

## Arthritis Class

**Ages:** 35+ **Cost:** \$20

**Instructor:** Barbara Gage

Come and learn that exercise can be effective and fun. Reduce pain and inflammation and maintain mobility with strengthening, stretching, endurance and balance exercise. Led by a certified Arthritis Foundation instructor. **No class 11/23.**

9124.005	9:30-10:30am	Tu/Th	9/5-9/28
9124.006	9:30-10:30am	Tu/Th	10/3-10/31
9124.007	9:30-10:30am	Tu/Th	11/2-11/30
9124.008	9:30-10:30am	Tu/Th	12/5-12/21

## CPR/AED Adult and Child

**Ages:** 15+ **Cost:** \$120

**Location:** Pleasant Valley Aquatic Center

This course is designed to teach students to respond to breathing and cardiac emergencies in adults, children and infants and to use an AED. Materials provided.

7016.002	3-8pm	Th	10/12
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## Cycling/Strength Training

**Ages:** 13+

**Instructor:** Brian Smallwood

**Location:** Pleasant Valley Aquatic Center

\$10 Drop-In, Multiple Entry Passes Available Build your cycling fundamentals and core strength related to cycling, running, walking, and swimming. This class is for beginners through advanced athletes. Classes will be based around work on the bike, but can include body weight strength exercises, running and or swimming. Required equipment: Bicycle, stationary bike trainer, proper shoes for cycling and running, sweat towels, exercise mat, and for certain designated classes, swim gear.

6:30-8pm	Tu/Th
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## Energetic Flow Yoga

**Ages:** 15+ **Cost:** \$66

**Instructor:** Shima Lara

This moderately-paced class focuses on a variety of postures linked to breathing to build strength, flexibility and endurance. Bring a mat to class. **No class 9/19.**

3424.700	6:15-7:15pm	Tu	9/5-10/24
3424.701	6:15-7:15pm	Tu	11/7-12/19



## Evening Fitness for Active Adults

**Ages:** 50+ **Cost:** \$18/\$23\*

**Instructor:** Dr. Tomlinson Rauscher

Exercise for life! Enjoy an hour of moderate exercise emphasizing fundamentals for active adults. Exercise in a reinforcing group environment, taught by an All-American senior athlete. Wear workout attire and comfortable shoes.

9444.009	6:15-7:15pm	Th	9/14-9/28
9444.010	6:15-7:15pm	Th	10/5-10/26*
9444.011	6:15-7:15pm	Th	11/2-11/16
9444.012	6:15-7:15pm	Th	12/7-12/21

## Focus on Balance

**Ages:** 50+ **Cost:** \$21/\$24\*\*/\$27\*\*\*

**Instructor:** Camille Torgeson

Join in the fun as we challenge our balance and strengthen the muscles that help us remain upright. **No class 10/9.**

9514.313	2-3pm	M/W	9/6-9/27**
9514.314	2-3pm	M/W	10/2-10/30***
9514.315	2-3pm	M/W	11/1-11/29***
9514.316	2-3pm	M/W	12/4-12/20

## Move Them Bones:

### The Feldenkrais Method®

**Ages:** 35+ **Cost:** \$51/\$71\*

**Instructor:** Luis M. Sanchez

Try this gentle movement sequence class that will enhance your coordination and cognitive function. It will improve skeletal support and muscular efficiency along with reducing strain and stress while increasing mental flexibility. Please bring two (2) towels for head support. **No class 11/22.**

8444.005	6-7pm	W	9/6-10/25*
8444.006	6-7pm	W	11/1-12/13

## Mindfulness Meditation

**Ages:** 16+ **Cost:** \$43

**Instructor:** Ronald Brand

Classes are based on the tradition of Zen Buddhism, the work of Jon Kabat-Zinn, Jack Kornfield, and others. With guided instruction the beginning class is for those with little or no experience. Continuing meditation is for those wishing to deepen their meditation practice. Wear loose comfortable clothing.

