

Basic Jewelry Fabrication: **NEW** Make a Sterling Silver Loose-Link Bracelet

In this class you will make a sterling silver link bracelet. Choosing from several designs offered in this project-oriented class, you will learn how to saw, pierce, file, form, texture and polish silver metal. The necessary tools are supplied. Bring strong eye glasses if necessary. Please pay a materials fee of \$40 directly to the instructor at the first class. Instructor: Gayton Arrigotti



Discover all the steps for how to make a silver loose-link bracelet in Basic Jewelry Fabrication.

Age Level: 18 yrs.-Up

3479.041 4/7-4/21 W 6:30-8:30pm \$95 Crane

Ceramics

Ceramics instruction in hand building and throwing covering various techniques, skills and projects. A class for the beginner as well as the experienced. Students must provide their own tools. Come join our friendly classes for a relaxing and creative experience. Please note: A mandatory lab fee of \$15 will be payable in cash to the instructor the FIRST night of class. Instructor: Tammerlaine Burwell

Age Level: 18 yrs.-Up

3475.041 4/15-6/17 Th 7-10pm \$115 Ceramics



Instructor Tammy Burwell will help you learn new skills and improve your technique in Ceramics.

Ceramics with Studio

Same instruction as Ceramics.

Class is 10am-4pm with studio open from 1-4pm for students to work on projects. Students are encouraged to bring a lunch. Please note: A mandatory lab fee of \$15 cash is payable to the instructor the FIRST day of class. Instructor: Tammerlaine Burwell

Age Level: 18 yrs.-Up

3474.041 4/15-6/17 Th 10am-4pm \$145 Ceramics



Learn how to create beautiful works of art on the wheel or by hand in Ceramics.

Ceramics Workshop

Ceramics Workshop – Prerequisites:

1. Students must have completed at least two ceramics classes at the Foster City Recreation Center.
2. Students must be able to work independently as determined by the class instructor.
3. Students must also be currently enrolled in a ceramics class at the Foster City Recreation Center.
4. Students must give time to studio maintenance.
5. Students may only attend workshops they are registered to attend; there will be no make-up sessions or exchange workshops.

No class on Saturday, May 1 and June 5, and Monday, May 31.

Instructors: Carolyn Chaney and Christine Edwards - Monday
Penelope Shepherd - Tuesday
Jane Lim - Wednesday
Terry Hinton - Saturday

Age Level: 18 yrs.-Up

3476.041	4/5-6/14	M	10:30am-4pm	\$55	Ceramics
3476.042	4/6-6/8	Tu	7-10pm	\$25	Ceramics
3476.043	4/7-6/9	W	10:30am-4pm	\$55	Ceramics
3476.044	4/3-6/19	Sa	10:30am-4pm	\$55	Ceramics

(continued)

Japanese Flower Arranging

Consists of beginner, intermediate and advanced classes on the art of Japanese flower arranging. Learn the Ikenobo techniques as taught in Japan. The prevailing theme of achieving a maximum effect with a minimum amount of materials challenges a person's creativity while at the same time allows for a relaxing escape from the tensions of the outside world. Students must provide their own scissors, flower vase, Kenzan (flower holder), and flower materials if possible. Some flower materials will be provided for a nominal fee. Instructor: Suichiku Suyemasa

Age Level: 18 yrs.-Up

3841.041 4/8-6/10 Th 9am-Noon \$70 Gull



Relieve some stress while creating a beautiful and functional flower arrangement in Japanese Flower Arranging.

Explore your creativity while learning a new skill, the exciting art of sculpture. In the relaxed, friendly atmosphere of our small class, the teacher gives one on one instruction to beginning or advanced students. Learn hand-building with clay or carving in wood or stone. Do a portrait of a family member, realistic human or animal figures or abstract forms. You'll be delighted with your finished piece. The teacher is a professional sculptor who has exhibited widely and won many awards. Tools and materials and provided. Visit www.helenmorrisonsculpture.com. Instructor: Helen Morrison

Age Level: 18 yrs.-Up

3470.041 4/6-6/8 Tu 9am-Noon \$70 Ceramics

Music and Dance

Ballet Conditioning for Teens and Adults

Do you enjoy classical music? Do you enjoy working out with style? This class is for you. We introduce you to ballet technique with emphasis on good posture and building your strength. Ballet is a wonderful gentle exercise if you have back issues and it feels great after a long day sitting at a desk. The class includes floor stretches, barre exercises and movement patterns across the floor. Wear comfortable dance clothes and ballet slippers. Instructor: Kerstin Dieterich

Age Level: 13 yrs.-Adult

3107.041 4/6-6/8 Tu 5:25-6:25pm \$110 Spirit

Social Dances!

