

# Arts and Crafts



## Jewelry Workshop: Beach Glass and Stone Setting

This is a soldering and stone setting class. You will learn to make bezels and set beach glass or stones (open back-closed back) into a sterling silver pendant or pin. Soldering experience is helpful but not necessary. Please bring your beach glass or loose stones if you have any, as well as strong eyeglasses if necessary. All tools and materials will be supplied. Please pay a \$35 materials fee directly to the instructor at the class. Instructor: Gayton Arrigotti

Age Level: 18 yrs.-Up

3479.021	1/9	Sa	9am-4:30pm	\$130	Crane
3479.022	3/6	Sa	9am-4:30pm	\$130	Crane

## Ceramics

Ceramics instruction in hand building and throwing 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

3475.021	1/14-3/18	Th	7-10pm	\$115	Ceramics
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## 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 in cash is payable to the instructor the first day of class. Instructor: Tammerlaine Burwell

Age Level: 18 yrs.-Up

3474.021	1/14/3/18	Th	10am-4pm	\$145	Ceramics
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## Ceramics Workshop

Ceramics Workshop – Prerequisites:

1. Students must be able to work independently as determined by the class instructor
2. Students must have completed at least two ceramics classes at the Foster City Recreation Center.
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.

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

**No classes on Monday, January 18, and Monday, February 15.**

Age Level: 18 yrs.-Up

3476.021	1/11-3/29	M	10:30am-4pm	\$55	Ceramics
3476.022	1/12-3/16	Tu	7-10pm	\$25	Ceramics
3476.023	1/13-3/17	W	10:30am-4pm	\$55	Ceramics
3476.024	1/23-3/20	Sa	10:30am-4pm	\$55	Ceramics



*Students make beautiful works of art on the wheel with guidance from instructor Tammy Burwell in Ceramics.*

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## 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

3841.021 1/14-3/18 Th 9am-Noon \$70 Gull



Create beautiful works of art from clay in Sculpture.

## Sculpture

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](http://www.helenmorrisonsculpture.com). Instructor: Helen Morrison

Age Level: 18 yrs.-Up

3470.021 1/12-3/16 Tu 9am-Noon \$70 Ceramics

## Ballet for Teens and Adults

Join us for a great workout that emphasizes good posture, flexibility and coordination – all while you strengthen your muscles. Learn ballet steps to beautiful classical music, see how your flexibility increases and realize that it is never too late to learn and enjoy ballet. Wear ballet slippers and comfortable dance attire. Instructor: Kerstin Dieterich

Age Level: 13 yrs.-Adult

3107.021 1/14-3/18 Th 5:45-6:45pm \$110 Spirit

## 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

Age Level: 18 yrs.-Up

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

### Cha Cha, Tango

3116.021 1/10-2/7 Su 3-4:15pm Spirit

### Foxtrot, Night Club 2 Step

3116.022 2/14-3/14 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

### East Coast Swing, Rumba

3116.023 1/10-2/7 Su 4:15-5:30pm Spirit

### Cha Cha, Tango

3116.024 2/14-3/14 Su 4:15-5:30pm Spirit

# Music and Dance

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## 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

### Hustle

3116.025 1/12-2/9 Tu 8-9pm Spirit

### West Coast Swing

3116.026 2/16-3/16 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 January 18 and February 15.** Instructor: Ken Chin

Age Level: 18 yrs.-Up

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

### Beginner

3106.021 1/11-3/29 M 7-8pm Spirit

### Intermediate

3106.022 1/11-3/29 M 8-9pm Spirit

**Like to Dance?  
Join us at our Social Dances!**



**See page 2 for details.**

## 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

3109.021 1/13-3/17 W 6:05-6:50pm \$70 Spirit

### Tap II

3109.022 1/13-3/17 W 7-8pm \$75 Spirit

### Tap III

3109.023 1/13-3/17 W 8:10-9:10pm \$75 Spirit

## 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

3556.021 2/10 W 6:30-9:30pm \$44 Sunfish

## 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

4446.021	1/23	Sa	10am-12noon	Free	Preschool
4446.022	2/17	W	6:30-8:30pm	Free	Preschool
4446.023	3/20	Sa	10am-12noon	Free	Preschool

## Fun Part Time Jobs



Get paid to dine out (with your guest), express your opinion, go shopping, be in a movie, share your hobby, sample food and beverages, work out, go to the movies, and more. No special education or training required. Instructor Dan Tilles has done them all and will tell you who hires and why, how to apply, how much they pay, and everything else you need to know to make money while having fun. A handout includes names and how to contact companies for these jobs. Also, work scams to avoid and ways to protect yourself.

