

## Adults 50+

**REGISTRATION for Adult Center (50+) classes** is taken online or ONLY through the Adult Center Office. Registration will be accepted for fall classes on **August 16** for Campbell Residents, and open for everyone on **August 18**. For complete details, please call 408-866-2146 or visit us online at [www.cityofcampbell.com/AdultCenter](http://www.cityofcampbell.com/AdultCenter).

### AQUA AEROBICS

Shape up in a water exercise class or by lap swimming. Instructed by Marlene Suits (M/W). **Intermediate:** Enjoy a more vigorous workout. Instructed by Deb Hedge (T/Th).

Activity #	Days	Time	Dates	Fee
90710.21	M/W	1:45 - 2:45 pm	9/7 - 10/19	\$53
90710.22	M/W	1:45 - 2:45 pm	10/24 - 12/14*	\$61
<b>Lap Swimming</b>				
90720.21	M/W	1:45 - 2:45 pm	9/7 - 10/19	\$53
90720.22	M/W	1:45 - 2:45 pm	10/24 - 12/14*	\$61
<b>Intermediate</b>				
90711.21	T/Th	1:45 - 2:45 pm	9/6 - 10/20	\$57
<b>Intermediate - Lap Swimming</b>				
90721.21	T/Th	1:45 - 2:45 pm	9/6 - 10/20	\$57

\*No class 11/23

### EASY RIDER

Work at your own pace to build endurance and cardio strength on a stationary bike in a non-competitive setting. Learn correct posture, bike set up and how to monitor your exertion level. Bring a towel and water. Instructed by Deb Hedge in the Fitness Center/Spinning Room.

Activity #	Days	Time	Dates	Fee
90120.21	T/Th	10:30 - 11:15 am	9/6 - 10/20	\$45
90120.22	T/Th	10:30 - 11:15 am	10/25 - 12/15*	\$49

\*No class 11/24



### ENHANCE FITNESS

Enhance Fitness is an exercise class that combines the three components of fitness: strength, flexibility and cardiovascular conditioning in a safe, non-threatening environment. Variations and modifications are given to fit those at all levels of fitness (all can be done in a chair!). Instructed by Ana Esmaili in N-76.

Activity #	Days	Time	Dates	Fee
90130.21	M/W/F	1:00 - 2:00 pm	9/7 - 10/21	\$60
90130.22	M/W/F	1:00 - 2:00 pm	10/24 - 12/16*	\$66

\*No class 11/23, 11/25

Please Note: Due to a change in our registration process, the Adult Center will no longer be able to accept phone-in registration for trips and classes. Effective August 2016, registration will be accepted online, walk-in or mail-in.

### STRENGTH TRAINING

Learn the proper techniques for strength training to shape muscles and increase bone density. Instructed by Katherine Lanning 'M/W'; Mary Kearns 'T/Th'. Class held in Weight Room. **Please see page 35 for evening session.**

Activity #	Days	Time	Dates	Fee
90140.21	M/W	8:05 - 9:05 am	9/7 - 10/19	\$53
90140.22	M/W	8:05 - 9:05 am	10/24 - 12/14* <sup>1</sup>	\$61
90141.21	M/W	9:10 - 10:10 am	9/7 - 10/19	\$53
90141.22	M/W	9:10 - 10:10 am	10/24 - 12/14* <sup>1</sup>	\$61
90142.21	M/W	10:15 - 11:15 am	9/7 - 10/19	\$53
90142.22	M/W	10:15 - 11:15 am	10/24 - 12/14* <sup>1</sup>	\$61
90143.21	T/Th	9:10 - 10:10 am	9/6 - 10/20	\$57
90143.22	T/Th	9:10 - 10:10 am	10/25 - 12/15* <sup>2</sup>	\$61
90144.21	T/Th	10:15 - 11:15 am	9/6 - 10/20	\$57
90144.22	T/Th	10:15 - 11:15 am	10/25 - 12/15* <sup>2</sup>	\$61
90145.21	T/Th	2:15 - 3:15 pm	9/6 - 10/20	\$57
90145.22	T/Th	2:15 - 3:15 pm	10/25 - 12/15* <sup>2</sup>	\$61

No class \*<sup>1</sup> 11/23; \*<sup>2</sup> 11/24



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## BODY CONDITIONING

Gain strength, balance, flexibility, and stamina with exercises that are safe, effective and FUN. Modifications easily made to accommodate injuries and other movement limitations. Special emphasis is placed on good alignment for more ease of movement in class and in life! Instructed by Melissa Gambino in Q-80.

