Open House at Carrillo Recreation Center

Free Classes All Week!

Join us at the Carrillo Recreation Center

OPEN HOUSE

Monday-Saturday, September 16-21

- There is no fee to attend any of the classes listed here during the week of September 16-21.
- All classes are held at the downtown Carrillo Recreation Center, 100 E. Carrillo Street.
- Love the class? Sign up for the new sessions beginning the following week.

ADULT CLASSES

Monday, September 16

Qigong	10-11:15a.m.
Qigong/Tai Chi Easy	3-4p.m.
BegBallet	5:30-7p.m.
Jazzercise	5:30-6:30p.m.
Country Line Dance	7-8p.m.
Martial Arts	7-8:30p.m.

Tuesday, September 17

Jewelry-making Orientation	9:30-10:30a.m.
Stretch & Tone Sr. Fitness	10-11a.m.
Hula Dance	5:30-7p.m.
Country Two Step—Beg	6:30-7:30p.m.
Martial Arts	7-8:30p.m.
Country Two Step—Int	7:30-8:30p.m.

Wednesday, September 18

Tai Chi	10-11:15a.m.
Jazzercise	5:30-6:30p.m.
Core Strength & Flexibility	6:45-8:15p.m.
Argentine Tango Level 1	6-7p.m.

Thursday, September 19

Stretch & Tone Sr. Fitness	10-11a.m.
Hula Dance	5:30-7p.m.
Belly Dance—Beg	5:45-7p.m.
Salsa for Beginners	7-8p.m.
Tahitian Dance	7-8p.m.
Belly Dance—Int	7:00-8:30p.m.
Salsa—Int	8-9p.m.

Friday, September 20

Zumba	5:30-6:30p.m.

Saturday, September 21

Stretch & Tone Sr. Fitness	10-11a.m.

Carrillo Recreation Center
100 East Carrillo Street
897-2519

YOUTH CLASSES

Monday, September 16

Kung Fu—Beg (ages 4-6)	3-3:30p.m.
Kung Fu—Int (ages 4-6)	3:30-4p.m.
Kung Fu—Adv (ages 4-6)	4-4:30p.m.
Martial Arts (all level ages 7-12)	4:30-5:30p.m. & 5:30-6:30p.m.
Creative Dance (3 1/2 -12)	5:30-6:30p.m.

Tuesday, September 17

Youth Acting (ages 6-12)	4:30-5:30p.m.
Wildcatz Cheer (ages 4-13)	5:30-7:30p.m.
Baton Twirling (ages 6-12)	5-6p.m.

Wednesday, September 18

Kung Fu—Beg (ages 4-6)	3-3:30p.m.
Kung Fu—Int (ages 4-6)	3:30-4p.m.
Kung Fu—Adv (ages 4-6)	4-4:30p.m.
Martial Arts (all level ages 7-12)	4:30-5:30p.m. & 5:30-6:30p.m.
Mindful Me (Circle for Girls)	4:30-5p.m.

Friday, September 20

Intro to Rhythmic Gymnastics	3:30-5p.m.

Saturday September 21

Martial Arts (all level ages 7-12)	10:30-11:30a.m.
Beg Kung Fu (ages 4-6)	9-9:30a.m.
Int Kung Fu (ages 4-6))	9:30-10a.m.
Adv Kung Fu (ages 4-6)	10-10:30a.m.