8-10:30pm

Lagoon Room, Recreation Center

Join the Foster City Parks and Recreation Department for one of our Social Dance nights held in the beautiful Lagoon Room at the Recreation Center. You will enjoy great music, free refreshments and two and a half hours of dancing. Plus, if you arrive at 7pm you'll receive a free one hour dance lesson with the price of admission. Admission is \$10 for a live band and \$8 for a D.J. Social dances are for adults 18 and up and are tobacco and alcohol free nights. Instructor and music subject to change without notice.

Date	Dance Instructor	Music
March 19	David & Nancy	Electric Black
April 16	Ken Chin	Will Henderson
May 21	David & Nancy	Alex & The Tradewinds

Music and Dance

(continued)

Ballroom Dancing - Beginner

Here is an opportunity for you to learn to dance or brush up on your skills for that special event, wedding, class reunion, or formal party. This is your chance to shine. Join the beginner class and learn the basics. This class is for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first day you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards.) Instructor: Ken Chin



Join Ken Chin as he teaches a variety of dances you have always wanted to learn.

Age Level: 18 yrs.-Up

Fee: \$30 or \$20 (three classes) drop-in card

Samba, Waltz

3116.041 3/21-4/18 Su 3-4:15pm Spirit

East Coast Swing, Rumba

3116.042 4/25-5/23 Su 3-4:15pm Spirit

Ballroom Dancing – Advanced Beginner

You will take the basics learned in the beginner class and add more challenging steps to your dancing vocabulary. This class is for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first day you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards.) Instructor: Ken Chin

Age Level: 18 yrs.-Up

Fee: \$30 or \$20 (three classes) drop-in card

Foxtrot, Night Club 2 Step

3116.043 3/21-4/18 Su 4:15-5:30pm Spirit

Samba, Waltz

3116.044 4/25-5/23 Su 4:15-5:30pm Spirit

Night Club Dancing

Here is an opportunity for you to learn the fun and exciting dances done at nightclubs, dinner parties, cruises, weddings, and class reunions. Join the class and learn the basics. Classes are for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first night you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards.) Instructor: Ken Chin

Age Level: 18 yrs.-Up

Fee: \$30 or \$20 (three classes) drop-in card

Cha Cha

3116.045 3/23-4/20 Tu 8-9pm Spirit

Night Club 2 Step

3116.046 4/27-5/25 Tu 8-9pm Spirit

Salsa Dancing – Beg. and Inter.

Beginner: You will learn the basics of footwork, rhythm, leading and following and fundamental turns. This class is for singles as well as couples. No past dance experience is required.

Intermediate: You will incorporate the basic fundamentals learned in the beginner class into more intricate footwork and patterns. This class is for singles as well as couples. Beginner Salsa classes or equivalent experience is required to attend these classes. No partner is required. Dance shoes are highly recommended. Please bring exact change (cash or check only; no credit card charges for drop in cards.) Please note: The \$20 drop in card can be purchased in person on the first night you attend class. **No class on May 31, June 7 and June 14.** Instructor: Ken Chin

Age Level: 18 yrs.-Up

Fee: \$60 or \$20 (three classes) drop-in card

Beginner

3106.041 4/5-6/28 M 7-8pm Spirit

Intermediate

3106.042 4/5-6/28 M 8-9pm Spirit



Move to the beat while meeting new friends and getting in a good workout in Salsa.

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Tap Dancing for Teens and Adults

Want to make music with the “souls” of your feet? Took some classes as a youngster? Ever tapped your foot to the music and thought, “I’d like to do something more”? Join us in exploring the rhythms and sounds of a uniquely American dance style- Tap Dancing!

