



## CLUB 50

**FOR ADDITIONAL ADULT CLASSES, PLEASE VISIT THE FOLLOWING PAGES:**

Library Classes.....	16-19	Health and Fitness.....	41-44
Special Interest.....	33-35	Aquatics.....	47-50
Art.....	38	Newhall Community Center .....	51
Dance .....	39-41	Canyon Country Community Center ...	62

### 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-10/3, Th-10/5

Date	Time	Fee/Wks	Location
Tu/Th-8/22	11:00 a.m.-12:00 p.m.	\$50-8 wks	SCSC-TC

### 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

Date	Time	Fee/Wks	Location
Th-8/31	9:15-10:15 a.m.	\$80-10 wks	VGP

### Water Exercise

This "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 43 for specific pass information and schedules. Classes may be canceled due to inclement weather.

## Employee Highlight



**Ed Ostroski**

**Public Works:  
Project Development Coordinator**

"To have served my 27-year career at the City has been an honor and a privilege."



**27** Years of Service with the City of Santa Clarita

