

**CHI GONG-A HEALING PRACTICE • Ages 10+**

Chi Gong is a slow, moving meditative acupressure. Deep breathing, single gentle hand positions & arm movements move the Chi (life force) to heal the mind and body. Ideal for relieving stress and pain, including anxiety and depression. Much more simple than Tai Chi, and taught as a healing practice. Great for seniors, cancer patients, fibromyalgia, and other chronic disorders. 1/3 - 1/2 of class can be done sitting. For more information contact the Vallejo Community Center at 648-4640. Instructor: Barbara Gaea MSW.

Cost: \$10/month resident, \$12/month nonresident  
 Sept 1-29, Oct 6-27, Nov 3-24, Dec 1-29, Jan 5-26.  
 Wednesday 4:00-5:00pm  
 Sept 2-30, Oct 7-28, Nov 4-18, Dec 2-30, Jan 6-27.  
 Thursday, 6:45-7:45pm

**ZUMBA FITNESS • Ages 13+**

Zumba is a cardio based workout with an easy to follow dance step that turns exercise into a party. Latin based movements which involve interval training and repetitive moves such as Salsa, Merengue, Cumbia, Cha-Cha, Calypso, Mambo, Reggaeton as well as Bellydancing and African dance. For more information contact the Vallejo Community Center at 648-4640. Instructor: Christina Mendoza

Cost: \$25/session resident, \$30/session nonresident  
 Drop-In: \$8/class resident, \$10/class nonresident  
 Sept 2-30, Oct 7-28, Nov 4-Dec 2, Dec 9-30, Jan 6-27.  
 Thursday, 5:45-6:45pm  
 No class Nov 25

**FIT AFTER FIFTY • Ages 50+**

Join this fun class and increase your strength and endurance. Class includes aerobic exercises to enhance cardio vascular health, core muscle strengthening, balance exercises and the use of lightweight weights and exercise bands to increase overall muscle strength. Strength Training has been proven to reduce the onset of osteoporosis, diabetes and helps to prevent accidents as a result of falls. It also helps to reduce pain and symptoms of arthritis, back pain, obesity and depression. Join this free class and you will improve your health, remain active and make new friends. To register, please go to the Vallejo Adult School at 1140 Capitol Street, Vallejo or call 707-556-8680. Meets weekly at the Vallejo Community Center, 225 Amador St.



Cost: \$20/month once a week. \$30/month twice a week  
 Sept 10-Nov 19, Nov 29-Feb 25.  
 Monday 8:55-9:55am and/or Friday 9:15-10:15am  
 No class Dec. 20-31, Jan. 17, Feb. 21

**FREE! EARLY RISE & SOCIALIZE • Ages 50+**

A non-aerobic stretch and exercise class. Must bring water bottle. Meets three times a week at the Vallejo Community Center. Space is limited. For more information contact the center at 648-4640. Instructor: Karen Houston  
 Sept 1-Jan 31. Monday, Wednesday, Friday, 8:00-8:45am



**HEALTHY & FIT SENIOR EXERCISE • Ages 50+**

Join this fun class and increase your strength and endurance. Class includes aerobic exercise to enhance cardiovascular health, core muscle strength, balance exercises and the use of lightweight weights and exercise bands. Come improve your health, remain active and make new friends! Please bring a water bottle to class. For more information contact the North Vallejo Community Center at 648-4650. Instructor: Alicia Sanson

Cost: \$10/month resident, \$12/month nonresident  
 Register for once or twice a week  
 Sept 1-30, Oct 6-28, Nov 3-24, Dec 1-30, Jan 5-27.  
 Wednesday and/or Thursday, 10:00-11:00am

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