Tap I - Join us for a beginning level class with no previous dance experience required. Learn the basics of shuffles, flaps, and simple combinations. Tap shoes are required after the first class.

Tap II - If you’ve mastered flaps and shuffles and are ready for more, join us as we explore more complex rhythms and combinations. An energetic and aerobic warm-up will be followed with across the floor work and a dance combination.

Tap III - Looking for more of a challenge? This class moves quickly, so you need at least one year of previous experience. We’ll be learning new combinations every week and working on more complicated rhythm patterns as well as speed and clarity of taps. Instructor: Melissa Cheu

Age Level: 12 yrs.-Adult

Tap I

3109.041	4/7-6/9	W	6:05-6:50pm	\$70	Spirit
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Tap II

3109.042	4/7-6/9	W	7-8pm	\$75	Spirit
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Tap III

3109.043	4/7-6/9	W	8:10-9:10pm	\$75	Spirit
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Piano Your Teachers Never Taught You

Todd Walker has taught more than 30,000 students to play the piano in just one day. He will show you why his students proclaim, “I’ve learned more in three hours than I did in three years of lessons”. You will learn 72 chords, 156 hand positions and how to read music from lead sheets and fake books. Then you’ll be able to master your technique by using Todd’s exclusive audio CD and study book. If you can read the notes C, D, E, F, G, A, B, you know enough to enroll. If not, send a self-addressed stamped envelope to Piano Magic, P.O. Box 1694, Rocklin, CA 95677 for a free pamphlet. A materials fee of \$27 per student for study book and CD will be collected in class by the instructor. Instructor: Todd Walker

Age Level: 18 yrs.-Up

3556.041	5/10	M	6:30-9:30pm	\$44	Sunfish
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Cardiopulmonary Resuscitation (CPR)

The Heartsaver CPR with AED course is a modular course that teaches lay rescuers how to recognize and treat life threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. The information you receive in this class can be life saving! Registration is required. CPR Manuals can be obtained in advance by contacting the Fire Department. **CPR classes are for Foster City residents only. This class is held at the Foster City Fire Station located at 1040 E. Hillsdale Blvd. in Foster City.** Instructors: Fire Department Staff

Age Level: 12 yrs.-Adult

2290.041	4/17	Sa	9am-3pm	\$23.50	Off Site
2290.042	5/15	Sa	9am-3pm	\$23.50	Off Site



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CERT Training

The Foster City Fire Department is offering FREE Community Emergency Response Team (CERT) training to the residents of Foster City. CERT training is a “hands on” program that gives students the knowledge to plan for an emergency and the skills to assist themselves, their families and those around them following a major disaster. If a catastrophic event overwhelms or delays the community’s first responders, CERT members can assist others by applying the basic response and organizations skills that they learned during training.

Students will receive training in emergency preparedness covering: fire suppression, disaster medical, light search and rescue, disaster psychology, radio communications and team organization. Each class emphasizes a set of skills that will be practiced at a hands-on exercise during the last training class to help prepare the students for a mock earthquake exercise in September. Upon completion of this 25-hour course, students will receive a Certificate of Completion and some basic disaster response equipment. Additionally, students will then become a member of the Community Emergency Response Team in their neighborhood.

The next series of classes will be held on the following dates:

Session One

4/7-5/19, Wed., 6:30-9pm

Saturday, May 22, 8am-12:15pm

Session Two

6/23-8/4, Wed., 6:30-9pm

Saturday, August 7, 8am-12:15pm

Mock Earthquake Drill – All Students

Saturday, September 25, 8am-12:15pm, or Saturday, September 25, 1-5pm

To register for these classes or for further information, please call the Foster City Fire Department at (650) 286-3350. Registration is not taken through the Recreation Department.

