

PARENTS' PLACE/HEALTH & SAFETY

MANAGING MULTIPLES

Here is your chance to connect with parents of other multiples. Learn nighttime coping strategies and tips on how much help is too much? Discuss the unique challenges and situations with having multiple children of the same age.

2nd Sat. each month
9am-12 noon



DIGGING IT IN THE GARDEN

Plant a seed, water a sunflower, smell a daisy!

Lots of hands on activity for the small toddler and parent together.

Weather Permitting

HEALTH & SAFETY

HEALTH/WEIGHT MANAGEMENT

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LIFESTYLE SYSTEM

Learn a lifestyle system including glycemic instruction that will bring you more energy, great health, and weight management.

Room: Multi

T 1:15-3:15 pm

Fee: \$50 per term

Harvey Horrocks

BOOSTING YOUR DIET WITH FRESH FOOD

From apples to zucchini and bananas to yams this Nutrition Class provides you with nutritional information and inspiration about fresh produce. An instructor will present recipes and offer occasional tasty samples. You will be able to expand your cooking repertoire and improve your diet with healthy eating habits.

(In collaboration with the Meals on Wheels Produce Market at the Sally Griffin Active Living Center).

375-4454.

Sally Griffin Active Living Center

W 11am - 1pm

Fee \$25 per term

Janet Light

55 years and older Free

RAISING EMOTIONALLY HEALTHY

CHILDREN

Based on the workshop and parenting guide by Dr. Gerald Newmark of The Children's Project - providing powerful and practical concepts and tools that enable parents, teachers, and childcare providers to interact with children and with each other in emotionally healthy ways.

Room: 4

T - 7-9 pm June 16 - July 21

Fee: \$50

Lisa Senkel

BELLY DANCING

Learn basic patterns of Middle Eastern belly dance, body isolations and combinations, veil work, musical rhythms, terminology, costuming, historical context and performance elements including improvisation and choreography.

Room: Multi

Th 7-9 pm

Fee: \$50 per term

Flora Anderson

HEALTH & SAFETY

INTERNATIONAL FOLK DANCING-FOR

BEGINNERS

Easy dances emphasizing basic steps from different countries and regions will be taught. Learn about peoples from far away lands through their cultural dances and beautiful music. No partner needed. Wear comfortable shoes and clothing and have fun!

Sally Griffin Active Living Center

W 3-5 pm

Fee: \$30 per term

Gabriele Swanson

JAZZ DANCE

This beginning jazz class focuses on the primary elements of: isolation, stretches, work across the floor and basic choreography. A great way to enhance your fitness program! No prior dance experience necessary.

Room: Multi

Th 1:30-3:00 pm

Fee: \$50

Sherri Beck



PHYSICAL FITNESS I:

Get healthy and stay healthy! This class includes body toning, endurance, balance and flexibility exercises for all levels of physical fitness. Come and participate in this informal and friendly class. Wear loose fitting clothing, proper exercise shoes and bring water. Floor mats, hand weights (1-8 pounds) and stability balls are provided.

Room: Multi

T, Th 3:15-5:15pm

Fee \$50 per term

Joan Nattress

BODY CONDITIONING:

This class is geared to those who wish to acquire or maintain excellent physical conditioning. Class includes aerobics, body toning and strength training segments.

Room: Multi

M, W, F 10:00-12:00 noon

Fee \$50 per term

Sherri Beck



PILATES METHOD CONDITIONING:

The Pilates Method is a conditioning program that improves muscle control, flexibility, coordination, overall strength and muscle tone. It consists of a sequence of carefully performed moves designed to strengthen, stretch, open joints and release tension. "Think" your way to a healthier spine and stronger abs!

Room: Multi

T, Th 12-1pm (Sherri Beck)

T, Th 5:15-6:45pm (Hillary Bennett)

Fee: \$50

PILATES SUPER METHOD:

This class begins with a 45 minute cardiovascular workout, followed by 75 minutes of Pilates conditioning.

