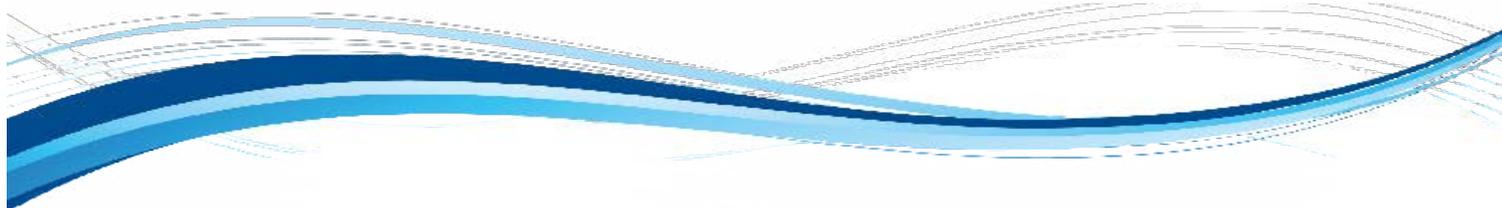


Campbell Adult Center Fall Classes 2020

VIRTUAL CLASSES

Classes are being offered virtually using the Zoom platform Class descriptions/details are available online at this website: <https://apm.activecommunities.com/campbellrecreation>

CLASS	DAYS	DATES	TIMES	FEE	INSTRUCTOR
Enhance Fitness	M/W/F	9/9-10/9	1:00-2:00 pm	\$45	Ana Esmaili
Enhance Fitness	M/W	9/9-10/7	1:00-2:00 pm	\$32	Ana Esmaili
Enhance Fitness	M/W/F	10/12-11/13	1:00-2:00 pm	\$49	Ana Esmaili
Enhance Fitness	M/W	10/12-11/11	1:00-2:00 pm	\$32	Ana Esmaili
Enhance Fitness	M/W/F	11/16-12/18*1	1:00-2:00 pm	\$42	Ana Esmaili
Enhance Fitness	M/W	11/16-12/16*1	1:00-2:00 pm	\$29	Ana Esmaili
Forever Young	M/W/F	9/9-10/9	10:30-11:30 am	\$45	Candace Wright
Forever Young	M/W	9/9-10/7	10:30-11:30 am	\$32	Candace Wright
Forever Young	M/W/F	10/12-11/13	10:30-11:30 am	\$49	Candace Wright
Forever Young	M/W	10/12-11/13	10:30-11:30 am	\$32	Candace Wright
Forever Young	M/W/F	11/16-12/18*1	10:30-11:30 am	\$42	Candace Wright
Forever Young	M/W	11/16-12/16*1	10:30-11:30 am	\$29	Candace Wright
Line Dance, Beg.	Thur.	9/10-10/1	10:00-11:00 am	\$20	Mandi Muscolo
Line Dance, Low Int.	Thur.	9/10-10/1	11:30-12:30 pm	\$20	Mandi Muscolo
Line Dance, Beg.	Thur.	10/8-10/29	10:00-11:00 am	\$20	Mandi Muscolo
Line Dance, Low Int.	Thur.	10/8-10/29	11:30-12:30 pm	\$20	Mandi Muscolo
Quilting	Mon.	9/14-10/19	10:00-11:30 am	\$36	Rita Bottini
Quilting	Mon.	10/26-11/30	10:00-11:30 am	\$36	Rita Bottini
Sketching & Drawing	Mon.	9/14-10/5	9:30 - 11:00 am	\$28	James Green
Sketching & Drawing	Mon.	10/19-11/16	9:30 - 11:00 am	\$35	James Green
Sketching & Drawing	Mon.	11/23-12/14	9:30 - 11:00 am	\$35	James Green
Stay or Go Homeowner	Tues.	9/8-9/22	1:00-3:00 pm	\$30	Brian Schwatka
Stay or Go WHERE	Tues.	9/29	1:00-3:00 pm	\$10	Brian Schwatka
Total Body Fitness	T/Th	9/8-10/8	8:00-8:45 am	\$36	Mary Kearns
Total Body Fitness	T/Th	9/8-10/8	3:30-4:30 pm	\$45	Mary Kearns
Total Body Fitness	T/Th	10/13-11/12	8:00-8:45 am	\$36	Mary Kearns
Total Body Fitness	T/Th	10/13-11/12	3:30-4:30 pm	\$45	Mary Kearns
Total Body Fitness	T/Th	11/17-12/17*2	8:00-8:45 am	\$32	Mary Kearns
Total Body Fitness	T/Th	11/17-12/17*2	3:30-4:30 pm	\$41	Mary Kearns
Yogilates	T/Th	9/8-10/8	10:30-11:30 am	\$50	Melissa Gambino
Yogilates	T/Th	10/13-11/12	10:30-11:30 am	\$50	Melissa Gambino
Yogilates	T/Th	11/17-12/17*2	10:30-11:30 am	\$45	Melissa Gambino
no class *1 11/25 *2 11/26					



OUTDOOR CLASSES

A few classes will be offered outdoors at the Community Center. Participants will be required to have a temperature check before each session and social distancing will be practiced.

***For safety reasons it is recommended that each participant provide their own equipment as noted below. A limited amount of equipment from the Community Center will be available for usage.

CLASS	DAYS	DATES	TIMES	FEE	INSTRUCTOR
Aqua Aerobics	T/Th	9/8-10/8	9:45-10:30 am	\$45	Jennifer Correia
Aqua Aerobics	T/Th	10/13-11/5	9:45-10:30 am	\$36	Jennifer Correia
Aqua Aerobics	T/Th	11/10-12/10*2	9:45-10:30 am	\$41	Jennifer Correia
*Body Conditioning	T/Th	8/25-9/17	9:00-10:00 am	\$27	Marian Chiaramonte
*Body Conditioning	T/Th	9/22-10/15	9:00-10:00 am	\$27	Marian Chiaramonte
*Strength Training	M/W	8/24-9/16*1	8:05-8:50 am	\$33	Tricia Seivers
*Strength Training	M/W	8/24-9/16*1	9:15-10:00 am	\$33	Tricia Seivers
*Strength Training	T/Th	8/25-9/17	9:15-10:00 am	\$37	Mary Kearns
*Strength Training	M/W	9/21-10/14	8:05-8:50 am	\$37	Tricia Seivers
*Strength Training	M/W	9/21-10/14	9:15-10:00 am	\$37	Tricia Seivers
*Strength Training	T/Th	9/22-10/15	9:15-10:00 am	\$37	Mary Kearns

*At this time Flex Passes will be accepted **only** for Body Conditioning & Strength Training classes.

no class on *19/7; *211/26

****Recommended Equipment for Body Conditioning & Strength Training: light weights and a resistance band*

REGISTRATION

Registration for all classes listed is available online at <https://apm.activecommunities.com/campbellrecreation>

or by phone at 408-866-2146 starting at **8:30am**

Wednesday August 19th for Campbell Residents

Thursday August 20th for All Others



Caregivers Count!

10th Annual Conference

Virtual Event
4 Part Series

Sept 12 to Oct 3, 2020
10am to 12pm



#caregiverscount2020

Register Today !

Or for more information go to

WWW.CAREGIVERSSCOUNT.NET



A FREE VIRTUAL CONFERENCE FOR FAMILIES AND FRIENDS CARING FOR A LOVED ONE

Event Topics

Sept 12th Emotional Well-Being

Sept 19th Paying for Care

Sept 26th Technology Tools

Oct 3rd Reducing Stress & Dealing with Parents and Resistance

For more information, call Tina Wong-Erling at 408-866-2147