

# Adult Programming

## Beginner's Yoga

A slower paced class for the beginning student or for those wishing to return to their practice in a more gentle way. By moving gently from pose to pose the body is able to free itself of built of tension and to reduce stress. This class will teach simple breath work to aid in calming the central nervous system. Much of the class will be done in a seated or reclined position, but will also include a gentle standing flow sequence. Equipment required: Yoga mat

All levels are welcome! Drop ins are \$13 per class.

18+ years, Van Domselaar Room				
43710-A	1/4-2/1*	M & W	6:30-7:30p	\$96/\$106NR
43710-B	2/6-3/1*	M & W	6:30-7:30p	\$96/\$106NR
43710-C	3/6-3/29	M & W	6:30-7:30p	\$96/\$106NR
43710-D	4/3-4/26	M & W	6:30-7:30p	\$96/\$106NR

\*No class meeting on: 1/16, 2/20

## Karate

The core element of this class is Karate; however, it will involve cardio, muscle strengthening, and mental focus.

18+ years, Senior Center				
43560-A	1/3-1/24	Tues	8:00-9:00p	\$28/\$33NR
43560-B	2/7-2/28	Tues	8:00-9:00p	\$28/\$33NR
43560-C	3/7-3/28	Tues	8:00-9:00p	\$28/\$33NR
43560-D	4/4-4/25	Tues	8:00-9:00p	\$28/\$33NR

## Jazzercise

Jazzercise is a pulse-pounding, beat-pumping, body-blasting fitness program that gets you results..fast! It's a high intensity dance party that fuses cardio, strength, pilates, hip hop, yoga and kickboxing. Burn up to 800 calories per hour in any of our 60 minute classes! For more information call: (510) 619-5884

18+ years, Teen Center		
M-Th	7:00-8:00p	Drop-IN \$10 Monthly EFT \$45
Sat	8:30-9:30a	
Sun	9:00-10:00a	

## Oil Painting

Have fun while learning to draw, paint, design, mix and combine colors, lights, shadows and composition perspective. Supplies needed are listed online at [www.herculesrec.com](http://www.herculesrec.com).

18+ years, Community Center Dynamite Room				
43100-A	1/10-1/31	Tues	1:30-3:00p	\$25/\$30
43100-B	2/14-3/7	Tues	1:30-3:00p	\$25/\$30
43100-C	3/21-4/11	Tues	1:30-3:00p	\$25/\$30
43100-D	4/25-5/16	Tues	1:30-3:00p	\$25/\$30
43120-A	1/12-2/2	Th	3:00-6:00p	\$30/\$35
43120-B	2/16-3/9	Th	3:00-6:00p	\$30/\$35
43120-C	3/23-4/20*	Th	3:00-6:00p	\$30/\$35
43120-C	4/27-5/18	Th	3:00-6:00p	\$30/\$35

\*No Class meeting on: 4/13

## Table Tennis

This program is designed to provide competitive table tennis action for youths/adults who want to improve their knowledge and skills of the game. Please no black soled shoes.

18+ years, Ohlone Center				
43650-A	1/7-1/28	Sat	10:00a-2:00p	\$24/\$31NR
43650-B	2/4-2/25	Sat	10:00a-2:00p	\$24/\$31NR
43650-C	3/4-3/25	Sat	10:00a-2:00p	\$24/\$31NR
43650-D	4/1-4/29	Sat	10:00a-2:00p	\$24/\$31NR



## Rotary Pasta Feed



**Sat, March 11, 2017**  
4- 8pm, Tickets are \$20  
kids under 5 free

Enjoy good food, fun, and auction at the Community Center at 2001 Refugio Valley Rd. in Hercules. All of last year's net proceeds paid to upgrade portions of the Hercules Senior Center. All of this year's event proceeds will go back into more community projects!!!

For tickets or more info about joining the local HRC Rotary Club contact Holly at 559-707-4616 or Carol at 510-685-7778

**NOTHING KILLS A PROGRAM QUICKER.....**

than everyone waiting until last minute to register for it. If you would like to participate in one of our programs, classes, or camps, please register well in advance of the start date. At some point, we must determine if enrollment is sufficient to hold the activity. By registering early you are assisting us in providing the best possible service.