Composting Workshop

Turn your kitchen scraps and yard waste into a rich, sweet-smelling fertilizer that you can use in your yard, garden or on your houseplants. A Master Composter will demonstrate how to compost using either a backyard bin or a worm bin. It’s easy and fun for the whole family. Instructor: Craig Rush

Age Level: 18 yrs.-Up

4446.041	4/17	Sa	10am-12noon	Free	Preschool
4446.042	5/12	W	6:30-8:30pm	Free	Preschool
4446.043	6/12	Sa	10am-12noon	Free	Preschool

Home Buying Tuesday

If you are like many potential Mid-Peninsula home buyers, you have probably found a lot of reasons to put off your home search. Your busy schedule and the previous frenzied market made buying a home difficult, but new technology and today’s buyer’s market has opened up opportunities for buyers. We’ll show you how to position yourself for success, presenting you with a factual overview of the market and a stress-free plan on how to buy your dream home. From calculating your readiness score to shopping for homes online, we’ll provide you with a proven action plan, evaluation tools and checklists to make your new home a reality. **This class is held at 1700 S. El Camino Real, San Mateo, in the Miller Ream Hall.** Instructor: Raymond Stoklosa

Age Level: 18 yrs.-Up

3611.041	4/6	Tu	7-9pm	\$20	Off Site
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Short on Time?

Look for our Low Time Commitment classes and workshops indicated by this symbol.

**Earth Day Fair
Sunday, April 25**

Join us for Foster City’s first Earth Day Fair! This FREE event will include entertainment, children’s activities, green workshops, food and great raffle prizes. Come and learn how to “green” your life by being energy-wise and water-wise. The Fair will take place from 11AM-4PM on April 25 in City Hall Plaza at 610 Foster City Blvd

Jazzercise

Jazzercise combines elements of jazz dance, resistance training, yoga, kickboxing, and more to create a truly effective program for every age and fitness level. Jazzercise provides informative instruction in various levels of intensity. Enjoy a wide variety of music styles such as Pop, Dance, Jazz, Swing, Country, and R & B. Come join the fun! Classes are ongoing, join us any time.



Foster City Recreation Center 650 Shell Blvd.

Day	Time	Instructor	Program
M-F	9am	Debbie	Jazzercise
T/Th	6:30pm	Debbie	Jazzercise
M/W	6pm	Donna	Jazzercise
M/W	7pm	Donna	Express

Brewer Island School Gymnasium 1151 Polynesia Drive

Day	Time	Instructor	Program
Sa	8:30am	Donna	Jazzercise

Audubon Elementary School 841 Gull Avenue

Day	Time	Instructor	Program
Su	9:30am	Donna	Jazzercise

Jazzercise: Every 55-60 minute class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

Jazzercise Express: A quick 30-minute workout featuring strength and aerobic conditioning.

Personal Touch: See information about personal strength classes in this brochure.

For more information call Debbie Sweeney at (650) 570-4349 or www.peninsulajazzfitness.com, or Donna Jones at (650) 345-6617. Visit www.jazzercise.com or call FIT-IS-IT. Please do not call the Recreation Center.

Personal touch is a unique approach to personal training. In a small group setting, you'll use weights and tubes to increase core strength and balance. The classes are designed to improve student success, ensure exercise adherence, and encourage the attainment of fitness goals. Instructor Debbie Sweeney is a certified Jazzercise Instructor and has taught in the Foster City area for 29 years. **For more information or to register, call Debbie at (650) 570-4349 or email at Debbie@peninsulajazzfitness.com. Registration is not taken through the Recreation Department.** Instructor: Debbie Sweeney

4/7-6/9 Wed. 10-10:30am Lagoon \$99

Adult Open Gym Basketball

Spring is here and the gym is still open. Come on down to Brewer Island Gym, 1151 Polynesia Drive, on Saturdays to play basketball from 7-10pm. The cost is \$2 per person. This is an inexpensive way to get into shape for summer while having fun.

Introduction to Fencing for Teens/Adults

Come on, admit it. That health club membership you signed up for in January... you haven't been there since February, right? Why not choose an activity that you'll love? First Place Fencing Club members stay on an average of, well, they're still here! Get fit, drop pounds, have fun. Learn fencing! **Classes are held at First Place Fencing Club, 835 E. San Carlos Avenue, Suite B, San Carlos. For more information, contact the fencing club at (650) 592-1619 or by email: start@firstplacefencing.com.** A \$20 lab fee for equipment rental is payable to the instructor at the first class. Instructor: Eric Dew, two-time Pacific Coast Section Foil Champion and head of First Place Fencing Club.

