

CLASSES

(Please contact instructors directly for more information & class prices)

Class	Day(s) of the week	Time & Location	Contact Information
1. Aerobics	Monday, Wednesday & Friday	8:30 am - 9:30 am MP 1 & MP 2	Bobbie Davis 858-485-0132 Email: bobbie@davis.tv
2. Aqua Bodies	Monday, Wednesday & Friday	9 am – 10 am Club 21 Swimming Pool	Cindy Hughes 858-716-7560 Email: cinderellibelle@gmail.com
3. English Country Dancing	Sunday	6 pm - 9 pm Castille Room	Rich Cosgrove 619-733-5275 Email: rich_cosgrove@hotmail.com
4. Fit & Fabulous	Tuesday & Thursday	9 am - 10 am Castille Room	Judy Ryan 858-603-3091 Email: thejudemeister1149@gmail.com
5. Israeli Folk Dance	Sunday	4 – 5 pm Club 21	Barbara Birenbaum 858-382-6312 Email: barbbirenbaum@gmail.com
6. Line Dancing	Tuesday	9:30 am – 11:30 am MP 1	Cathleen Bossaller 760-945-4682 Email: Cathleen@takinchances.net
7. Step by Step -Adult Cardio Hip Hop	Thursday	10 am – 11 am MP 2	Jeri or Sioux 858-487-6652 Email: support@sbsdinc.com
8. Step by Step Dance - Children ONLY	Weekdays	*Times Vary MP 1 & MP 2	Jeri or Sioux 858-487-6652 Email: support@sbsdinc.com
9. Taekwondo - Adults & Children	Weekdays & Saturday	*Times Vary Castille Room	William Wacholz 858-487-4452 Email: rbataacademy@yahoo.com
10. Tai Chi	Sunday	2 pm – 4 pm MP 2	Georgette Coffey 858-485-0517 Email: taichisandiego@aol.com
11. Teen & Tween Yoga	Thursday (2 nd & 4 th of ea mo.)	5 pm – 6 pm Tot Room	Alex Stephenson 619-865-5598 Email: namaste@hathayogawithalex.com
<i>For Cancer Survivors</i> 12. Yoga/Meditation	Monday	10 am – 11:15 am MP 2	Heather Graff 949-929-6489 ayogapunk@gmail.com
13. Zumba	Thursday	6:30 pm – 7:30 pm	Maria Ghaibi 858-385-0621 Email: mg_ghaibi@yahoo.com

TENNIS LESSONS

Jeff Dollins 619-723-9575

Kim Dollins 858-213-5583