

ADULT FITNESS

Aikido

7 Weeks

Fee: \$72.00

The Japanese martial art of Aikido is a peaceful discipline, combining effective self-defense with a philosophy designed to bring out the best in yourself and others. Classes include stretching, instruction in safe rolling and falling, joint-lock and throwing techniques, and etiquette. Students who qualify may test for ranks up to and including black belt. Please arrive a few minutes early for class. Wear loose fitting sports clothing covering knees and elbows, or a karate or judo uniform with white belt. Spectators are welcome. Previous experience and instructor assessment required for Intermediate/Advanced class. ***NO CLASS NOVEMBER 11, 25, 27, & DECEMBER 4.**

Instructor: Nakayama 6th Dan, Dyer 4th Dan, Pasigan 1st Dan				
September 9	Mon/Thurs/Sat	Beginning	M/T	6:30-7:30pm
			Sat	9:30-10:30am
September 9	Mon/Thurs/Sat	Inter/Adv	M/T	7:30-8:30pm
			Sat	9:30-10:30am
October 25	Mon/Thurs/Sat	Beginning	M/T	6:30-7:30pm
			Sat	9:30-10:30am
October 25	Mon/Thurs/Sat	Inter/Adv	M/T	7:30-8:30pm
			Sat	9:30-10:30am

Iaido and Meditation

7 Weeks

Fee: \$52.00

Iaido (ee-eye-doe) is a Japanese non-fighting art that was created to preserve the sword skills of the samurai warriors. Iaido emphasizes awareness, calmness, centering, focus and precision, as well as traditional etiquette. Please wear loose fitting sports clothing covering knees and elbows, or a karate or judo uniform with white belt. Spectators are welcome. Bokken (wooden Japanese practice swords) will be provided. If you have an iaito (unsharpened Japanese practice sword) or hakama (traditional Japanese pants) you may use them in class. All personal weapons must be approved by the instructor. ***NO CLASS NOVEMBER 25, 27 & DECEMBER 4.**

Instructor: James Nakayama, Iaido 5th Dan				
September 11	Saturday	All Levels		8:00-9:30am
October 30	Saturday	All Levels		8:00-9:30am



NEW! Bootcamp In The Park

4 Weeks

Fee: \$42.00 or pay \$6/class

Choose 2 class meetings/week

This workout is designed to improve strength and cardio endurance. The class is a mixture of strength and cardio intervals including many "bootcamp" type drills. This method of training is very effective in burning maximum calories in a short period of time. Students must bring a small set of hand weights and a towel or mat. **Class fee includes two class meetings per week only.** Class held at BOISSERANC PARK, located 7520 Dale Ave.

Instructor: Kelli Daniels				
September 6	Mon/Tues/Fri	18+yrs		9:00-10:00am
October 4	Mon/Tues/Fri	18+yrs		9:00-10:00am
November 1	Mon/Tues/Fri	18+yrs		9:00-10:00am

NEW! Jazzercise (Coed)

4 Weeks

Monthly fee \$35 with EFT*

Registration taken at class site by course instructor.

When you love your workout, results come easy. That's why Jazzercise blends aerobic jazz & funk steps with: yoga, Pilates, and kickboxing movements into fun dance routines set to fresh new music. All fitness levels are welcome. Please bring your own exercise mat and towel. Weights are optional. Monthly fee allows patrons to attend any of the classes. **EFT (Electronic Funds Transfer) or Easy Fitness Ticket allows patrons to automatically pay for Jazzercise programs through electronic funds transfer each month.* ***NO CLASS SEPTEMBER 6, NOVEMBER 11, 25, 27 & DECEMBER 4.**

Instructor: Jazzercise Staff				
Sept. 2	Mon/Tues/Thurs/Sat	16+yrs	M/T/TH	6:00-7:00pm
			Saturday	8:00-9:00am
October 2	Mon/Tues/Thurs /Sat	16+yrs	M/T/TH	6:00-7:00pm
			Saturday	8:00-9:00am
Nov. 1	Mon/Tues/Thurs /Sat	16+yrs	M/T/TH	6:00-7:00pm
			Saturday	8:00-9:00am

**Register by phone AND ONLINE
with your VISA or MasterCard.**

For more information on any of the above listed programs, please call (714) 236-3860 or visit www.buenapark.com