

RECREATION DEPARTMENT

Effective June, 2024

INSTRUCTOR &, CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Alisha Sullivan	Clubhouse 5 Fitness	Clubhouse 5 Fitness	Clubhouse 5 Fitness	Clubhouse 5 Fitness	Clubhouse 5 Fitness	
Cycling	3:45-4:45 p.m.	9 - 10 a.m.	10 - 11 a.m.	7 - 8 a.m.	7 - 8 a.m.	
\$40 per session (eight class sessions)	5 - 6 p.m.	10:30 - 11:30 a.m.		8:30 - 9:30 am		
Janet Gilliam		Community Center		Community Center		
Chair Fitness		10 - 11 a.m.		10 - 11 a.m.		
\$3 per class						
Candi Davis	Clubhouse 6 Ballroom					
Ballroom dance	10:30 a.m. - 12:30 p.m.					
\$7 per class						
Ed VanOrnum					Clubhouse 2 Ballroom	
Ballroom dance					9:30 a.m. - 11:30 a.m.	
\$7 per class					Clubhouse 5 on 4th Friday of the month	
Ron Murray		Clubhouse 5 Fitness	Clubhouse 5 Fitness	Clubhouse 5 Fitness		
IKTA self defense		3:30 - 4:30 p.m.	3 - 4 p.m.	3:30 - 4:30 p.m.		
\$5 per class						
Tracy Murray	Clubhouse 2 Ballroom		Clubhouse 5 Ballroom		Clubhouse 2 Ballroom	
Zumba Gold	10 - 11 a.m.		9 - 10 a.m.		9 - 10 a.m.	
\$5 per class						
Tracy Murray	Clubhouse 5 Pool					
Aqua Zumba	4 - 5 p.m.					
\$5 per class						
Casey Chavez		Clubhouse 5 Pool		Clubhouse 5 Pool		
Aqua Fitness		4 - 5 p.m.		4 - 5 p.m.		
\$7 per class						
Laura Fremont				Clubhouse 5 Fitness		
Tap Dance and Rhythms				10:30 - 11:45 a.m.		
\$5 per class						
Kim Min		Clubhouse 6 Ballroom			Clubhouse 7 Ballroom	
Yoga		8:30 - 9:45 a.m.			9:30 - 10:45 a.m.	
Free drop-in class						
Jerry Bloch			PAC Dining Room	Clubhouse 2 Ballroom		
Mindful movement yoga			12 - 1 p.m.	3 - 4 p.m.		
Free drop-in class						
Zahir Movius					Clubhouse 5 Fitness	Clubhouse 5 Fitness
Circle of Love Meditation					2:30 - 4 p.m.	
Yoga						Sunday
Free drop-in class						10:30 a.m. - 12 p.m.
Kristine DeYoung	Clubhouse 2 Ballroom			Clubhouse 2 Ballroom		
Mat yoga	11:30 a.m. - 12:30 p.m.			11:30 a.m. - 12:30 p.m.		
Chair yoga	1 - 2 p.m.			1 - 2 p.m.		
Free drop-in class						
Cheryl Russell	Clubhouse 6 Ballroom					
Laughter Yoga	9:15 to 10:15 a.m.					
Free drop-in class						
Sheryl Leicher	Clubhouse 5 Fitness					
Lengthen and Strengthen	7 - 8:15 p.m.					
Free drop-in class						
Sybil Moore	Clubhouse 5 Fitness					
Movement and Stretch	10:30 - 11:30 a.m.					
Free drop-in class						
Jean Reitz						Clubhouse 5 Fitness
Mind and Body Fitness						10:30 a.m. - 12 p.m.
Free drop-in class						
Various Instructors				Clubhouse 6 Ballroom		Clubhouse 5 Fitness
Tai chi dance				8 - 10:30 a.m.		Saturday
Free drop-in class						8 - 10:30 a.m.
Various Instructors	Clubhouse 2 Ballroom		Clubhouse 2 Ballroom	Clubhouse 2 Ballroom	Club 7 Ballroom	
Chi Kung	8 - 9:30 a.m.		8 - 9 a.m.	8 - 9:30 a.m.	8 - 9:00 a.m.	

Free drop-in class					
Various Instructors		PAC Dining Room 2			
Drum Circle		5:15 - 6:45 p.m.			
Free drop-in class					
Jan L. Levinrad		Clubhouse 2 Pool			
Swim Clinic		12 - 1 p.m.; 1 - 2 p.m.			
Free drop-in class					
Various Instructors		PAC Rehearsal Room			
Clogging		8:30 - 10 a.m.			
Free drop-in class					
Various Instructors					Clubhouse 5 Fitness
Line Dance					2 - 3 p.m.
Free drop-in class					Saturday
Various Instructors					Clubhouse 5 Fitness
Disco Dance					3 - 4 p.m.
Free drop-in class					Saturday
Janet Preissler			Clubhouse 2 Grevillea		
Russian Language Class			3:00 - 5 p.m.		
Free drop-in class					
ESL					Village Greens
English as a second language class					
Free class; schedule through instructor at sclclagunawoods@gmail.com					
Walter Valencia				PAC Dining Room	
Spanish Language Class					
Free class; schedule through instructor at kevinvalencia@verizon.net					