



CLUB 50

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

Library Classes	26-27	Health and Fitness.....	40-43
Special Interest	31-34	Aquatics	47-49
Art	38	Newhall Community Center	57
Dance	39-40	Canyon Country Community Center	60

Club 50 Striders

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

Date	Time	Fee/Wks	Location
Tu-1/9	9:00-10:00 a.m.	\$6-6 wks	SCSC-PAV

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-1/11	9:15-10:15 a.m.	\$64-8 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 47 for specific pass information and schedules. Classes may be canceled due to inclement weather.

