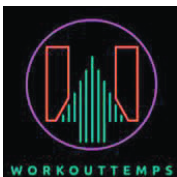




WORKOUTTEMPS

For booking classes: 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

1/6 - 1/27	Mon	6:45-7:30pm
2/3 - 2/24	Mon	6:45-7:30pm
3/3 - 3/31	Mon	6:45-7:30pm
4/7 - 4/28	Mon	6:45-7:30pm

*(No Class 1/20, 2/17)

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. People often line dance at parties, weddings, and gatherings. Be "in the know" and learn dances like: "Cupid Shuffle", "Wobble", "Electric Slide", and so much more!

12+ Years, Ohlone Community Center

1/7 - 1/28	Tue	5:30-6:30pm
2/4 - 2/25	Tue	5:30-6:30pm
3/4 - 3/25	Tue	5:30-6:30pm
4/1 - 4/29	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

1/8 - 1/29	Wed	9:00-9:45am
2/5 - 2/26	Wed	9:00-9:45am
3/5 - 3/26	Wed	9:00-9:45am
4/2 - 4/30	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

1/7 - 1/28	Tue	6:35-7:30pm
2/4 - 2/25	Tue	6:35-7:30pm
3/4 - 3/25	Tue	6:35-7:30pm
4/1 - 4/29	Tue	6:35-7:30pm

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 info, please call Misty: (510) 507-8994 or by email at 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

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. Karate will help develop physical strength, coordination, and mental focus. First month free for a trial & family discounts, visit herculeskaratedojo.com for more info.

18+ Years, Senior Center

43542-A	1/8 - 1/30	Wed & Thu	\$98R/\$118NR
43542-B	2/5 - 2/27	Wed & Thu	\$98R/\$118NR
43542-C	3/5 - 3/27	Wed & Thu	\$98R/\$118NR
43542-D	4/2 - 4/30	Wed & Thu	\$98R/\$118NR

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

47190-A	1/6 - 1/29	Mon & Wed	7:00-8:00pm	\$56R/\$67NR
47190-B	2/3 - 2/26	Mon & Wed	7:00-8:00pm	\$56R/\$67NR
47190-C	3/3 - 3/31	Mon & Wed	7:00-8:00pm	\$72R/\$86NR
47190-D	4/2 - 4/30	Mon & Wed	7:00-8:00pm	\$64R/\$77NR

*No Class 1/20, 2/17, 4/21

SWEAT IT OUT - CARDIO TENNIS

Join our adult cardio tennis classes and experience the perfect blend of fitness and fun. Whether you're a seasoned tennis player or just starting out, our classes are designed to help you improve your cardiovascular health and tennis skills.



16+ Years, Refugio Tennis Courts - Court #4

42292-A	1/27 - 3/3	Mon	6:30-7:30pm	\$210R/\$252NR
42292-B	3/24 - 4/28	Mon	6:30-7:30pm	\$210R/\$252NR

*No Class 2/17, 4/7

100% ONLINE

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- Certified Business Analysis Professional (CBAP) Prep
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- Chartered Tax Professional
- Digital Game Artist Certificate
- Financial and Career Coach (Exam Included)
- Hotel Management
- Hotel Management with Executive Housekeeper
- NASM Certified Personal Trainer + Corrective Exercise (Vouchers Included)
- NASM Corrective Exercise Specialist (CES) (Exam Included)
- Peer Support Specialist
- Plan de Estudios del Curso de Certificación de Organización de Bodas y Eventos
- Professional Interpreter
- Professional Recovery Coach
- Social Service Assistant
- Web Design Professional

COURSE CATEGORIES:

- Arts and Design
- Business
- Computer Science
- Health and Fitness
- Hospitality
- Language

TO LEARN MORE AND ENROLL, CALL OR VISIT:

510-799-8291 • CAREERTRAINING.ED2GO.COM/HERCULESRC