jazzercise is the world's largest dance-fitness program. Each instructor is professionally trained and certified by Jazzercise. Each 60 minute class includes: warm up, 30 minute aerobic workout, muscle toning and strengthening using light weights and a full body stretch. Fresh choreography to popular music makes this program anything but routine. Perfect for all fitness levels. To register or for additional information contact the instructor at 771- 9967 or aileen.jazzercise@yahoo.com. Bring a mat or towel for floor work and light weights (optional).

Location: Orangevale Community Center

Instructor: Aileen Van Noland

M/W/F 9:15-10:15am

M/W 6:15-7:15pm

Sa 9:00-10:00am

Fee: \$15 Single class

\$45 per month with EFT

\$55 per month Non - EFT

(EFT = Electronic Funds Transfer)

One time Joining Fee \$25

New Customer Special: \$125 for 3 months includes the joining fee.

(Unlimited monthly classes)