



CLUB 50

You're the Boomer generation! You've witnessed the miraculous Apollo moon landing, the advancements in technology from the space program, telephones, televisions and computers. You watched the Twilight Zone, I Love Lucy and Happy Days, and listened to the sounds of Elvis, the Beatles, Motown and the Beach Boys. Now we have classes especially designed for YOU!

ALL CLASSES ON THIS PAGE ARE DESIGNED FOR ADULTS AGES 50 AND ABOVE. FOR ADDITIONAL ADULT CLASSES, PLEASE VISIT THE FOLLOWING PAGES:

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Arthritis Foundation Exercise Class

This low-impact class uses gentle, joint-safe exercise and stretches to help relieve stiffness, decrease pain and increase range of motion. Class is taught by a certified Arthritis Foundation exercise instructor.

Instructor: Gale Springer **Min/Max:** 5/30 **No Class:** Tu-4/2, Th-4/6

Date	Time	Fee/Wks	Location
Tu/Th-3/21	11:00 am-12:00 pm	\$50-8 wks	SCSC-AqC

Stride, Strength, and Stretch

An effective, low-impact way to lose weight, increase muscle tone and flexibility, all while savoring the great outdoors in Valencia's parks and paseos! A fusion of power walking, functional strength training, and flexibility training, this class will help you enhance circulation, increase range of motion, relieve tension and reduce body fat! All levels are welcome! Wear walking shoes. All other equipment provided by instructor.

Instructor: Renee Dominguez **Min/Max:** 10/60 **No Class:** Th-4/6

Date	Time	Fee/Wks	Location
Th-3/23	9:15-10:15 am	\$65-8 wks	VGP

Water Exercise

A "stress-free environment" water exercise class will provide strength, muscle toning and endurance building, promoting greater flexibility. Belts and dumbbells will be provided or you may bring your own. Participants should be comfortable in deep water. **Fee:** \$6 per visit (ages 55+, \$5 per visit); or see page 47 for specific pass information and schedules. Classes may be canceled due to inclement weather.

Club 50 Striders

Let's get moving and walk for fitness. Walking improves your circulation, increases vitality, and relieves pain. Combine fitness and fun while you socialize with friends. **Instructor:** City Staff **Min/Max:** 5/25

Date	Time	Fee/Wks	Location
Tu-3/21	9:00-10:00 am	\$8-8 wks	SCSC-PAV