### Beginning

2024.700	6:30-7:30pm	Tu	9/5-9/26
2024.701	6-7pm	Tu	10/3-10/24
2024.702	6-7pm	Tu	11/7-11/28

### Continuing

2024.703	7-8pm	Tu	10/3-10/24
2024.704	7-8pm	Tu	11/7-11/28

## Art of Movement-Parkinson's

**Ages:** 40+ **Cost:** \$18

**Instructor:** Camille Torgeson

This class provides special exercises for those with Parkinson's disease and other movement disorders. **No class 10/9**

9514.317	3:15-4:15pm	M/W	9/6-9/27
9514.318	3:15-4:15pm	M/W	10/2-10/30
9514.319	3:15-4:15pm	M/W	11/1-11/29
9514.320	3:15-4:15pm	M/W	12/4-12/20

## Pilates Stretch - Evening

**Ages:** 13+ **Cost:** \$62/\$67\*

**Instructor:** Deb Norris

This mat class emphasizes core strength with a full body workout. **No Class 10/9 & 11/22.**

5314.200	6:30-7:30pm	M	9/11-10/30*
5334.200	5:30-6:15pm	W	9/6-10/18
5314.201	6:30-7:30pm	M	11/6-12/18*
5334.201	5:30-6:15pm	W	11/1-12/20

## Tai Chi

**Ages:** 13+ **Cost:** \$143

**Instructor:** Clifton Gore

**Location:** Freedom Center

Learn the art of choreographed sequences of movements with martial arts applications to stay healthy and relieve stress.

### Beginning

1834.700	7-8pm	W	9/13-12/13
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### Advanced

1834.701	8-9pm	W	9/13-12/13
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## Tai Chi Sun - All Levels

**Ages:** 50+ **Cost:** \$39

**Instructor:** Camille Torgeson

Develop balance, strength, posture and confidence in a walking and moving exercise routine. Comfortable clothing and secure shoes recommended. **No class 11/10.**

9554.408	2-3:30pm	F	10/6-12/15
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## Total Fitness

**Ages:** 30+ **Cost:** \$21/\$39\*

**Instructor:** Pam Taylor

Let's shake it up! This program builds strength, bone density and conditioning through combining the best aspects of weight training, stretch band and Pilates exercises. My goal is to build a body that is capable of living a healthy fulfilled life. All you need is a mat and a smile. **No class 11/23.**

9344.100	9-10:30am	Th	9/7-9/28*
9344.101	9-10:30am	Th	10/19-10/26
9344.102	9-10:30am	Th	11/2-11/30*
9344.103	9-10:30am	Th	12/7-12/14

## Zumba® Gold

**Ages:** 30+ **Cost:** \$15/\$21\*/\$27\*\*/\$33\*\*\*

**Instructor:** Pam Taylor

Zumba Gold is a Latin-Dance workout which is accessible for beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the total body with dance moves. Come join the fun! Every class feels like a party.

9334.412	9:30-10:30am	W	9/6-9/27**
9334.413	9:30-10:30am	W	10/18-10/25
9334.414	9:30-10:30am	W	11/1-11/29***
9334.415	9:30-10:30am	W	12/6-12/13
9354.009	9:30-10:30am	F	9/8-9/22*
9354.010	9:30-10:30am	F	10/20-10/27
9354.011	9:30-10:30am	F	11/3 & 11/17
9354.012	9:30-10:30am	F	12/1-12/15*

## Zumba® - Weekday

**Ages:** 13+ **Cost:** \$51/\$59\*/\$67\*\*

**Instructor:** Kesia Gomez

Zumba is a Latin dance fitness program designed to give a full body workout that feels like a party. Join us and see how fun getting in shape can be!

**No class 10/9 & 11/23.**

6314.603	5:30-6:30pm	M	9/11-10/30*
6344.603	5:30-6:30pm	Th	9/7-10/26**
6314.604	5:30-6:30pm	M	11/6-12/11
6344.604	5:30-6:30pm	Th	11/2-12/14



## MILITARY & VETERANS EXPO

**SATURDAY, AUGUST 26 • 10AM - 2PM**

**COMMUNITY CENTER AUDITORIUM IN CAMARILLO**

All active and retired military families will have the opportunity to discover what benefits, privileges and discounts they are entitled to through a variety of agencies. 50 vendors will be present with informational booths. All branches of the military are invited. [WWW.PVRPD.ORG](http://WWW.PVRPD.ORG) for more details.



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