

Adult Fitness

Aerobics w/ Karen

Wake up your day with this upbeat & energizing morning workout! Karen combines low impact, easy-to-follow cardio aerobic moves with sculpt, abs & stretch for a well-rounded, fun & high-energy workout. Karen has been teaching a wide variety of fitness classes in Marin for over 16 years. She shares her vitality & experience in her lively classes at SRD.

Instructor: Karen Sullivan

Fusion Fitness w/ Rebecca

A challenging workout designed to tone muscles & build bone density. The class blends weight-bearing & cardiovascular exercises with floor work & core-conditioning. Weights are used for sculpting. Stretches and flexibility work enhance range of motion & relax the muscles. A well-balanced class designed to improve your posture, health and well being. Look for Rebecca's water aerobics at SRD offered Mon-Fri 12pm & Mon, Wed and Fri 5:50pm.

Instructor: Rebecca Callaway

Morning Workout w/ Linda

This class incorporates a fusion of fitness modalities, cardiovascular training, stretching, yoga, strength training, body awareness, toning exercises and Pilates-style core conditioning. Linda focuses on proper form, alignment, and posture. She presents modifications for back, hip, knee, neck and shoulder concerns. A great way to start your day feeling energized, strong & stretched. As a personal trainer and wellness coach, Linda incorporates techniques to help promoting health and wellness.

Instructor: Linda Morello

Pilates w/ Bobbie

Pilates is a highly effective method of physical conditioning that enhances breathing, flexibility, strength, alignment and body awareness.

Pilates conditions the entire body and promotes balanced musculature and agility. Both an art form and a great workout, Pilates increases ease of movement and decreases risk of injury in daily activities and sports. Bobbie's extensive dance and pilates training is a perfect fit for all ability levels!

Instructor: Bobbie Reis

Jazzercise w/ Joy Simmonds

Jazzercise combines elements of jazz dance, resistance training, yoga, kickboxing and more in an effective program for every age and fitness level. Music styles include Pop, Dance, Jazz, Swing, Country, R&B. Come join the fun! Registration is ongoing. **Fee:** payable to Jazzercise, class passes or drop-in \$15.00. jazzercise.com or (800) fit-is-it or (415) 927-4165.

Instructor: Joy Simmonds

40+ DROP-IN BASKETBALL

Thursdays 7:30 - 9:30p.m. Come drop-by and play basketball. For individuals 40 years old and older. Schedule may change according to other SRD programs. Changes will be posted on the gym's window or you can call the SRD Main Office at 383-6494 to confirm. Match style play. Prior to play-all players must have a completed current liability form on file.

Facilitator: Steve Brandon **Fee:** \$4 per player at the door.



Aquafina MLB Pitch, Hit & Run

April 13, 2011

Starts at 11:30am

SRD will host its first annual Aquafina Major League Baseball Pitch, Hit & Run. This is an exciting skills competition that provides boys and girls the chance to advance through four levels of competition. Call SRD for more information (415) 383-6494 **Fee:** FREE

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Power Yoga w/Susan

Power Yoga is a challenging workout that improves strength, balance, flexibility, muscle tone, circulation and mental concentration. Susan's classes are suitable for all levels with a focus on improving posture, health and circulation. Power yoga is a great way to cross-train for runners, bikers, swimmers and other sports. Stay active while reducing injuries and increasing muscle tone and flexibility. Fee payable to instructor.

Instructor: Susan Hauser **Fee:** \$10

Power Yoga w/Lori

Power yoga is an athletic form of yoga that builds strength and flexibility, while working to quiet the mind. The poses are linked together with breath. This union of breath and movement is the core of the practice. All levels welcome. Fee payable to instructor.

Instructor: Lori Holscher **Fee:** \$10



Adult Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 – 9:30am	Aerobics w/ Karen GYM	Fusion Fitness w/ Rebecca GYM	Morning Workout w/ Linda GYM	Fusion Fitness w/ Rebecca GYM	Aerobics w/ Karen GYM	
	Power Yoga w/Susan 1st Floor (Different Fee)		Power Yoga w/ Susan 1st Floor (Different Fee)		Power Yoga w/Susan 1st Floor (Different Fee)	
9-10am				Power Yoga w/Lori 1st Floor (Different Fee)		Aerobics w/ Karen GYM
12-1pm			Pilates w/ Bobbie 1st Floor			
6:15- 7:15pm		Jazzercise GYM (Different Fee)		Jazzercise GYM (Different Fee)		
7:30- 9:30pm				Drop-In Basketball For ages 40+ GYM		

Fitness Classes are ongoing. Join at any time!

FEES:

SRD Fitness Class: \$7 drop-in

Class Pass Cards (10 visits) \$55 Resident/ \$60 Regular Fee

Basketball Drop-In: Thursday \$4

Jazzercise: payable to Jazzercise

Yoga: payable to Instructor