ADULT PROGRAMS

ADULT KARATE

The core element of this class is Karate; however, it will involve cardio, muscle strengthening, and mental focus. Tuesday, Van Domselaar Room 7:45-8:45p; Thursday, Senior Center 8:00-9:00pm. 18+ years. ***NEW LOCATION***

13560-A	1/7-1/30	Tue/Thur	$80/$85NR
13560-B	2/4-2/27	Tue/Thur	$80/$85NR
13560-C	3/3-3/26	Tue/Thur	$80/$85NR
13560-D	4/7-4/30	Tue/Thur	$80/$85NR

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. Burn up to 800 calories per hour in any of our 60 minute classes! For more information call Misty: (510) 507-8994.

18+ years, Teen Center

M-Th	7:00-8:00pm
Sat	8:30-9:30am
Sun	9:00-10:00pm
Drop-in	$10
Monthly EFT	$50

LAP SWIM/WATER WALKING

Swimmers ages 14 and up can enjoy a cardio workout through swimming laps or water walking. Swimmers may be asked to share lanes (circle swim) or move to designated lap lanes as needed. Youth swimmers are ages 14-17; senior swimmers are ages 55+.

Adult	**$5/$6NR**
Youth & Senior	**$4/$5NR**
1/6/20-4/26/20	Mon-Fri 6:00-8:00pm

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

13650-A	1/11-1/25	Sat	10:00-2:00pm	$24/$31NR
13650-B	2/1-2/29	Sat	10:00-2:00pm	$24/$31NR
13650-C	3/7-3/28	Sat	10:00-2:00pm	$24/$31NR
13650-D	4/4-4/25	Sat	10:00-2:00pm	$24/$31NR

OIL PAINTING

Have fun while learning to paint, mix and combine colors, shadows and composition perspective. Supplies required are listed online at www.herculesrec.com.

18+ years, Community Center Dynamite Room

13100-A	1/14-2/4	Tue	1:30-3:00pm	$25/$30NR
13100-B	2/18-3/10	Tue	1:30-3:00pm	$25/$30NR
13100-C	3/24-4/14	Tue	1:30-3:00pm	$25/$30NR

18+ years, Community Center Dynamite Room

13120-A	1/16-2/6	Thur	3:00-6:00pm	$30/$35NR
13120-B	2/20-3/12	Thur	3:00-6:00pm	$30/$35NR
13120-C	3/26-4/16	Thur	3:00-6:00pm	$30/$35NR