

Adult

50-Minute Fitness

This high intensity low impact cardio class is open to intermediate fitness levels and those looking for a challenge. This class incorporates light weights (up to 5lbs), challenging core work, stabilization and back exercises to give you a well-rounded workout. Bring your own set of two hand weights. This class is not recommended for individuals needing mobility assistance, please see instructor if you have concerns regarding your ability to participate in the course. Class Min 5. No Class 9/4, 9/6 & 9/8.

Location: Joslyn Center

Cost is \$40/\$55 for Non-Residents for 8 classes.

Instructor: Victoria Samia

18436	M	6/12-7/31	10-10:50 am
18438	W	6/14-8/2	10-10:50 am
18439	F	6/16-8/4	10:30-11:20 am

Cost is \$35/\$50 for Non-Residents for 7 classes.

18441	M	8/7-9/25	10-10:50 am
18442	W	8/9-9/27	10-10:50 am
18443	F	8/11-9/29	10:30-11:20 am

Cost is \$120/\$144 for Non-Residents for 24 classes.

18437 MWF **6/12-8/4** See above for times

Cost is \$105/\$126 for Non-Residents for 21 classes.

18444 MWF **8/7-9/29** See above for times

ABS XPRESS - NEW CLASS

Get in, get it done and get on with your day! This 30-minute core training class packs a punch. Work your abs from many angles in fast and effective way utilizing both mat and standing work. It is tough but it is quick! This class is aimed at those looking to amp up their fitness routine. Class is offered in the Clubhouse on Monday and Joslyn on Wednesday. Class Min 5. No Class 9/4 & 9/6.

Location: Monday-Clubhouse & Wednesday-Joslyn

Instructor: Victoria Samia

Cost is \$40/\$55 for Non-Residents 8 classes.

18445 M **6/12-7/31** 11am-11:30am

18446 W **6/14-8/2** 9am-9:30am

Cost is \$35/\$50 for Non-Residents 7 classes.

18448 M **8/7-9/25** 11am-11:30am

18449 W **8/9-9/27** 9am-9:30am

Cost is \$80/\$96 for Non-Residents 16 classes.

18447 M, W **6/12-8/2** See above for times

Cost is \$70/\$85 for Non-Residents 14 classes.

18450 M, W **8/9-9/27** See above for times

Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program improves joint flexibility, while building muscle strength using weights and therabands. Exercises are aimed at increasing balance and coordination. Techniques for good posture and gait are emphasized. While exercising, you are always encouraged to stay within your comfort zone. Class Min 5.

Location: Joslyn Center

Instructor: Victoria Johnson

Cost is \$56/\$71 for Non-Residents 14 classes.

18240 M **6/19-9/18** 11:15 am-12:15 pm

18241 W **6/21-9/20** 11:15 am-12:15 pm

Cost is \$112/\$134.40 for Non-Residents for 28 classes.

18242 M, W **6/19-9/20** 11:15 am-12:15 pm

“I think yoga builds strength, flexibility, and calming of the mind - which is never a bad thing. - Indra Devi

Dance & Stretch/Easy Exercise

Music and movement bring this fitness class to life; classes are geared for older adults to help relieve stress, improve muscle tone and increase energy through gentle stretching and low-impact aerobic dancing. All fitness levels are welcome. This class is offered two days per week, you may register for one or both per week. Class Min 3. No Class 8/15 & 8/17.

Location: Joslyn Center

Instructor: Angie Mandl

Cost is \$20/\$35 for Non-Residents for 10 classes.

18275 Tu **7/11-9/19** 9:00-9:50 am

18274 Th **7/13-9/21** 9:00-9:50 am

Cost is \$40/\$55 for Non-Residents for 20 classes.

18276 Tu, Th **7/11-9/21** 9-9:50 am

Pilates (15 Years +)

From rock stars to Wimbledon champs and Laker stars, Pilates is now mainstream. Mind and body work together as you strengthen and lengthen all the major muscles of the body with focus on the abdominals. This Pilates-mat class is appropriate for all fitness levels. Class benefits include improving posture, muscle tone and strength, while leaving you feeling renewed, regenerated and energized. Please bring a towel to put on your mat which is provided. Class Min 5.

No Class 7/4 & 7/6.

Instructor: Victoria Samia

Location: Joslyn Center

Cost is \$63/\$78 for Non-Residents for 7 classes.

18452 W **6/21-8/2** 6-6:50 pm

18453 W **6/21-8/2** 7-7:50 pm

18456 W **8/16-9/27** 6-6:50 pm

18457 W **8/16-9/27** 7-7:50 pm

Location: Clubhouse

Cost is \$56/\$71 for Non-Residents for 7 classes.

18451 Tu **6/13-8/8** 10:30 am-11:30 am

18454 Th **6/15-8/10** 10:30 am-11:30 am

18455 Tu **8/15-9/26** 10:30 am-11:30 am

18458 Th **8/17-9/28** 10:30 am-11:30 am

Strength, Flexibility & Balance

This class is offered for ALL those who want to get stronger! If you are 49, 54 or 80, this class is for you as we work on Strength, Balance, Bone Density, and Range of Motion, using light weights and balls moving to music. This class is taught with chairs for seated and/or standing support. Come have fun, get strong, get limber, get moving! Class Min 7. No class 7/26, 7/28 & 8/30.