Activity #	Days	Time	Dates	Fee
90100.21	T/Th	9:00 - 10:00 am	9/6 - 10/25	\$47
90100.22	T/Th	9:00 - 10:00 am	11/8 - 12/15*	\$35

\*No class 11/24

## TAI CHI CHUAN

Learn 24 gentle movements that promote strength, flexibility, balance, and increased oxygen. Intermediate class is geared toward continuing students. Instructed by Tatiana Perfilov. Class held in C-35.

Activity #	Day	Time	Dates	Fee
<b>Beginning</b>				
90161.21	W	11:15 - 12:15 pm	9/7 - 10/19	\$33
90161.22	W	11:15 - 12:15 pm	10/26 - 12/14*	\$33
<b>Intermediate</b>				
90165.21	W	10:00 - 11:00 am	9/7 - 10/19	\$33
90165.22	W	10:00 - 11:00 am	10/26 - 12/14*	\$33

\*No class 11/23

## TOTAL BODY FITNESS (FORMERLY CORE STRENGTHENING)

Improve muscle tone, strength, endurance and flexibility with this non-stop fun yet challenging toning and cardio workout that uses hand weights, medicine balls, resistance bands and bosu balls. This is a great way to increase your metabolism and transform your body from head to toe!. Students should bring a mat and water. Class is instructed by Mary Kearns and held in Q-80. **Please see page 37 for evening session.**

Activity #	Days	Time	Dates	Fee
90110.21	T/Th	8:00 - 8:45 am	9/6 - 10/20	\$46
90110.22	T/Th	8:00 - 8:45 am	10/25 - 12/15*	\$50
90111.21	T/Th	3:30 - 4:30 pm	9/6 - 10/20	\$62
90111.22	T/Th	3:30 - 4:30 pm	10/25 - 12/15*	\$67

\*No class 11/24

## ZUMBA GOLD

Enjoy a fun workout that features easy dance/exercise moves to Latin and international music. Join the party, this is a great way to be fit! Instructed by Lilian Zeljko in the Main Gym.

Activity #	Days	Time	Dates	Fee
90180.21	M/W	9:00 - 10:00 am	9/7 - 10/19	\$51
90180.22	M/W	9:00 - 10:00 am	10/24 - 12/14* <sup>1</sup>	\$55
90181.21	F	9:00 - 10:00 am	9/9 - 10/21	\$35
90181.22	F	9:00 - 10:00 am	10/28 - 12/16* <sup>2</sup>	\$35

No class \*<sup>1</sup> 11/21, 11/23; \*<sup>2</sup> 11/25

## ADULT CENTER FLEX PASS 50+

The Campbell Adult Center offers a Flex Pass that can be used for a variety of our 50+ fitness classes. This drop-in pass will allow you the flexibility to participate in a variety of classes without having to register for a full session. The pass is good only at the classes listed below. **Participation in each class will be on a space available basis.**

**5 class pass \$30    10 class pass \$55    20 class pass \$100**

### PARTICIPATING CLASSES:

Aqua Aerobics	M-Th	1:45 - 2:45 pm	Pool
Body Conditioning	T/Th	9:00 - 10:00 am	Q-80
Boot Camp	M/W	5:00 - 5:45 pm	Weight Rm./Track
Easy Rider	T/Th	10:30 - 11:15 am	Spinning/Cardio Rm
Enhance Fitness	M/W/F	1:00 - 2:00 pm	N-76
Pilates-Yoga Combo	M/W	10:15 - 11:15 am	Q-84
Strength Training	M/W	8:05 - 9:05 am; 9:10 - 10:10 am; 10:15 - 11:15 am	Weight Rm.
Strength Training	T/Th	9:10 - 10:10 am; 10:15 - 11:15 am; 2:15 - 3:15 pm; 5:30 - 6:30 pm	Weight Rm.
Tai Chi Chuan, Beg.	W	11:15 - 12:15 pm	C-35
Total Body Fitness	T/Th	8:00 - 8:45 am; 3:30 - 4:30 pm, 4:35 - 5:20 pm	Q-80
Yogilates	T/Th	10:15 - 11:15 am	N-76/M-47
Zumba Gold	M/W/F	9:00 - 10:00 am	Main Gym

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### PILATES-YOGA COMBO

Through a series of Pilates and Yoga exercises and breathing technique, strengthen your abdominal and core muscles to help you with your back and your day to day activities. The class includes balancing, stretching and relaxation to improve your alignment, flexibility, and release tension throughout the body. Designed for all levels. Instructed by Homa Mojgani and held in Q-84.

