

# ADULT PROGRAMS

## 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, 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        | 7-8pm       |
| Sat         | 8:30-9:30am |
| Sun         | 9-10am      |
| Drop-in     | \$10        |
| Monthly EFT | \$50        |

## ADULT 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](http://www.herculesrec.com).

### 18+ years, Community Center - Dynamite Room

|         |           |     |          |             |
|---------|-----------|-----|----------|-------------|
| 23100-A | 4/28-5/26 | Tue | 1:30-3pm | \$25/\$30NR |
| 23100-B | 6/2-6/23  | Tue | 1:30-3pm | \$25/\$30NR |
| 23100-C | 7/7-8/4   | Tue | 1:30-3pm | \$25/\$30NR |
| 23100-D | 8/18-9/15 | Tue | 1:30-3pm | \$25/\$30NR |

\* No class: 5/19, 7/28 & 9/1

### 18+ years, Community Center - Press Room

|         |           |      |       |             |
|---------|-----------|------|-------|-------------|
| 23120-A | 4/30-5/28 | Thur | 3-6pm | \$30/\$35NR |
| 23120-B | 6/4-6/25  | Thur | 3-6pm | \$30/\$35NR |
| 23120-C | 7/9-8/6   | Thur | 3-6pm | \$30/\$35NR |
| 23120-D | 8/20-9/17 | Thur | 3-6pm | \$30/\$35NR |

\* No class: 5/21, 7/30 & 9/3

## ADULT KARATE

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

### 18+ years, Van Domselaar Room

|         |          |           |           |
|---------|----------|-----------|-----------|
| 23560-A | 5/5-5/28 | Tues/Thur | \$80/\$85 |
| 23560-B | 6/2-6/25 | Tues/Thur | \$80/\$85 |
| 23560-C | 7/7-7/30 | Tues/Thur | \$80/\$85 |
| 23560-D | 8/4-8/27 | Tues/Thur | \$80/\$85 |

## 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

|         |           |     |        |           |
|---------|-----------|-----|--------|-----------|
| 23650-A | 5/2-5/30  | Sat | 10-2pm | \$24/\$31 |
| 23650-B | 6/6-6/27  | Sat | 10-2pm | \$24/\$31 |
| 23650-C | 7/11-7/25 | Sat | 10-2pm | \$24/\$31 |
| 23650-D | 8/1-8/29  | Sat | 10-2pm | \$24/\$31 |

## ONLINE COURSES



These **high-quality courses** are **taught by industry experts** and designed to quickly deliver specific skills and knowledge that **help to advance personal or professional development**. Our online classroom is informative, convenient, and highly interactive.

### Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

### Introduction to Microsoft Excel 2019/Office 365

This course will introduce you to Microsoft Excel 2019 and teach you how to use this powerful software.

### Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

### Microsoft Excel 2019/Office 365 Series

Whether you're new to Excel or need a refresher, the Microsoft Excel 2019 Series bundle will help you master this long standing spreadsheet software.

### Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

### Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

### Accounting Fundamentals Series

If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

### Grammar Refresher

Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

### Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

24/7 Access • All classes start new every month  
Certificate of completion • 6-week format • Average 24 work hours  
Discussion boards • Mobile accessible

Enroll or view all our online courses at:

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[ed2go.com/herculesrc](http://ed2go.com/herculesrc) (online classes)