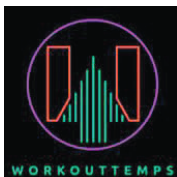




## WORKOUTTEMPS

For booking classes: [Workout2u.com](http://Workout2u.com)



### ZUMBA®

Zumba® is a high energy fitness program that incorporates FUN world beats such as Latin inspired, hip-hop, Middle Eastern, Asian, African, and so much more! All the dance moves are easy to follow. It's a fitness dance party!

#### 12+ Years, Ohlone Community Center

|            |     |             |
|------------|-----|-------------|
| 9/9-9/30   | Mon | 6:45-7:30pm |
| 10/7-10/28 | Mon | 6:45-7:30pm |
| 11/4-11/25 | Mon | 6:45-7:30pm |
| 12/16      | Mon | 6:45-7:30pm |

\*(No Class 11/11)

### R&B LINE DANCING

This program is a low impact class. Fun way to exercise your mind and body by dancing to lively, upbeat music. Be "in the know" and learn dances like: "Cupid Shuffle", "Wobble", "Electric Slide", and so much more!

#### 12+ Years, Ohlone Community Center

|            |     |             |
|------------|-----|-------------|
| 9/3-9/24   | Tue | 5:30-6:30pm |
| 10/1-10/29 | Tue | 5:30-6:30pm |
| 11/5-11/26 | Tue | 5:30-6:30pm |
| 12/3-12/17 | Tue | 5:30-6:30pm |

### ZUMBA® GOLD

Zumba® Gold is a program that is designed to modify the traditional Zumba® class for active older adults that recreates the original moves you love at a lower intensity. The class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

#### 55+ Years, Senior Center

|            |     |             |
|------------|-----|-------------|
| 9/4-9/25   | Wed | 9:00-9:45am |
| 10/2-10/30 | Wed | 9:00-9:45am |
| 11/6-11/27 | Wed | 9:00-9:45am |
| 12/18      | Wed | 9:00-9:45am |

### MIND/HEART/MOVE

This class combines mindful, heartfelt, kindful movement, with gentle dance, deep breathing, stretching, and visual meditation. It's perfect for your time to strengthen, relax, smile, and rejuvenate.

#### 12+ Years, Ohlone Community Center

|            |     |             |
|------------|-----|-------------|
| 9/3-9/24   | Tue | 6:35-7:30pm |
| 10/1-10/29 | Tue | 6:35-7:30pm |
| 11/5-11/26 | Tue | 6:35-7:30pm |
| 12/17      | Tue | 6:35-7:30pm |

## KARATE DOJO - ADULTS

Students will learn the basic fighting skills of Karate, self-discipline, self-esteem, and confidence in protecting themselves. We teach each student to know the danger of people and to protect themselves if he or she is in a threatening situation.



#### 18+ Years, Senior Center

|         |             |           |             |                 |
|---------|-------------|-----------|-------------|-----------------|
| 33542-A | 9/4-9/26    | Wed & Thu | 6:00-6:45pm | \$90R/\$108NR   |
| 33542-B | 10/2-10/30  | Wed & Thu | 6:00-6:45pm | \$90R/\$108NR   |
| 33542-C | *11/6-11/21 | Wed & Thu | 6:00-6:45pm | \$67.50R/\$81NR |
| 33542-D | *12/4-12/19 | Wed & Thu | 6:00-6:45pm | \$45R/\$54NR    |

Teen/Adults: (13+, All Belts):

Wednesday - 7:30pm-8:15pm | Thursday - 6:45pm-7:30pm

## XTREME HIP HOP

Xtreme Hip Hop is a high energy toning and cardio step aerobics class set to Hip Hop and R&B music. The average person can burn anywhere from 400-600 calories per hour session.



#### 18+ Years, Hercules Community Center Dynamite Room

|         |             |           |             |              |
|---------|-------------|-----------|-------------|--------------|
| 37194-A | 9/4-9/30    | Mon & Wed | 7:00-8:00pm | \$64R/\$77NR |
| 37194-B | 10/2-10/30  | Mon & Wed | 7:00-8:00pm | \$72R/\$86NR |
| 37194-C | *11/4-11/25 | Mon & Wed | 7:00-8:00pm | \$48R/\$58NR |
| 37194-D | 12/2-12/18  | Mon & Wed | 7:00-8:00pm | \$48R/\$58NR |

\*No Class 11/11

## JAZZERCISE

Jazzercise is a pulse pounding, beat pumping, body blasting, fitness program that gets your results...fast!



