Winter 2020 Universal Play Classes

Movement to Music

Tues./Thur.: Ages 8-12 years 5:00pm-6:00 pm

Instructor: Michelle Sanchez

Registration Date: December 2, 2019
Classes Start: January 7, 2020
Classes End: March 26, 2020

No Class on Holidays: 1/20/20 (MLK Jr. Day)
2/17/20 (Washington Birthday)
3/30/20 (Caesar Chavez Day)

Body conditioning is paired with pop music to help students power through a vigorous workout. Begin with a warm up followed by interval workouts consisting of squats, push-ups, crunches and much more. The class is designed to be challenging, but students can move at their own pace. Each class ends with a relaxing cool down.

The Winter session is $10 for 10 weeks of classes.
La session de Invierno es $10 por 10 semanas de clases.

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements. Achieving gender equity through a continuous commitment to girls and women in sports. Good Sportsmanship is Everyone’s Responsibility. Be a Good Sport.

Refund policy: Full refunds are only issued when the Recreation Center cancels the activity. A 15% cancellation fee is assessed for all refunds. Changes or transfers per class, sports league or day camp registration maybe assessed additional fees. After the first day of a session, the Recreation Center issues a partial refund to patrons withdrawing from the activity. Payment by Check or Money Order Only and A Collection Fee will be charged for each check returned by the Bank. The classes and programs in this brochure may be subject to cancellation.