

HEALTH & SAFETY

HEALTH/WEIGHT MANAGEMENT

LIFESTYLE SYSTEM

In twelve weeks you will understand a lifestyle system including glycemic instruction that will bring you more energy, great health, and weight management.

Room: 8

W 7-9pm 12 week course

Fee: \$45 per term

Harvey Horrock

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

ADULT LEAGUE SOCKO (SOFTBALL)

The Adult fall Socko season will begin in early September with all league play at Pacific Grove Municipal Ballpark (corner of 17 Mile Dr. and Pico Ave. Must register in person at 1025 Lighthouse Ave. Form must be filled out and signed by each participant, on both the front and back side.

Registration deadline is April 3rd!

Don Mothershead

Fee \$55



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

T 7-9 pm Spring I term only

Fee: \$40 per term

Flora Anderson

FLAMENCO DANCING

Learn basic foot patterns, arm positions, body placement. Line and musical rhythms of Spanish flamenco. Class includes basic flamenco terminology, historical context and performance elements: hand clapping, costuming, immortalization and choreography.

***Shoes with strap across instep required.**

Room: Multi

T 7-9 pm Spring II term only

Fee: \$40 per term

Flora Anderson

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!

Room: Multi

Th 7-9 pm Spring II term only

Fee: \$30 per term

Gabriele Swanson

HEALTH & SAFETY

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 \$35 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 \$35 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: \$30

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: \$35 per term

Sherri Beck

PILATES SATURDAY WORKSHOP

Meets every other Saturday beginning March 7, 2009

Room: Multi

Sat 3-5pm

Fee \$30 per term

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

PGAE Center, Multi

Fee: \$30 each (take both for \$40)

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: \$35 per term

Ed Brown

HEALTH & SAFETY

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

Not an early bird? Then come and enjoy the benefits of good health via walking in the afternoon. Both the walking pace and distance are established to meet your physical abilities, needs and goals. The class meets next to the Glass bottom boat on the Recreation Trail at the benches.

Pacific Grove Recreation Trail

T, Th 1-3pm 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: \$35 (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

Sally Griffin Active Living Center

T, Th 12noon-1pm

Fee \$25 per term

Janet Light

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