Age Level: 13 yrs.-Adult

3024.041	4/6-5/11	Tu	7-8pm	\$94	Off Site
3024.042	4/9-5/14	F	6:45-7:45pm	\$94	Off Site
3024.043	5/18-6/22	Tu	7-8pm	\$94	Off Site
3024.044	5/21-6/25	F	6:45-7:45pm	\$94	Off Site

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Golf

Golf Class: Open to beginners as well as experienced players who would like to improve their golf skills. Chipping, putting, and all aspects of the golf swing will be covered including grip, posture, alignment, and the finish. Can be taken concurrently with short game class.

Students are responsible for purchasing range balls for golf class.

Short Game: For the golfer who would like to improve their chipping, pitching, putting, and bunker play. Open to all skill levels. Can be taken concurrently with golf class.

These classes are held at Mariners Point Golf Links at 2401 3rd Avenue.

Instructors: The Golf Academy at Mariners Point.

Age Level: 18 yrs.-Up

Golf Class

3043.041	4/10-5/8	Sa	9-10am	\$99	Off Site
3043.043	5/15-6/12	Sa	9-10am	\$99	Off Site

Short Game

3043.042	4/10-5/8	Sa	10:15-11:15am	\$99	Off Site
3043.044	5/15-6/12	Sa	10:15-11:15am	\$99	Off Site

Ice Skating

You can have fun learning how to ice skate while getting some exercise too! Basic skating skills such as forward and backward skating, stopping and turning will be covered in these six-week courses. Class fee includes ½ hour lesson, skate rental, and practice immediately following the lesson. Please be sure to arrive 15 minutes prior to lesson to check in and get skates on. Dress warmly and wear thick socks. **Classes are held at 2202 Bridgepointe Parkway, San Mateo.** Instructor: Ice Center Staff

Age Level: 16 yrs.-Adult

3022.041	4/15-5/20	Th	7-7:30pm	\$50	Off Site
3022.042	6/10-7/15	Th	7-7:30pm	\$50	Off Site



*Join an activity that is healthy for the mind and the body.
Sensei Edwards teaches students of all levels.*

Karate (Coed), Intro./Beg.

This class is designed for new students in Karate. Come join Master Instructor Sensei Edwards and learn the basics of Karate. Karate is a great way to develop confidence, discipline, coordination and strength. Students will work on basic Karate skills. Instructor: Master Instructor Sensei Edwards and/or staff

Age Level: 17 yrs.-Up

3019.043	3/15-5/17	M	8-9pm	\$115	Mist/Spray
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Karate (Coed), Adv. Beg.

Use your positive energy to explore the physical and mental world of Karate! Don't miss this chance to be taught by an outstanding instructor in the martial arts field. Sensei (teacher) Edwards has over 39 years of Karate experience to share with you. Class will combine lecture and physical training to learn basic blocks, kicks, and strikes. Karate Gi (uniform) may be purchased from the instructor. Belt level: white, orange, and yellow. Instructor: Master Instructor Sensei Edwards, 7th Degree Black Belt, and/or staff

Age Level: 17 yrs.-Up

3019.041	3/17-5/19	W	8-9pm	\$115	Mist/Spray
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Karate (Coed), Inter/Adv.

Not for the first time student. Belt Level: blue, green, brown, and black. Intermediate class until 9:15pm/Blackbelts until 9:30pm. Instructor: Master Instructor Sensei Edwards, 7th Degree Black Belt, and/or staff

Age Level: 17 yrs.-Up

3019.042	3/15-5/19	M & W	8-9:30pm	\$210	Mist/Spray
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Personal Awareness/ Practical Self-Defense

You will gain skill, strength, and self-confidence as you learn Personal Awareness and Practical Defense. You will practice and put to use techniques and theory taught by Master Instructor Bernard Edwards, 7th Degree Black Belt in Hakua Kai (traditional Japanese Karate). Instructor: Bernard Edwards and/or Staff

