

ARTS AND CRAFTS

Mixed Media Art: European Style Sketching

Create classical-style black and white and color drawings from life, step-by-step. Students will learn 'Old Masters' drawing techniques such as proportion measuring, color mixing and shading, combining diverse media such as graphite, charcoal and watercolor pencils and pastels. Class is suited for beginners as well as advanced students, and the instructor will individualize assignments according to students' abilities. No experience needed.

Age: 16+ ■ Senior Center ■ Tatyana Yurkhova

Jan 5-Feb 23	Th	10 a.m.-12 p.m.	\$63 R/\$68 NR #102460
Mar 2-Apr 27	Th	10 a.m.-12 p.m.	\$70 R/\$75 NR #102461

NEW Panoramic Sugar Egg

Peek inside these beautiful Sugar Eggs and you will be amazed by the intricate details: scenes of bunnies, chicks, ducks and flowers. Your instructor will show you how to make these 'one of a kind' eggs. You will decorate ready-made eggs for you to enjoy for years to come. This is a great class for the price of one. Additional Eggs \$7.

Age: 18+ ■ Senior Center ■ Thelma Howland

Mar 19	Su	1:30-3:30 p.m.	\$48 R/\$53 NR #102478
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DANCE AND MUSIC



Hula Workout-Beginners

Workout while learning basic hand and foot movement from traditional to modern Hawaiian music while toning and increasing flexibility to your body. Wear comfortable clothing, bring water. Sarong or Pa'u skirt (optional).

All Ages ■ Baldwin Park Dance Studio ■ Rosemarie Ramos

Jan 5-Feb 23	Th	6-6:30 p.m.	\$27 R/\$32 NR #102505
Mar 2-Apr 27	Th	6-6:30 p.m.	\$27 R/\$32 NR #102506

Hula-Pu'uwai (HEART)

Bring your hula knowledge and learn a choreographed hula that you will enjoy. Have a great workout from traditional to modern Hawaiian music and learn some Hawaiian language and songs. Wear comfortable clothing, bring water. Sarong or Pa'u skirt (optional) No class April 6.

All Ages ■ Baldwin Park Dance Studio ■ Rosemarie Ramos

Jan 5-Feb 23	Th	6:30-7:30 p.m.	\$51 R/\$56 NR #102507
Mar 2-Apr 27	Th	6:30-7:30 p.m.	\$51 R/\$56 NR #102508

Intermediate-Tap

This class is for the adult student with previous experience in Tap dance. You will enjoy learning challenging rhythms and fun routines set to great music in a comfortable and welcoming environment. The instructor has been teaching Tap dance for over 20 years at various dance studios in the Bay Area. No class on January 16, February 20, March 20 and 27.

All Ages ■ Baldwin Park Dance Studio ■ Terry Davis

Jan 9-Apr 24	M	5-5:45 p.m.	\$61 R/\$66 NR #102868
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Ballet Fit

Enjoy a ballet inspired, low impact workout to dance routines set to music that encourages fun and artistry. A great way to help lift, tone and lengthen your entire body while improving your posture and flexibility. Focus is on endurance and grace. No class February 20 and April 3.

Age: 18+ ■ Baldwin Park Dance Studio ■ Luana Avalos

Jan 23-Mar 6	M	6:30-7:30 p.m.	\$54 R/\$59 NR #102619
Mar 13-Apr 24	M	6:30-7:30 p.m.	\$54 R/\$59 NR #102620

Ukulele 1-Beginners

Join us and gain the basic understanding of the ukulele. Soon you'll be playing chords and strumming your favorite melodies from Jambalaya to Sweet Leilani. You will be making sweet music in no time. Bring your ukulele, a tuner, and a folder for music sheets. Open to children 10+ older, must be accompanied by parent. No class January 16 and February 20.

Age: 18+ ■ Senior Center ■ Nola-Joy Boyd

Jan 9-Feb 27	M	5-6 p.m.	\$33 R/\$38 NR #102497
Mar 6-Apr 17	M	5-6 p.m.	\$38 R/\$43 NR #102498

Ukulele Advanced-Kanikapila

Join this easy going class with other advanced ukulele players! Formerly known as 'Jam' class. It is still the same 'easy going' feeling. Come play, sing and jam with us. Add some music to your life! Come learn and know what 'Ohana' feels like. For the song book, material fee of \$40 is payable to instructor the first day of class. No class January 16 and February 20.

