

AIKIDO

Ages 13+

Aikido is a non-aggressive, non-competitive Martial Art teaching new ways of responding to 'being attacked'. Our beginner class is a gentle introduction to the practice. You do not need any experience or special equipment.

DATES & TIMES:

Sundays

4:30-6pm - general class

6-7pm - beginner class

Weds & Thurs

6-7:30pm general class

FEE: \$45 monthly unlimited

\$25 one day per week per month

\$10 drop ins

INSTRUCTORS: Sally Jones & Kahlil Johnson

LOCATION: Veterans Hall on High Street



BOOT CAMP FITNESS

A fun, high energy total body conditioning class that incorporates resistance, interval, power, plyometric, and endurance training. Be prepared to sweat!

DAYS: Tuesdays & Thursdays

TIME: 7:45-8:45 am

FEES: \$65 monthly unlimited

\$10 drop ins, \$5 students

INSTRUCTOR: Katy Kula

LOCATION: Community Recreation Center



JAZZERCISE®

For everyone, regardless of your age or fitness level! *The World's Leading Dance & Fitness Program featuring jazz dance, kickboxing, resistance training, Pilates, yoga and more!*

DAYS: Ongoing, Monday-Saturday

TIME: 9-10 am

FEES: \$50/monthly,

\$40/monthly EFT (auto payments from your bank),

\$90/ 2 months (non-EFT)

or \$10 drop ins - please pay instructor before class

LOCATION: Community Recreation Center

INSTRUCTORS: Karen Aulwurm (530) 582-4720,

Sherri Moore & Emily Salmon

Our instructors are professionally trained and certified by

Jazzercise, Inc. For additional info, please email:

TruckeeJazzTeam@gmail.com



jazzercise®

FIRST TIME STUDENTS ONLY

**SIGN UP FOR 2 MONTH OPTION (\$90) AND
GET 3 MONTHS FREE!**

One Time Only

FAT BURNING BODY SCULPTURE

Low impact aerobics with weights. This class focuses on toning the entire body to enhance your daily activities.



CORE STABILITY BALL

Incorporate a stability ball into your fitness or sports training program to activate and strengthen those hard-to-reach muscles often overlooked in normal training. *Bring your own ball!*



DAYS:

Fat Burning -Monday, Wednesdays & Fridays

Core/Stability Ball- Tuesdays & Thursdays

TIME: 7-8:15 am

FEE: \$60 punch card (come to either class!)

\$7 drop ins

INSTRUCTOR: Monica Altieri

LOCATION: Community Recreation Center

HULA HOOPING for FUN & HEALTH

Ages 6+

Hula Hooping is fun AND great exercise! Make your own hoop or purchase a custom hoop to take home. We will make hoops from 10:30-11 am, please come prepared to pay \$20(kids), \$25 (adults) for materials.

Ages 6+: 2nd SAT , Ages 12+: 4th SAT of the month

TIMES:10:30-11:30 (Hoop Making)

-space limited, please call in advance

11:30 -12:30 (Class)

FEE: \$5/class, (Materials:\$20(kids) \$25 (adults)

INSTRUCTORS: Dean & Lisa of Elevation Hoops

LOCATION: Community Recreation Center



KARATE: PACIFIC CREST MARTIAL ARTS

Ages 5+

Join Sensei Tony Altieri at Pacific Crest Martial Arts in this year round Shito-Ryu Karate Classes. Sensei Tony teaches the fundamentals of traditional Karate. The first class is on us (please pre-register)! Saturday classes included in monthly fees. *Materials costs: Gi (\$35+)+ fees to instructor.*

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|------------------------|-----------|-------------|
| Beg. 11 & Under: | Mon & Wed | 5-6:00 pm |
| All levels 12+: | Mon & Wed | 6-7:30 pm |
| Open Class, 15+: | Tuesdays | 5-6:30 pm |
| Adv. Kids | Thursdays | 5-6:00 pm |
| Optional (all levels): | Saturday | 10-11:30 am |

AGE 5-12: \$65/month

AGE 13+ : \$75/month

DROP-INS: \$10 + materials fees to instructor
Gi \$35 and up (see instructor)

INSTRUCTOR: Tony Altieri, Sensei

LOCATION: Community Recreation Center

KI GONG FOR ADULTS

Ki Gong is comprised of series of slow and gentle movements designed to enhance health and well-being. Each series of movements is coordinated with deep breathing, a conscious smile & meditative energy.

DAYS: Tuesdays

DATE: Ongoing monthly

TIME: 9-10:30 am

LOCATION: Community Rec Center, *then Regional Park when weather gets warmer*

FEES: \$15 per calendar month

\$5 drop ins per class paid daily

INSTRUCTOR: Rolf Godon



VINYASA YOGA

Let Tracey help you develop a safe, realistic practice that you will enjoy and want to continue. She is an experienced practitioner, as well as a certified instructor with Yoga Alliance. All levels welcome. *First Thursdays each month is Community Class-pay what you can afford!*

DAY: Thursday, Ongoing

TIME: 7-8:30 pm

FEES: \$90 for a 10 class punch card,

\$8/class prepaid for the month or \$10 drop ins

INSTRUCTOR: Tracey Morfett

LOCATION: Community Recreation Center

ZUMBA® with Katy Kula

Join this popular **MORNING ZUMBA** program with Katy. Easy-to-follow moves create a one-of-a-kind fitness program that will get you moving in the morning!

DAYS: Mondays, Wednesday & Friday

TIME: 7:45-8:45 am

FEE: \$60/month Zumba only

\$90/month unlimited Zumba w/ Bootcamp

Drop ins: \$10

LOCATION: Community Recreation Center

INSTRUCTOR: Katy Kula



ZUMBA® FITNESS

Ages 13-Adult

ZUMBA® fitness program for ages 13+up fuses Latin & African rhythms with easy-to-follow dance moves to create a one of a kind fitness program. This cardio class burns about 500 calories while you are having fun! Classes meet at the **Community Arts Center**, 10046 Church St., at 5:30 and are taught by *Certified Zumba Instructor Greta Dhamer*. Drop-ins are welcome for \$10, or become a member with the purchase of a 10 class card for \$60(valid for three months). Students, drop-in Thursday nights for \$5! Wear fitness attire and supportive shoes. Bring a towel (optional), H2O & smiles are a must:). Visit www.zumba.com for all class details and to contact instructor.



DAYS: Ongoing Mon, Tues., Thurs.

TIME: 5:30-6:30pm

(come early to stretch and sign-in)

FEES: \$10 Drop-in, \$60 10 class card (valid 3 mos.)

Thursday night student drop/\$5

LOCATION: Community Arts Center

INSTRUCTOR: Greta Dhamer