Activity #	Days	Time	Dates	Fee
90150.21	M/W	10:15 - 11:15 am	9/7 - 10/19	\$68
90150.22	M/W	10:15 - 11:15 am	10/24 - 12/14*	\$79

\*No class 11/23

Please see page 38 for **YOGA/YOUNG AT HEART 50+**

### YOGILATES

Yogilates combines the tension relieving stretches of yoga with the alignment and strengthening focus of Pilates. Learn how to create a strong core for a healthy back and ease of movement; achieve better balance; improve flexibility and undo harmful postural habits. Geared for all levels of fitness. Helpful for those with osteoporosis, osteopenia or arthritis. Instructed by Melissa Gambino on Tuesdays in N-76; Thursdays in M-47.

Activity #	Days	Time	Dates	Fee
90155.21	T/Th	10:15 - 11:15 am	9/6 - 10/25	\$79
90155.22	T/Th	10:15 - 11:15 am	11/8 - 12/15	\$58



### LINE DANCE

A progression of Line Dance classes offered. Increase your stamina with these fun dances that don't require a partner. Instructed by Mandi Muscolo and held in N-76.

Activity #	Day	Time	Dates	Fee
<b>Introduction</b>				
90550.21	M	9:40 - 11:10 am	9/12 - 10/24	\$39
90550.22	M	9:40 - 11:10 am	10/31 - 12/19	\$44

<b>Level 2</b>				
90551.21	Th	10:45 - 12:15 pm	9/15 - 10/27	\$39
90551.22	Th	10:45 - 12:15 pm	11/3 - 12/15*	\$33

<b>Level 3</b>				
90552.21	M	11:15 - 12:45 pm	9/12 - 10/24	\$39
90552.22	M	11:15 - 12:45 pm	10/31 - 12/19	\$44

<b>Level 4</b>				
90553.21	Th	9:00 - 10:30 am	9/15 - 10/27	\$39
90553.22	Th	9:00 - 10:30 am	11/3 - 12/15*	\$33

\*No class 11/24

### TAP DANCE

This tap dance class is a lot of fun plus it is great exercise. Learn the basic steps that will be turned into a simple routine. Participants are responsible for providing their own tap shoes. Bring a water bottle to class. Instructed by Peggy Page in M-47, Dance Studio.

Activity #	Day	Time	Dates	Fee
90520.21	M	1:30 - 2:30 pm	9/12 - 10/24	\$37
90520.22	M	1:30 - 2:30 pm	10/31 - 12/12	\$42

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## OILS & ACRYLICS

Self-paced creative workshop. Learn to work with acrylic and/or oil tools and techniques. All skill levels. Instructed by Kim Navarre. Class held in E-46.

Activity #	Day	Time	Dates	Fee
90230.21	W	9:30 - 11:30 am	9/7 - 10/19	\$44
90230.22	W	9:30 - 11:30 am	10/26 - 12/14*	\$44

\*No class 11/23



## QUILTING

Come join an on-going quilting class designed for new and experienced quilters. Our instructor is happy to demonstrate everything from rotary cutting, machine and hand piecing, machine and hand quilting, applique, binding, and many other techniques. Patterns will be offered in class, or choose your own project. Finish that quilt you inherited! **Bring your sewing machine, basic sewing supplies (scissors, threads, fabrics, seam ripper, rotary cutter, pins).** List of supplies for instructor-provided pattern will be available in class. (Note: basic knowledge of sewing machine operation is helpful, but not essential). Instructed by Rita Bottini. Class held in E-46.

Activity #	Day	Time	Dates	Fee
90220.21	M	9:30 - 11:30 am	9/12 - 10/24	\$39
90220.22	M	9:30 - 11:30 am	10/31 - 12/19	\$44
90221.21	M	12:00 - 2:00 pm	9/12 - 10/24	\$39
90221.22	M	12:00 - 2:00 pm	10/31 - 12/19	\$44

## SKETCHING & DRAWING

Learn the basics for a variety of sketching techniques. All skill levels. Instructed by James Green. Class held in E-42.

Activity #	Day	Time	Dates	Fee
90235.21	M	9:30 - 11:30 am	9/12 - 10/24	\$49
90235.22	M	9:30 - 11:30 am	11/7 - 12/19	\$49

## ART 101

Have you always wanted to dabble in the arts? If so, this class is for you. This introductory art class will start with the basics of drawing with pencils to conquer perspective and shading. Next move into color, composition and fundamental painting techniques while exploring acrylics and/or watercolors. Learn the vital elements of art by doing fun and relaxing projects. Instructed by Pat Jimenez and held in E-46.

