BOOST! fitness

ADULT **FITNESS** CLASS CALENDAR

PALO ALTO RECREATION | Classes are offered at the Lucie Stern (LSCC) and Cubberley Community Centers (CCC)

hours	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		**Early Aerobics** 8-9:15am (LSCC) Jerrie Thurman		**Early Aerobics** 8-9:15am (LSCC) Jerrie Thurman		**Early Aerobics** 8-9:15am (LSCC) Jerrie Thurman	
8:30 AM			**Zumba Plus** 8:30-9:40am (LSCC) Carla Kenworthy ---------- **Low Impact Exercise** 8:30-9:30am (CCC) Judy Vajta		**Zumba Plus** 8:30-9:40am (LSCC) Carla Kenworthy ---------- **Low Impact Exercise** 8:30-9:30am (CCC) Judy Vajta		
9:00 AM		**Easy Aerobics** 9-10am (CCC) Ailsa Ludvik		**Easy Aerobics** 9-10am (CCC) Ailsa Ludvik		**Easy Aerobics** 9-10am (CCC) Ailsa Ludvik	**Zumba** 9-10am (LSCC) Carla Kenworthy
9:45 AM			**Low Impact Aerobics** 9:45-11am (CCC) Judy Vajta		**Low Impact Aerobics** 9:45-11am (CCC) Judy Vajta		
5:30 PM			**Vinyasa Flow Yoga** 5:30-6:30pm (LSCC) Cassandra McDonough				
7:00 PM			**Line Dancing: Int/Advanced** 7-9pm (LSCC) Evelyn Khinoo			**For class details or registration information, please visit www.cityofpaloalto.org/enjoy or call (650) 463-4900**	

Ask us how you can get a FREE 3-day class pass!!
(not valid for existing BOOST! participants)

CLASS PACK PRICING:

Adults (18 & up)
Daily Drop-in - $15
10 Class Pack - $75 (only $7.50 per class!)
20 Class Pack - $150

Students (student ID required) and Seniors (60+)
Daily Drop-in - $15
10 Class Pack - $65 (only $6.50 per class!)
20 Class Pack - $130

CITY OF PALO ALTO