

## RECREATION DEPARTMENT

August 2022 Schedule

INSTRUCTOR & CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Alisha Sullivan</b>	<b>Clubhouse 5 Fitness</b>	<b>Clubhouse 5 Fitness</b>	<b>Clubhouse 5 Fitness</b>	<b>Clubhouse 5 Fitness</b>	<b>Clubhouse 5 Fitness</b>	
Cycling	5 - 6 p.m.	9 - 10 a.m.	10 - 11 a.m.	7 - 8 a.m.	7 - 8 a.m.	
\$40 per session (eight class sessions)		10:30 - 11:30 a.m.		8:30 - 9:30 am		
<b>Janet Gilliam</b>		<b>Clubhouse 1 Gym</b>		<b>Clubhouse 1 Gym</b>		
Chair Fitness		10 - 11 a.m.		10 - 11 a.m.		
\$3 per class						
<b>Candi Davis</b>	<b>Clubhouse 1 Ballroom</b>					
Ballroom dance	10:30 a.m. - 12:30 p.m.					
\$5 per class						
<b>Ed VanOrnum</b>					<b>Clubhouse 1 Ballroom</b>	
Ballroom dance					9:30 a.m. - 11:30 a.m.	
\$6 per class						
<b>Ron Murray</b>		<b>Clubhouse 5 Fitness</b>	<b>Clubhouse 5 Fitness</b>	<b>Clubhouse 5 Fitness</b>		
IKTA self defense		3:30 - 4:30 p.m.	3 - 4 p.m.	3:30 - 4:30 p.m.		
\$5 per class						
<b>Tracy Murray</b>	<b>Clubhouse 2 Ballroom</b>		<b>Clubhouse 5 Ballroom</b>		<b>Clubhouse 2 Ballroom</b>	
Zumba Gold	10 - 11 a.m.		9 - 10 a.m.		9 - 10 a.m.	
Aqua Zumba	4 - 5 p.m.					
\$5 per class						
<b>Laura Fremont</b>			<b>Clubhouse 5 Fitness</b>	<b>Clubhouse 5 Fitness</b>		
Tap Dance & Rhythms			5:30 - 6:45 p.m.	10:30 - 11:45 a.m.		
Contemporary Jazz			4:30 - 5:30 p.m.			
\$5 per class						
<b>Phoebe Gong</b>		<b>Clubhouse 5 Fitness</b>			<b>Clubhouse 7 Ballroom</b>	
Meridian yoga		5:30 - 6:45 p.m.				
Embrace life yoga					9:30 - 10:45 a.m.	
Free drop-in class						
<b>Jill Camera</b>					<b>Clubhouse 1 Ballroom</b>	
Yoga					1 - 2 p.m.	
Free drop-in class						

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<b>Kim Min</b>	<b>Clubhouse 2 Ballroom</b>	<b>Clubhouse 1 Ballroom</b>				
Yoga	8:30 - 9:45 a.m.	8:30 - 9:45 a.m.				
Free drop-in class						
<b>Jerry Bloch</b>			<b>Clubhouse 7 Ballroom</b>			
Mindful movement yoga			12 - 1 p.m.			
Free drop-in class						
<b>Cheryl Russel</b>	<b>Clubhouse 1 Ballroom</b>					
Laughter yoga	9:15 - 10:15 a.m.					
Free drop-in class						
<b>Kristine DeYoung</b>	<b>Clubhouse 2 Ballroom</b>			<b>Clubhouse 2 Ballroom</b>		
Mat yoga	11:30 a.m. - 12:30 p.m.			11:30 a.m. - 12:30 p.m.		
Chair yoga	1 - 2 p.m.			1 - 2 p.m.		
Free drop-in class						
<b>Sybil Moore</b>	<b>Clubhouse 5 Fitness</b>					
Movement and Stretch	10:30 - 11:30 a.m.					
Free drop-in class						
<b>Various Instructors</b>		<b>Clubhouse 7 Ballroom</b>		<b>Clubhouse 7 Ballroom</b>		
Tai Chi		9 - 11 a.m.		9 - 11 a.m.		
Free drop-in class						
<b>Various Instructors</b>				<b>Clubhouse 1 MPR</b>		<b>Clubhouse 1 MPR</b>
Tai chi dance				8 - 10:30 a.m.		8 - 10:30 a.m.
Free drop-in class				10:30 - 11:30 a.m.		
<b>Various Instructors</b>	<b>Clubhouse 1 Patio</b>		<b>Clubhouse 1 Patio</b>	<b>Clubhouse 2 Ballroom</b>	<b>Clubhouse 1 Patio</b>	
Chi Kung	8 - 9:30 a.m.		8 - 9:30 a.m.	8 - 9:30 a.m.	8 - 9:30 a.m.	
Free drop-in class						
<b>Jan L. Levinrad</b>		<b>Clubhouse 2 Pool</b>				
Swim Clinic		12 - 1 p.m.; 1 - 2 p.m.				
Free drop-in class						

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<b>Mahina Kimmitt</b>	<b>Clubhouse 5 Fitness</b>				<b>Clubhouse 5 Fitness</b>	
Hula Class	1 - 2:30 p.m.				10 a.m. - 11:30 a.m.	
Free drop-in class						
<b>Various Instructors</b>		<b>Clubhouse 1 MPR</b>				
Clogging		8:30 - 10 a.m.				
Free drop-in class						
<b>Janet Preissler</b>			<b>Clubhouse 2 Grevillea</b>			
Russian Language Class			3:00 - 5 p.m.			
Free drop-in class						
<b>ESL</b>					<b>Clubhouse 1</b>	
English as a second language class						
Free class; schedule through instructor at <a href="mailto:scclagunawoods@gmail.com">scclagunawoods@gmail.com</a>						
<b>Grace Sams</b>	<b>Clubhouse 6 MPR</b>					
Chinese Language Class	1:30 - 3:30 p.m.					
Free drop-in class						
<b>Dr. Lois Rubin</b>	<b>Zoom</b>					
Stress-less Mindfulness Meditation	11 a.m. - 12 p.m.					
Email <a href="mailto:SOULHLR@Yahoo.com">SOULHLR@Yahoo.com</a> for access						