Age Level: 8 yrs.-Adult

3019.047 3/20-3/27 Sa 4:30-6pm \$48 Mist

Tai Chi Chih, Practice

These are practice sessions not lessons, so prior instruction is required. Please note that this is Tai Chi Chih, not Tai Chi Chuan. **No class on May 31.** Instructor: Bev Geiger

Age Level: 18 yrs.-Up

3038.043 4/5-6/14 M 11am-Noon \$25 Spirit

Table Tennis Club

Join the Club! Foster City Parks and Recreation Department is providing a place to play table tennis. Play is on Sundays and Thursdays from 7-10pm, and Tuesdays and Fridays from 11am-2pm at the Recreation Center. You may register quarterly or drop in for \$3 (exact change only for drop-ins). Please register during the first month of each quarter. Membership is from April-June.

3757.041 - \$35 (Over 18)

3757.042 - \$25 (18 and under/Over 50)

\$3 Drop-in

For social and tournament tennis, don't miss the fun and camaraderie offered by membership in the Foster City Tennis Club. Open to all levels of play, the club offers a wide variety of events including interclub and intraclub tournaments, ladder competition, social mixers, as well as sponsoring several teams at various league levels.

The club offers adult individual or family memberships. **For additional information please check out their website at www.fostercitytennis-club.org, or call Jim Bgorge at (650) 343-8446.** You may also drop by the Recreation Center and pick up an application form.

Tennis Group Lessons

Age Level: 15 yrs.-Adult

Novice

3751.041 3/29-4/21 M & W 6:30-7:30pm \$70

3751.044 5/3-5/26 M & W 6:30-7:30pm \$70

Low Intermediate

3751.042 3/30-4/22 Tu & Th 6:30-7:30pm \$70

3751.045 5/4-5/27 Tu & Th 6:30-7:30pm \$70

Intermediate/High Intermediate

3751.043 3/30-4/22 Tu & Th 7:30-8:30pm \$70

3751.046 5/4-5/27 Tu & Th 7:30-8:30pm \$70

Please read the tennis policy on page 12.



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Individual Tennis Lessons, Stanford Tennis

Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages welcome, beginners to advanced. \$55 per hour or \$150 for three one-hour lesson. To arrange a lesson, please call the Recreation Department at (650) 286-3380.

Instructor: Stanford Coach John Whitlinger and USPTA Professional Tom Sarsfield's Staff

Location: Shell Blvd. Courts #3 and #4

Individual Tennis Lessons, Zalles Racquet Sports

Beginning students learn forehand, backhand, footwork, serve, volley, and are introduced to game strategy. For intermediate and advanced students there are drills, technique corrections and strategies for competitive point play. Develop your potential and maximize your enjoyment of the game. All ages, all levels. **Call Zalles Racquet Sports at (650) 345-9727 to make arrangements.**

Location: Edgewater Park

Fee: \$55 per hour or \$150 for three one-hour lessons. (Add \$5 per hour for an additional person.)

Beginning – Low Intermediate Volleyball

Learn how to play organized volleyball and improve your volleyball skills. This class emphasizes the fundamentals of passing, setting, hitting, serving, blocking, rules, protocols, 6-0 and 6-2 offenses, perimeter defense, set calling, and teamwork. Two courts, lots of playing time. Attendance on first night is required for new enrollees. A \$3 lab fee is due at the first class. **This class is held at Brewer Island Gym, 1151 Polynesia Drive, Foster City. No class on May 31.** Instructor: Clint Steele

Age Level: 14 yrs.-Adult

3744.041 4/5-6/14 M 7-10pm \$55 Off Site

High Intermediate – Advanced Volleyball

For the experienced volleyball player. This class is intended for those players that already possess the basic individual and team skills. The ability to serve, pass, set, spike, run a 6-2 offense, and a perimeter defense are prerequisites. This class emphasizes specialization, multiple offenses, multiple defenses, play calling, strategies, and other finer points of the game. You are expected to already know rules and volleyball protocols and to have demonstrable, consistently good fundamental skills. Two courts, lots of playing time. Attendance on the first night is required for new enrollees. A \$3 lab fee is due at the first class. **This class is held at Brewer Island Gym, 1151 Polynesia Drive, Foster City.** Instructor: Clint Steele

Age Level: 14 yrs.-Adult

3745.041 4/6-6/8 Tu 7-10pm \$60 Off Site



Improve your flexibility and strength in Yoga.