**This class will be held at the San Carlos Adult Center, 601 Chestnut Street, San Carlos, CA.** Instructor: Dan Tilles

Age Level: 18 yrs.-Up

3699.021	2/10	W	7-9pm	\$29	Off Site
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## Home Buying Tuesday



Many potential Mid-Peninsula home buyers have found a lot of reasons to put off their home search. New technology and a more buyer friendly market have opened up opportunities that were unavailable a short time ago. We'll present a factual overview of the market, offer a stress-free plan of action, provide evaluation tools and checklists to safeguard your purchase and help you have the best home buying experience possible. Learn how to use today's market forces to your advantage. For more tips and insights about the San Mateo County real estate market, visit our blog: <http://www.LivingWellinSanMateo.com>. **This class is held at 1700 S. El Camino Real, Conference Center, San Mateo, CA (corner of Bovet Road).** Instructor: Raymond Stoklosa

Age Level: 18 yrs.-Up

3611.021	2/9	Tu	7-9pm	\$15	Off Site
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### Short on Time?

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



## 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.



### Day Time Instructor Program

#### Foster City Recreation Center – 650 Shell Blvd.

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

Sa	8:30am	Donna	Jazzercise
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#### Audubon Elementary School 841 Gull Avenue

Su	9:30am	Donna	Jazzercise
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**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.

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

## Personal Touch Strength Training

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 28 years. **For more information or to register, call Debbie at (650) 570-4349 or email at [Debbie@peninsulajazzfitness.com](mailto:Debbie@peninsulajazzfitness.com). Registration is not taken through the Recreation Department. No class on February 12.** Instructor: Debbie Sweeney

1/15-2/26	F	10-10:30am	\$99	Lagoon Room
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**Adult Open Gym Basketball**

Take your game indoors. Come down to Brewer Island Gym, 1151 Polynesia Drive, to play basketball every Saturday night from 7:30-10pm. Just bring your non-skid shoes and \$2.00 and have fun. It's a great place to get a workout and meet players who love basketball.

**Adult Open Gym Volleyball**

Enjoy the game of volleyball. Come down to Brewer Island Gym, 1151 Polynesia Drive, to play volleyball every Wednesday night from 6:30-9:30pm. Just bring your non-skid shoes and \$5.00.

**Introduction to Fencing for Teens/Adults**

Tired of running on a treadmill, spinning to nowhere or beating up a lifeless punching bag? Then try fencing. Fencing offers you all the great cardio and physical workout that any great exercise regimen provides, but there's a fun aspect that makes the whole effort worthwhile. You get to interact with other people, so it's as much a social activity as it is a workout activity. Try fencing, have fun and work up a great sweat. **Classes are held at First Place Fencing Club, 835 E. San Carlos Avenue, Suite B, San Carlos. For more information, call (650) 954-3196 or email: [start@firstplacefencing.com](mailto: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

3024.021	1/5-2/9	Tu	7-8pm	\$99	Off Site
3024.022	1/8-2/12	F	6:45-7:45pm	\$99	Off Site
3024.023	2/23-3/30	Tu	7-8pm	\$99	Off Site
3024.024	2/26-4/2	F	6:45-7:45pm	\$99	Off Site

**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 3<sup>rd</sup> Avenue.**

Golf Refund Policy: No refunds after the start of the second class. Instructors: The Golf Academy at Mariners Point.

Age Level: 18 yrs.-Up

**Golf Class**

3043.021	1/16-2/13	Sa	9-10am	\$99	Off Site
3043.022	2/20-3/20	Sa	9-10am	\$99	Off Site

**Short Game**

3043.023	1/16-2/13	Sa	10:15-11:15am	\$99	Off Site
3043.024	2/20-3/20	Sa	10:15-11:15am	\$99	Off Site

**Cardio Hula/Tahitian**

This workout blends the graceful movements of hula/Tahitian into a unique fitness program that will improve your strength, flexibility and balance. The hip movements target your body's core. You'll burn the fat as you burn up the dance floor feeling the beat of the Hawaiian music. Hula is exercise for the body and mind. The class will start with a warm up followed by a workout and ends with a cool down with emphasis on stretching and toning. This workout will leave you feeling empowered, invigorated and energized as well as pounds lighter in body and mind. Instructor: Susan Fong

Age Level: 14 yrs.-Adult

1108.023	1/12-3/16	Tu	7-8pm	\$90	Mallard
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**Spring Glow Ball Golf Tournament****Saturday, March 6, 2010, 7pm-Midnight****2401 E. 3rd Avenue****Mariners Point Golf Course**

Teams of five will play a regular round of nine holes, followed by a final round of "Lights Out Glow Ball." Cost for registration is \$250 per team. Registration fee includes green fees, two glow in the dark golf balls per player, and t-shirt.