Location: Joslyn Center

Instructor: Margaret Winters

Cost is \$84/\$100.80 for Non-Resident for 12 classes.

18243 W **6/21-9/20** 9:00-9:50 am

Cost is \$91/\$109.20 for Non-Resident for 13 classes.

18244 F **6/16-9/15** 9:00-9:50 am

Morning Mommy Bootcamp - SUMMER PRICES

Do you need more energy? Looking to tone up and trim down? This class has been revamped to include both ladies with and without strollers. The exercises are designed to effectively burn fat and build muscle in a challenging and fun way. Utilizing the park environment, this class is so much fun that you barely notice the calories you are burning! This class utilizes the hills, benches and steps located at Recreation Park together with weights and resistance tubing. Bring your babies/preschoolers along for the ride in their strollers. Wear comfortable workout clothes and meet at the corner of Eucalyptus and Pine. Class Min 5. No Class 7/3, 7/4 & 7/6.

Location: Recreation Park

Instructor: Victoria Samia

Cost is \$63/\$78 for Non-Residents for 9 classes.

18459 M **6/12-8/14** 9:00-9:50 am

18460 Tu **6/13-8/15** 9:30-10:20 am

18461 Th **6/15-8/17** 9:30-10:20 am

Cost is \$30/\$45 for Non-Residents for 5 classes.

18462 M **8/28-9/25** 9:00-9:50 am

18463 Tu **8/29-9/26** 9:30-10:20 am

18464 Th **8/31-9/28** 9:30-10:20 am

Tai-Chi Ch'uan - NEW BEGINNER CLASS

Come and enjoy the benefits of this slow, graceful, relaxing, rhythmic exercise. Tai-Chi is used to promote good health in the young and old, the strong and the weak. Beginning students work on overall stretching, flexibility, balance and coordination, by learning the basics. More advanced students can also use these movements to continue to build on the basic foundations to further increase their physical strength as well as their awareness and concentration levels, thereby promoting stillness within themselves. Advanced class requires instructor's approval. Class Min 5.

Location: Joslyn Center

Instructor: Richard Goodman

Beginner: Cost is \$112/\$134.40 for Non-Residents for 14 classes.

18245 Th **6/22-9/21** 11:00-12:00 pm

Intermediate: Cost is \$84/\$100.80 for Non-Residents for 14 classes.

18246 Th **6/22-9/21** 12:00-1:00 pm

Advanced: Cost is \$140/\$168 for Non-Residents for 14 classes.

18247 Th **6/22-9/21** 1:00-2:30 pm

Intermediate & Advanced: Cost is \$224/\$268.80 for Non-Residents for 14 classes.

18273 Th **6/22-9/21** 12:00-2:30 pm

Yoga (15 Years +)

Traditional Yoga classes offering a balanced system for bringing better health, flexibility and peace into your life. Class focus is on stretching, deep breathing and relaxation, which brings mind and body into harmony. Classes are mixed level making them perfect for beginner and advanced practitioner as well. This class is offered two days per week. Class Min 5. No Classes 8/10 & 9/4.

Location: Joslyn Center

Instructor: Victoria Elia

Cost is \$110/\$132 Non-Resident for 11 classes.

18249 M **7/3-9/18** 7:00-8:15 pm

18250 Th **7/6-9/21** 6:30-7:45 pm



Zumba Dance Fit! (15 Years +) - NEW INSTRUCTOR!

If you are looking to workout, lose weight, and have fun at the same time...then ZUMBA® Fitness is the class for you! This multi-level class is safe, fun and upbeat! Combos of latin, pop, hip hop, ballet and jazz combine all genres of music. The last class of the session is a dance party! No prior experience required or needed. New students are always welcome! Please wear tennis shoes and bring water and a towel. Class Min 7. No Class 7/4 & 7/6.

Location: Clubhouse

Instructor: Bee Gregar

Cost is \$44/\$61 for Non-Resident for 7 classes.

18535 Tu **6/13-8/1** 7:30-8:30 pm

18537 Th **6/15-8/3** 7:30-8:30 pm

18536 Tu **8/8-9/26** 7:30-8:30 pm

18538 Th **8/10-9/28** 7:30-8:30 pm

Cost is \$100/\$120 for Non-Resident for 14 classes.

18545 T,Th **6/13-8/3** 7:30-8:30 pm

18546 T,Th **8/8-9/28** 7:30-8:30 pm



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El Segundo Public Library Summer Programs

111 West Mariposa Avenue, 310-524-2728, www.eslib.org

Author Fair

“Images of the Past Become Stories of the Future.”

Sunday, June 11th, 11:00am to 5:00pm, will feature over 40 authors, author panels, book signings, live music, food trucks, poetry, ADM cars, children’s programs and more.

**Drop-In
Lobby Events**

DIY Crafts & More!

Please visit library for schedule of events.

**Summer Reading
Program!**

This year’s Summer Reading Program is coming soon!

Reading By Design registration opens on June 9th.



**Storytime
Registration**

Toddler & Preschool Storytime Registration opens on June 9th.

Free Computer Classes

The library offers FREE basic computer classes, including *Excel 2013 Basics*, *Mobile Device Basics*, *El Segundo Herald Database Search Basics* and *Photo Basics*.



**Adult Summer
Reading Program**

“Wish You Were Here...Rest. Relaxation. Read.”

Programs. Prizes. Fun!

Sign-ups begin on June 9th.



