Low Cost Fitness Classes!
“Great classes for the ‘ACTIVE ADULTS 50+’ group, ...I feel great in classes with others my age!!”

FITNESS CLASSES ARE HELD AT OUR MAIN PLACER SCHOOL FOR ADULTS CAMPUS
LOCATED AT 3775 RICHARDSON DRIVE, AUBURN CA 95602

To attend classes, please purchase a fitness card at the PSA office at 3775 Richardson Drive or at the PSA Career Center at 1919 Highway 49 or call us at 530-885-8585 if you need more information. Buy a fitness card for $48, good for any 12 classes below, no expiration date.

Instructors: Arnold Chung, Natalia Roberti, Geri Teixeira, Rodina Tungol

MONDAY/WEDNESDAY:
11:00am – 12:00pm Intermediate Tai Chi Yang style short forms w/Arnold – Practice also includes Beijing forms and Adapted Qi Gong (beginners form).
12:00pm – 1:00pm Beginner Tai Chi w/Arnold – Improve balance, muscular range-of-motion, memory, breathing, and strength.

WEDNESDAY/FRIDAY:
8:00am – 9:00am Chair Fitness w/Geri – A great way to get more active and stay that way! We sit or hold onto a chair for stability. Our focus is on stretching, balance work, and range of motion movement.
9:00am – 10:00am Step Fitness w/Geri – A cardio workout using simple and easy-to-follow choreography that includes weight training, core work, and stretching.
10:00am – 11:00am Dance Fitness w/Geri – Low impact, light-to-moderate intensity aerobic dancing. If you’re motivated by music and enjoy dancing, this easy-to-follow, yet very effective class is for you. It’s a full workout including strengthening and stretching.

THURSDAY ONLY: This class starts Thursday, January 16th, 2020!
1:00pm – 2:00pm Qi Gong w/Natalia – Qigong is a therapeutic exercise that coordinates body posture, movement, and breathing, which increases vitality, memory, balance, and strength. It is beneficial for health, spirituality, and as a martial arts training.

TUESDAY/THURSDAY:
9:00am – 10:00am Strength Training w/Rodina – Provides a more strenuous approach to muscle building, core training and endurance using weights and various fitness tools.
10:00am – 11:00am Gentle Stretch & Yoga w/Rodina – Experience simple techniques of exercise, breathing, deep relaxation and meditation to strengthen, tone, and relax muscles, transform stress and uncover deeper inner sources. This class is for beginning and intermediate students. Dress comfortably and bring a mat or blanket.

“After avoiding exercise classes for years, I’m happy to report I’m actually enjoying myself and feeling better too!”