



ADULT GOLF

Beginning and intermediate golfers can learn the game or refine existing skills. This class teaches rules, course etiquette, hitting, putting and irons. Clubs provided, if needed. Fee includes one bucket of balls at each class.

AGE: 16+

INSTRUCTOR: Mike Griggs, PGA Pro
 LOCATION: Sunrise Golf Course, 6412 Sunrise Blvd. (North of Greenback)
 DAY/TIME: Thursday, 6:30-7:30pm
 FEE: \$45 (\$48 NR)
 SESSION DATE: July 8-29

CHEN TAI-CHI CHUAN

Come learn and enjoy the benefits of Tai-Chi Chuan. The focus of the class 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 and greater peace of mind and focus in your life. Beginning and intermediate participants welcome.

AGE: 17+

INSTRUCTOR: Shauna LeMay
 DAY/TIME: Tue & Thur, 7-8pm
 LOCATION: Orangevale Activity Building
 FEE: \$40 (\$43 NR)
 OR \$110 (\$113 NR) for 3 months
 Session 1 May 4-27
 Session 2 June 1-29
 Session 3 July 1-29
 No classes on holidays

AIKI JUJITSU SELF DEFENSE

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 \$55.*

AGE: 13+

INSTRUCTOR: Clint LeMay
 DAY/TIME: Tues & Thur, 8-9pm
 LOCATION: Orangevale Activity Building
 FEE: \$50 (\$53 NR)
 OR \$135 (\$138 NR) for 3 months

Session 1 May 4-27

Session 2 June 1-29

Session 3 July 1-29

No classes on holidays

jazzercise®

Jazzercise

DAY & EVENING CLASSES

Jazzercise is the world's largest dance-fitness program. Each instructor is professionally trained and certified by Jazzercise. When you love your workout, results come easy. Especially with Jazzercise. Each 60 minute class includes: warm up, 30 minute aerobic workout, muscle toning and strengthening using light weights, and a full body stretch. With fresh choreography to music you love, this is a program that is anything but routine and perfect for all fitness levels. For additional information contact the instructor at 771-9967 or aileenvn@yahoo.com.

AGE: 16+

INSTRUCTOR: Aileen Van Noland
 DAY/ TIME: Mon/Wed/Fri, 9:15-10:15 am
 Mon/Wed 6:15-7:15pm and Sat, 9-10 am
 LOCATION: Orangevale Community Ctr
 FEE: \$40/month (EFT), other pricing plans available.

NEW STUDENT SPECIAL - Sign up for 2 months, get the 3rd month for FREE!

Registration is ongoing, so begin anytime.

Bring a mat or towel for floor work and light weights (optional).