Register at the Foster City Recreation Center by February 24, 2010. Space is limited, register early! Proceeds benefit the Foster City Youth and Teen Foundation. For more information, please call (650) 286-3395 or email [thall@fostercity.org](mailto:thall@fostercity.org).



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### 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

3022.021 1/7-2/11 Th 7-7:30pm \$50 Off Site

3022.022 3/4-4/8 Th 7-7:30pm \$50 Off Site

### 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. **No class on January 18 and February 15. Make up to be announced.** Instructor: Master Instructor Sensei Edwards and/or staff

Age Level: 17 yrs.-Up

3019.023 1/4-3/8 M 8-9pm \$115 Mist/Spray

### 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

3019.021 1/6-3/10 W 8-9pm \$115 Mist/Spray

Not for the first time student. Belt Level: blue, green, brown, and black. Intermediate class until 9:15pm/ Blackbelts until 9:30pm. **No class on Monday, January 18, and Monday, February 15. Make up to be announced.** Instructor: Master Instructor Sensei Edwards, 7th Degree Black Belt, and/or staff

Age Level: 17 yrs.-Up

3019.022 1/4-3/10 M & W 8-9:30pm \$210 Mist/Spray

### 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, 7<sup>th</sup> Degree Black Belt in Hakua Kai (traditional Japanese Karate). Instructor: Bernard Edwards and/or Staff

Age Level: 8 yrs.-Adult

3019.027 1/16-1/23 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 a Tai Chi Chih, not Tai Chi Chuan. **No class on January 18 and February 15.** Instructor: Bev Geiger

Age Level: 18 yrs.-Up

3038.023 1/11-4/5 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 January-March.

3757.021 - \$35 (Over 18)

3757.022 - \$25 (18 and under/Over 50)

\$3 Drop-in

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**Foster City Tennis Club**

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.fostercitytennisclub.org](http://www.fostercitytennisclub.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

**No lessons on Monday, January 18.****Novice**

3751.021	1/11-2/10	M & W	6-7pm	\$55
3751.024	2/22-3/10	M & W	6-7pm	\$55

**Low Intermediate**

3751.022	1/19-2/4	Tu & Th	6:30-7:30pm	\$55
3751.025	2/23-3/11	Tu & Th	6:30-7:30pm	\$55

**Intermediate/High Intermediate**

3751.023	1/19-2/4	Tu & Th	7:30-8:30pm	\$55
3751.026	2/23-3/11	Tu & Th	7:30-8:30pm	\$55

**Please read the tennis policy on page 10.**

**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. (Please note: Most enrollees are adults.) 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 January 18 and February 15.** Instructor: Clint Steele

Age Level: 14 yrs.-Adult

3744.021	1/11-3/29	M	7-10pm	\$60	Off Site
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**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

3745.021	1/12-3/30	Tu	7-10pm	\$71	Off Site
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## 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

3042.023 1/14-3/18 Th 6:20-7:20pm \$92 Mist



## 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: 13 yrs-Adult

3042.021 1/12-3/2 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

3042.022 1/14-3/18 Th 7:30-8:45pm \$97 Mist

## Boot Camp by Shapin' with Sunita

Do you want results? Get ready for Boot Camp, 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 core conditioning, and will incorporate various strength training exercises for upper and lower body. Sign up with a friend and motivate each other to accomplish your fitness goals! Feel free to bring 3 or 5 pound dumbbells to class. **No class on Monday, January 18, and Monday, February 15.** Instructor: Sunita Goldstein

Age Level: 16 yrs.-Up

3099.022 1/11-3/15 M 6:30-7:30pm \$79 Leo Ryan Park

3099.023 1/13-3/10 W 6:30-7:30pm \$79 Leo Ryan Park

3099.024 1/11-3/10 M & W 6:30-7:30pm \$150 Leo Ryan Park

## Zumba Fitness



Zumba is a dynamic and exciting easy-to-follow dance-based fitness system designed for everyone! This workout fuses Latin and international rhythms (salsa, merengue, cumbia, reggaeton, samba, bhangra, belly dance) and combines the principles of interval and resistance training to maximize caloric output, fat burning, and a total body toning. It is truly a fun way to get great muscle conditioning and cardiovascular workout that targets areas such as glutes, legs, arms and abs. Flat bottom shoes with minimal tread recommended. No dance experience is necessary. Instructor: Sunita Goldstein

Age Level: 16 yrs.-Up

3099.021 1/12-3/2 Tu 6:30-7:30pm \$79 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.