

HEALTHY & FIT SENIOR EXERCISE • Ages 50+

Join this fun class and increase your strength and endurance. Class includes aerobic exercise to enhance cardiovascular health, core muscle strength, balance exercises and the use of lightweight weights and exercise bands. Come improve your health, remain active and make new friends! Please bring a water bottle to class. For more information contact the Coordinator at 648-4609. Instructor: Alicia Sanson
North Vallejo Community Center, 1121 Whitney Ave.
Cost: \$10/month resident,
\$12/month nonresident.

Drop-in: \$3/class
Jan 4-26, Feb 1-29, Mar 1-29, Apr 4-26, May 2-31
Wednesday or Thursday, 9:30-10:30am

FREE! EARLY RISE & SOCIALIZE • Ages 50+

A non-aerobic stretch and exercise class. Must bring water bottle. Meets three times a week at the Vallejo Community Center. Space is limited. For more information contact the Coordinator at 648-4640. Instructor: Karen Houston
Vallejo Community Center, 225 Amador St.
Jan 4-May 30. Monday, Wednesday, Friday,
8:00-9:00am

CHI GONG-A HEALING PRACTICE • AGES 10+

Chi Gong is a slow, moving meditative acupressure. Deep breathing, single gentle hand positions & arm movements move the Chi (life force) to heal the mind and body. Ideal for relieving stress and pain, including anxiety and depression. Much more simple than Tai Chi, and taught as a healing practice. Great for seniors, cancer patients, fibromyalgia, and other chronic disorders. For more information contact the Coordinator at 648-4640. Instructor: Barbara Gaea MSW
Vallejo Community Center, 225 Amador St.
Cost: \$10/month resident
\$12/month nonresident
Jan 4-25, Feb 1-29, Mar 7-28, Apr 4-25, May 2-30
Wednesday, 4:00-5:00pm



ZUMBA FITNESS

• Ages 13+
 Zumba is a cardio based workout that turns exercise into a party. It includes Latin based movements which involve interval training and repetitive moves such as Salsa, Merengue, Cumbia, Cha-Cha, Calypso, Mambo, Reggaeton, Bellydancing and

African dance. For more information contact the Coordinator at 648-4640.

Vallejo Community Center, 225 Amador St.
Cost: \$25/month for once a week
\$50 punch card for 10 classes-card provided in class
Drop-in: \$8/class resident, \$10/class nonresident
Feb 7-28, Mar 6-27, Apr 3-24, May 1-29
Tuesday, 6:00-7:00pm
Feb 2-23, Mar 1-29, Apr 5-26, May 3-31
Thursday, 6:00-7:00pm

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