Room: Multi

Sat 9-11am

(9-9:45 cardio; 9:45-11:00 Pilates)

Fee: \$50 per term

Sherri Beck

HEALTH & SAFETY

PILATES SATURDAY WORKSHOP

Saturday Basic Techniques for beginners.

July 11, 25 and Aug. 8, 2009

Room: Multi

Sat 3-5pm

Fee \$30

Hillary Bennett

STRESS RELEASE YOGA:

Clear away your busy week, revitalize your energy, tone your physical body with Stress Release Yoga! Stress Release Yoga is designed to strengthen the body, tone the internal organs and calm the mind. Stress Release Yoga with its emphasis on relaxation is moderate and manageable without strenuous "pretzel" positions.

M 6-8pm

F 5-7pm

Room: Multi

Fee: \$50 each (take both for \$60)

Bonnie Bragg

WEIGHT TRAINING

Are you looking for a basic weight training program to help develop, maintain or improve your overall muscle tone and strength? This is the place.

Room: PGHS Weight Room

M,W 7-9pm & Sat 8-10am all terms

Fee: \$45 per term

Ed Brown

FITNESS WALKING

Wake-up and warm up with this class designed to get you invigorated for the rest of the day. A brisk walk on the Recreation Trail encourages early risers to "get up and get moving"!

Sally Griffin Active Living Center

M,W,F 8-9am all terms

Fee: \$25 per term

55 years and older Free

Janet Light

AEROBIC LAP SWIMMING:

Improve your aerobic conditioning through lap swimming. This individual swim program welcomes all levels of swimmers: beginners, intermediate or advanced. Basic stroke instruction, technique development and work-out suggestions are available. Enroll at the pool — class is held in a heated outdoor pool.

Pacific Grove High School Pool

M&W 5:15-7:15pm & Sat 8:00-11am

Fee: \$45 (Register at pool)

Janet Light/Larise Baker



BODY CONDITIONING AND

STRETCHING:

This class combines stretching and toning techniques through a series of movements to improve and maintain good health. Wands and resistance bands are provided to aid in some of the stretching exercises. Light hand weights and stability balls are used to improve range of motion, toning of arms, back, abdomen, hips, thighs and buttocks.

Pacific Grove Adult Ed Center, Multi

M,W,F 9-10am

T, Th 8-9am

Fee: 40

Sally Griffin Active Living Center

T, Th 12noon-1pm

Fee \$30 per term

Janet Light

55 years and older Free

HEALTH & SAFETY

FITNESS THROUGH MOVEMENT

Increase your stamina, strength and balance through a variety of traditional exercise and dance movements, including tap. Wear loose comfortable clothing and shoes.

Sally Griffin Active Living Center

T 10-11:30am all terms

Fee: \$30 per term

Janet Light

55 years and older Free



PHYSICAL FITNESS CLASS

Class is designed for those who wish to acquire or maintain excellent physical and mental health. This class includes body toning, strength training, endurance, posture, balance and flexibility exercises for all levels of fitness. The atmosphere of class is friendly, welcoming and informal. Musical choices range from Glenn Miller to Frank Sinatra.

10:00-10:45am aerobics (exercise to music)

10:45-11:45am strength training, flexibility (resistance bands and light hand and balance, weights are provided)

Students are invited to any and all sections of class.

Sally Griffin Active Living Center

M,W, Th 10:00-12:00 noon

Fee: \$30 per term

Joan Nattress/LaVerne Baker Leyva

55 years and older Free

PHYSICAL FITNESS II

Are you interested in a class that includes: moderate stretching techniques, movement principles related to flexibility, balance exercises and muscle strengthening exercises with light hand weights? Then this is the class for you with some "sit and fit" exercises using chairs. Wear comfortable clothing and supportive/athletic shoes.

T,W,Th 9:00-10:00am

Canterbury Woods, Auditorium

M, W 1:15-2:00pm

Forest Hill Manor, South wing Lounge

T, Th 1:15-2:00pm

Forest Hill Manor, South wing Lounge

LaVerne Baker Leyva Free