It's a high intensity dance party that fuses cardio, strength, pilates, hip hop, yoga, and kickboxing. For more information, please call Misty: (510) 507-8994 or by email at [herculesjazzercise@gmail.com](mailto:herculesjazzercise@gmail.com)

#### 18+ Years, Van Domselaar Room (Samara Terrace)

Monday – Thursday: 6:30-7:30pm (Dance Mixx Jazzercise)

Tuesday & Thursday: 7:40-8:40pm (Cardio Quick Jazzercise)

Saturday: 8:30-9:30am | Sunday: 9:00-10:00am

Fees: Drop-in: \$20 • Monthly EFT: \$69

## ACES AFTER DARK: TENNIS

Aces After Dark is the perfect introduction to tennis for adult beginners looking to learn the sport in a fun, supportive environment. Held every Monday evening, this class is designed to take the intimidation out of picking up a racket for the first time. Participants will need to bring their own tennis racquet, water bottle(s), and wear sunscreen.



#### 16+ Years, Refugio Tennis Court #4

|         |            |     |             |                |
|---------|------------|-----|-------------|----------------|
| 32292-A | 9/16-10/21 | Mon | 6:30-7:30pm | \$210R/\$252NR |
|---------|------------|-----|-------------|----------------|



# 300+ ONLINE COURSES

## CITY OF HERCULES

### LEARN ANYWHERE, ANY TIME!

Online courses are informative, fun, convenient, and highly interactive. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, six-week format, supplementary links, and more.

### COURSE CATEGORIES:

- Arts and Design
- Business
- Computer Applications
- Computer Science
- Health and Fitness
- Information Technology
- Language
- Legal
- Math and Science
- Teacher Professional Development
- Test Prep
- Writing

### POPULAR COURSES INCLUDE:

A to Z Grant Writing  
Accounting Fundamentals  
Advanced Fiction Writing  
Become a Physical Therapy Aide  
Creating Web Pages  
Discover Digital Photography  
Discover Sign Language  
Explore a Career as a Paralegal  
Explore a Career in Cybersecurity  
Explore a Career in Medical Coding  
Grammar Refresher  
Human Anatomy and Physiology  
Intermediate Microsoft Excel 2019  
Introduction to CSS and HTML5  
Introduction to Interior Design  
Introduction to Microsoft Excel 2019  
Introduction to Microsoft Word 2019  
Introduction to Photoshop CC  
Introduction to QuickBooks Online  
Introduction to SQL  
Medical Terminology:  
A Word Association Approach  
Spanish in the Classroom  
Speed Spanish

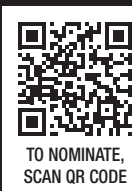
**View all courses, and course bundles, series and suites on our website.**

To view all courses, learn more and enroll, visit:

**510.799.8291**

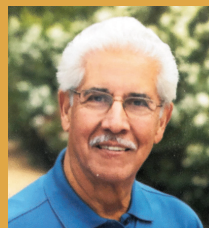
**CAREERTRAINING.ED2GO.COM/HERCULESRC**

# HERCULEAN MILE AWARD



TO NOMINATE,  
SCAN QR CODE

## COMMUNITY WINNER:



### ERNIE SANCHEZ

I am honored, humbled, and surprised! I strive to keep busy in the community by being involved as a Deacon at Valley Bible Church, a volunteer with Hercules Police Dept, a volunteer Shuttle Driver at Martinez VA, and as a Sub Yard Supervisor at Ohlone School. I do what I do because I can. By God's Grace I've been given the ability and sustainability to perform. They say it takes a Village! Everything I do is because of what I see others do, the domino effect. Thank you for those who made this honor possible and for thinking of me in the first place! Again, thank you all so much for the recognition!

## EMPLOYEE WINNER



### KRISTINA GRIFFITH

I am surprised and honored to receive this award! I have worked for the Hercules Recreation Department since May 2005, where I started in Aquatics as a lifeguard/swim instructor. I advanced to Sr. Lifeguard and taught swim lessons for many years before finding my passion in 2013, when I became a Recreation Leader III at the Hercules Senior Center. I strive to promote health and wellness while having a fun and social place for seniors in our community to make lifelong friendships. Thank you so much for the recognition, the volunteers, staff, and SENIORS are all the reasons why I enjoy working in Hercules!