All Ages ■ Senior Center ■ Nola-Joy Boyd

Jan 9-Feb 27	M	6:30-8:30 p.m.	\$33 R/\$38 NR #102499
Mar 6-Apr 17	M	6:30-8:30 p.m.	\$38 R/\$43 NR #102500

Guitar Beginning-Adults

From the Beatles to Taylor Swift, did you know that most popular songs consist of only three or four basic chords? In just a few weeks, this fun and easy class teaches the chord progressions necessary to quickly learn to play your favorite songs. No prior experience needed, even Bass players welcome! With 8 students per class, you get the personal attention you need. Instructor has a Master's degree in Music Education and 20+ years of teaching experience. Bring guitar (any kind). A \$5 materials fee is payable to the instructor for CD and handouts. No class January 16, February 20, April 3.

Age: 12+ ■ Centre Concord ■ Ted Crowley

Jan 9-Mar 6	M	7:45-8:30 p.m.	\$108 R/\$113 NR #102638
Mar 13-May 1	M	7:45-8:30 p.m.	\$108 R/\$113 NR #102639

Beginning Keyboard/Piano-Adult

Using Alfred's Chord Approach as a textbook, you will learn the basic keyboard skills needed to play thousands of simple popular songs. Learn how to read both bass and treble clef, playing both chords and melodies. Bring keyboard. \$10 materials fee is payable to instructor. No class January 16, February 20, April 3.

Age: 12+ ■ Centre Concord ■ Ted Crowley			
Jan 9-Mar 6	M	7-7:45 p.m.	\$108 R/\$113 NR#102627
Mar 13-May 1	M	7-7:45 p.m.	\$108 R/\$113 NR#102628

Intro to Filipino Banduria

Discover the passion of Filipino Rondalla. Learn to play traditional and contemporary Filipino and American music using the 14-stringed banduria, the Filipino version of the Spanish mandolin. Learning is easy using simple Do-Re-Mi notation. Celebration recital at session's end for family and friends. Bring own instrument or one can be rented from instructor. No class April 6.

Age: 18+ ■ Centre Concord ■ Rhu Bigay			
Mar 2-Apr 27	Th	7-8 p.m.	\$84 R/\$89 NR #103042

HEALTH AND FITNESS



Jazzercise Lite

Come dance with us! You'll have fun dancing using your whole body without hopping to current music. You'll love how this dance-based aerobic and strength building workout boosts your mood and increases your energy, metabolism, balance and flexibility. Irene Larson has been a certified Jazzercise Instructor for 37 years. Hand weights optional. No Class January 16 and February 20.

All Ages ■ Senior Center ■ Irene Larson			
Jan 9-30	M	5:45-6:45 p.m.	\$21 R/\$26 NR #102487
Jan 4-25	W	5:45-6:45 p.m.	\$27 R/\$32 NR #102488
Feb 6-27	M	5:45-6:45 p.m.	\$21 R/\$26 NR #102489
Feb 1-22	W	5:45-6:45 p.m.	\$27 R/\$32 NR #102490
Mar 6-27	M	5:45-6:45 p.m.	\$27 R/\$32 NR #102491
Mar 1-29	W	5:45-6:45 p.m.	\$33 R/\$38 NR #102492
Apr 3-24	M	5:45-6:45 p.m.	\$27 R/\$32 NR #102493
Apr 5-26	W	5:45-6:45 p.m.	\$27 R/\$32 NR #102494
Jan 9-Feb 27	M	5:45-6:45 p.m.	\$39 R/\$44 NR #102539
Jan 4-Feb 22	W	5:45-6:45 p.m.	\$51 R/\$56 NR #102540
Mar 6-Apr 24	M	5:45-6:45 p.m.	\$51 R/\$56 NR #102549
Mar 1-Apr 26	W	5:45-6:45 p.m.	\$57 R/\$62 NR #102550

Jazzercise Lite at Willow Pass

Get real results with a powerfully fun, effective workout that will lift your spirits and strengthen your heart, muscles, and core. Each class, led by a Certified Jazzercise Instructor of 37 years, includes warm-up, low impact aerobics, strength training and stretching. Bring a mat for toning. Hand weights are optional. Students can attend one to three times a week. No class January 16 and February 20.

Age: 18+ ■ Willow Pass Community Center ■ Irene Larson			
Jan 4-30	M, W, F	9:30-10:30 a.m.	\$47 R/\$52 NR #103098
Feb 1-27	M, W, F	9:30-10:30 a.m.	\$47 R/\$52 NR #103099
Mar 1-31	M, W, F	9:30-10:30 a.m.	\$59 R/\$64 NR #103100
Apr 3-28	M, W, F	9:30-10:30 a.m.	\$51 R/\$56 NR #103101



Jazzercise Class

Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. Fresh music and moves will ignite your energy and bring the intensity to transform your body. #thenewJazzercise features Dance Mixx, Interval, Fusion, Core, Strike, and Strength. Please bring a mat and hand weights. No class January 2, 16, February 20, March 2 and April 1-8.