Beginning Yoga

This will be a very basic and gentle Yoga class – with special care to the knees, neck, and lower back. Practice Yoga postures for flexibility, strength and muscle tone. Learn relaxation and stress reduction techniques. Leave class feeling fully rejuvenated. Wear comfortable clothing, do not eat before class, and bring a yoga mat and two large towels. This class has now been expanded to ten weeks. Instructor: Suzanne Caughlan

Age Level: 16 yrs.-Adult

3042.043 4/8-5/27 Th 6:20-7:20pm \$76 Mist

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Hatha Yoga

Hatha Yoga is an ancient practice which promotes strength, flexibility, and inner tranquility. This class is for healthy beginners and intermediate level students. Learn yoga techniques which lead to a deep sense of balanced integration and rejuvenation. Instructor: Larry Caughlan

Age Level: 10 yrs-Adult

3042.041 4/6-5/25 Tu 6:30-7:45pm \$82 Mist

Hatha Yoga

Hatha Yoga is an ancient practice which promotes strength, flexibility, and inner tranquility. In this class you will learn and practice many asanas including the sun cycle and inverted poses. This class is for healthy beginners and intermediate level student. Experience many yoga techniques which can lead to a deep sense of balanced integration, rejuvenation and expanding inner awareness. Wear comfortable clothing and do not eat before class. Bring a yoga mat and two large towels. This class has now been expanded to ten weeks. Instructor: Suzanne Caughlan

Age Level: 16 yrs-Adult

3042.042 4/8-5/27 Th 7:30-8:45pm \$82 Mist

Boot Camp by Shapin' with Sunita

Do you want results? Get ready for Boot Camp, a no fluff, no frills conditioning class that is cardio tough and muscle strong. Improve your strength, power, agility, and balance. This one hour class will focus on building athletic conditioning, core conditioning, muscular strength, and incorporate various strength training exercises for upper and lower body. Sign up with a friend and motivate each other to accomplish your fitness goals! For all fitness levels! What to bring to class: 5 pound dumbbells, bottle of water, beach towel, small towel, hat, and sunglasses. Where to meet: Senior Wing Parking Lot. Class will be held at Leo Ryan Amphitheater. www.shapinwithsunita.com **No class on Monday, May 31.** Instructor: Sunita Goldstein

Age Level: 16 yrs.-Up

3099.042 4/5-6/14 M 6:30-7:30pm \$89 Leo Ryan Park

3099.043 4/7-6/9 W 6:30-7:30pm \$99 Leo Ryan Park

3099.044 4/5-6/9 M & W 6:30-7:30pm \$189 Leo Ryan Park



Students can't get enough of this fun and exciting workout class. Try Zumba and see great results.

Zumba Fitness



Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience....UNTIL NOW! Zumba fuses fun Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. My goal is simple: I want you to want to work out, to love working out, and to get hooked. "Zumba Fanatics" achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life all while having an absolute blast! My zumba routines feature fast rhythms and interval training combined to tone and sculpt your body while burning fat. Flat bottom shoes with minimal tread recommended. No dance experience is necessary. www.shapinwithsunita.com Instructor: Sunita Goldstein

Age Level: 16 yrs.-Up

3099.041 4/6-6/8 Tu 6:30-7:30pm \$99 Spirit

Walk for Health

Grab a friend and take a walk around beautiful Foster City. Choose one of three separate walks of 3.6 or 9 miles. All walks begin and end near the Recreation Center. Maps and additional information are available at the Foster City Recreation Center. Just ask for literature from the San Francisco Bay Bandits "Volksmarch Club's white box". Walks are free; membership in the Walking Club is optional. Children must be accompanied by an adult. Self guided – ongoing, Monday-Saturday, 8am-5pm.