



Volunteers NEEDED!

Amgen Tour of California

Cowboy Festival

Earth Arbor Day Festival

Eggstravaganza

Wings for Life World Run

Various Programs/Projects



Visit

SantaClaritaVolunteers.com

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or contact us at

volunteers@santa-clarita.com

(661) 250-3708



Health and Fitness

High Intensity Interval Training (HIIT) (15-Adult)

This high intensity interval training class is designed to burn fat, build lean muscle and strengthen core muscles. Burn a minimum of 650 calories while also improving your quality of life! Do what you can do in 30-60 second intervals. All fitness levels welcome. Choose two days per week.

Instructor: Jason Mazy **Location:** Mind Body and Soul Fitness, 25327 Avenue Stanford, Suite 111, (661) 529-7079 **Min/Max:** 5/25

Date	Fee/Wks	Day/Time (Two days per week)
3/20	\$60-6 wks	M-9:30-10:30 am or 5:30-6:30 pm Tu-8:30-9:30 am W-9:30-10:30 am or 5:30-6:30 pm Th/F-9:30-10:30 am Th-6:30-7:30 pm Sa-8:00 am

New

Bodyweight Bootcamp (Adult)

This outside course covers running, strength training and HIIT designed to get people in great shape without the equipment. Bring water.

Instructor: David Fuchs **Min/Max:** 5/40

Date	Time	Fee/Wks	Location
Sa-3/25	9:00-10:00 am	\$85-10 wks	PCP

Barre Fitness Technique (Adult)

The incredibly popular barre fitness phenomenon has grown in popularity across the country due to its tough yet effective style. Specific muscle groups are isolated through precise movements to fatigue targeted areas in our signature barre 101 classes. \$10 material fee payable to the instructor

Location: The Barre Valencia, 28452 Constellation Road, (661) 219-5833 **Min/Max:** 5/12

Date	Fee/Wks	Day/Time
4/11	\$99-6 wks	Tu/Th, 8:00 am or 6:30 pm