

CSA#1 SPRING COMMUNITY CLASSES

Beginning Fencing

Instructor: Rick Stroud

All ages and abilities welcome. Come learn a unique new sport while having tons of fun. Enhance coordination, endurance and strength. Helps to develop self discipline, self awareness and self confidence. All instructional materials will be provided.

Thursdays 6:30-7:45pm

Mar.3,10,17,24,31

Apr. 7,14,28

May 5,12,26

Stott Pilates® Matwork

Instructor: Tessa Coker

Classical Pilates matwork with a contemporary twist. Mobilize, lengthen and strengthen the whole body with emphasis on core stability.

***Must bring your own mat**

Tuesdays 8:00-9:00 am

Mar. 1,8,15,22,29

Apr. 5,12,26

May 3,10,17,24,31

Beginning Ukulele

Instructor: Greg Smith

All ages welcome: we will explore the magic of music through playing songs on the ukulele. This little instrument can lead on to guitar or mandolin.

Mondays 4:00-5:00pm

Mar. 7,14,21,28

Apr. 4,11,25

May 2,9,16,23,30

***Each class has a \$5 material fee**

Cardio Sculpt

Instructor: Rachele Jaegers

Sculpt, tone and get a metabolic burn in a fun and safe environment.

Full body workout for all levels.

***Must bring your own mat**

Mondays 5:30-6:30 pm

Mar. 7,14,21,28

Apr. 4

May 2,9,16,23,30

Yin Yoga

Instructor: Tessa Coker

Yin Yoga, a passive practice, focuses on opening the hip joints and spine for increased range and more effective movement.

***Must bring your own mat**

Thursdays 5-6:15

Mar.3,17,24,31

Apr. 7,14,28

May 5,12,26

Mommy Bootcamp

Instructor: Rachele Jaegers

Bring your kids to play, while you experience a full body sculpting workout. Geared to all fitness levels, kids 0-10 welcome.

Tuesdays 10:00-11:00 am

Mar. 1,8,15,22,29

Apr. 5

May 3,10,17,24,31

*We will be offering special workshops to this session at a later date.

For more information regarding these classes, please contact Isabel at 760-935-4089 or isbxoxo@gmail.com

CSA 1

The CSA 1 is offering these classes to the public. Anyone can attend but those residents living in the district can attend free of charge. If you live Northwest of the Geothermal Plant and South of Sunnyslopes/Tom's Place then you reside outside of the district and will be required to pay a nominal fee of \$5 per class.

All classes are held at the Crowley Lake Community Center unless noted otherwise.

www.facebook.com/CrowleyLakeNeighborhood

www.monocounty.ca.gov/csa1