Activity #	Day	Time	Dates	Fee
90212.21	T	9:30 - 11:30 am	9/6 - 10/18	\$44
90212.22	T	9:30 - 11:30 am	10/25 - 12/13*	\$44

\*No class 11/22



## WATERCOLORS

Discover the beauty of painting with watercolors. Learn various brush strokes and glazing techniques, color mixing and composition. Supply list will be discussed at first class. Instructed by Pat Jimenez. Class held in C-35.

Activity #	Day	Time	Dates	Fee
90233.21	Th	9:30 - 11:30 am	9/8 - 10/20	\$44
90233.22	Th	9:30 - 11:30 am	10/27 - 12/15*	\$44

\*No class 11/24

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### MEMOIR WRITING

Learn to record the many events that are unique to you. Write for yourself with creative guidance. Progress at your own rate. Instructed by Ann Thompson. 'W' class in Q-84; 'Th' class in E-46.

Activity #	Day	Time	Dates	Fee
90302.21	W	1:00 - 3:30 pm	9/14 - 12/14* <sup>1</sup>	\$72
90303.21	Th	1:10 - 3:40 pm	9/15 - 12/15* <sup>2</sup>	\$72

No class \*<sup>1</sup> 10/5, 10/12, 11/23; \*<sup>2</sup> 10/6, 10/13, 11/24

### CALLIGRAPHY

**Beginning:** Learn the art of beautiful lettering using Italic and wow your friends with homemade cards. Session 1: lowercase; Session 2: capitals.

**Intermediate:** Gothicized Italic, a combination of italic and blackletter, with decorative flourishes and beautiful arched letterforms.

Instructed by Ann Thompson. Class held in E-46.

Activity #	Day	Time	Dates	Fee
<b>Beginning</b>				
90210.21	Th	11:10 - 12:40 pm	9/15 - 10/27* <sup>1</sup>	\$30
90210.22	Th	11:10 - 12:40 pm	11/3 - 12/15* <sup>2</sup>	\$36
<b>Intermediate</b>				
90211.21	Th	9:00 - 11:00 am	9/15 - 12/15* <sup>3</sup>	\$72

No class \*<sup>1</sup> 10/6, 10/13; \*<sup>2</sup> 11/24; \*<sup>3</sup> 10/6, 10/13, 11/24



### iPAD SIMPLIFIED

This fun, stress-free class will simplify your iPad experience. Topics covered are: Screen navigation, settings, iTunes, notes, Safari (Internet), App Store, email, contacts, calendars, camera, video camera, photo albums, movies, books, maps, FaceTime, and much more. Over 1000 people have been helped by this class to learn how to use their iPads! Instructed by Brian Schwatka and held in Q-80.

Activity #	Day	Time	Date	Fee
90650.21	M	1:30 - 3:00 pm	9/12 - 10/31	\$37



### SHOULD I STAY OR SHOULD I GO?

If you are a homeowner and you are considering a move, there are many pieces to your puzzle. Don't sell your home until you know all of your options. This is not a sales pitch, but an educational course presented in an easy to understand format. Topics discussed are: financial planning, reverse mortgages, taxes, estate planning, in-home care, home safety/security/remodeling, real estate 101, downsizing, and the pros and cons of senior communities. This class will teach you what you need to know so that you can properly evaluate your personal situation. Instructed by Brian Schwatka and held at the Los Gatos Recreation Center, 208 E. Main Steet, Los Gatos.

Activity #	Day	Time	Date	Fee
90620.21	Th	1:30 - 3:30 pm	9/15 - 11/3	\$37

### FUN WITH SPANISH

Have you always wanted to learn Español? Learn Spanish by a variety of fun methods. 'Introduction' classes are for those who want to learn the basics. "Advanced Beginning" and "Intermediate" classes are geared for continuing students. Instructed by Medardo Molina. Held in C-35.

Activity #	Day	Time	Dates	Fee
<b>Introduction</b>				
90402.21	T	3:00 - 4:00 pm	9/6 - 10/18	\$28
90402.22	T	3:00 - 4:00 pm	10/25 - 12/13*	\$28
<b>Advanced Beginning</b>				
90400.21	T	1:45 - 2:45 pm	9/6 - 10/18	\$28
90400.22	T	1:45 - 2:45 pm	10/25 - 12/13*	\$28
<b>Intermediate</b>				
90401.21	T	12:30 - 1:30 pm	9/6 - 10/18	\$28
90401.22	T	12:30 - 1:30 pm	10/25 - 12/13*	\$28

\*No class 11/22