Age: 18+ ■ Centre Concord ■ Teri Crippen			
Jan 9-30	M	5:15-6:15 p.m.	\$21 R/\$26 NR #102648
Feb 6-27	M	5:15-6:15 p.m.	\$21 R/\$26 NR #102649
Mar 6-27	M	5:15-6:15 p.m.	\$27 R/\$32 NR #102650
Apr 10-24	M	5:15-6:15 p.m.	\$21 R/\$26 NR #102651
Jan 5-26	Th	5:15-6:15 p.m.	\$27 R/\$32 NR #102652
Feb 2-23	Th	5:15-6:16 p.m.	\$27 R/\$32 NR #102653
Mar 9-30	Th	5:15-6:15 p.m.	\$27 R/\$32 NR #102654
Apr 13-27	Th	5:15-6:15 p.m.	\$21 R/\$26 NR #102655
Jan 7-28	Sa	8:30-9:30 a.m.	\$27 R/\$32 NR #102860
Feb 4-25	Sa	8:30-9:30 a.m.	\$27 R/\$32 NR #102861
Mar 4-25	Sa	8:30-9:30 a.m.	\$27 R/\$32 NR #102862
Apr 15-29	Sa	8:30-9:30 a.m.	\$21 R/\$26 NR #102863
Jan 5-30	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$69 R/\$74 NR #102864
Feb 2-27	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$69 R/\$74 NR #102865
Mar 4-30	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$75 R/\$80 NR #102866
Apr 10-29	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$57 R/\$62 NR #102867

K.O. Taekwondo-Adults

This Traditional Style Taekwondo class helps focus on core values and is good for all ages and abilities. Emphasis is on learning useful self-defense techniques, increased flexibility and stamina, improving overall muscle tone, and also a great cardiovascular workout. Classes are available 2 day and 3 days a week option. An additional cost of \$35 for uniform is required and can be purchased on the first class. 50% discount for family members that sign up together.



Age: 13+ ■ Baldwin Park Dance Studio ■ Kevin Oliver			
Jan 4-27	W, F	7-8 p.m.	\$65 R/\$70 NR #102656
Feb 1-24	W, F	7-8 p.m.	\$65 R/\$70 NR #102657
Mar 1-31	W, F	7-8 p.m.	\$79 R/\$84 NR #102658
Apr 5-28	W, F	7-8 p.m.	\$65 R/\$70 NR #102659
Jan 4-28	W, F and Sa	7-8 p.m. 12-1 p.m.	\$83 R/\$88 NR #102660
Feb 1-25	W, F, Sa and Sa	7-8 p.m. 12-1 p.m.	\$83 R/\$88 NR #102661
Mar 1-25	W, F, Sa and Sa	7-8 p.m. 12-1 p.m.	\$96 R/\$101 NR #102662
Apr 5-29	W, F, Sa and Sa	7-8 p.m. 12-1 p.m.	\$83 R/\$88 NR #102663

Dan Zan Ryu Jujitsu-Adults

Jujitsu has been studied by college students and young adults for years. Whether it's Hawaii to the Midwest, many people find it rewarding to learn jujitsu. Whether it's making new friends, learning self-defense techniques or gaining confidence, many young adults have found fun learning martial arts. An equipment fee of \$40 is payable to the instructor which includes a uniform and belts (optional the first month). No class January 16 and February 20.

Age: 18+ ■ Willow Pass Community Center ■ Thomas Jelen			
Jan 4-30	W, M	6-7 p.m.	\$53 R/\$58 NR #103053
Feb 1-27	W, M	6-7 p.m.	\$53 R/\$58 NR #103054
Mar 1-29	W, M	6-7 p.m.	\$53 R/\$58 NR #103055

Meditation 1 for Health and Well-Being

Quiet your thoughts and tune into a higher state of consciousness. Meditation promotes inner peace and well-being, leading to inspiration, self-knowledge, health, and a deeper spiritual connection. Instructor, Mary Bruns, has practiced and taught meditation for over 30 years. Optional CD \$10.

Age: 18+ ■ Centre Concord ■ Mary Bruns			
Jan 12-Feb 9	Th	7-8:45 p.m.	\$63 R/\$68 NR #102675

Meditation 2 Continuing the Journey

In Meditation 2, we deepen our connection to the Higher Mind to fine-tune our practice, reduce stress, enhance personal growth, and experience transformation. Through class discussion and handouts, you will better understand dream/meditation images and your unique developmental path. A \$5 materials fee is payable to the instructor for handouts. Optional CD \$10.

Age: 18+ ■ Centre Concord ■ Mary Bruns			
Feb 23-Mar 23	Th	7-8:45 p.m.	\$63 R/\$68 NR #102676

Meditation 3 Ongoing Meditation

In Meditation 3, we apply what we have learned to improve our response to current life experiences, healing the negative impact of the past, learning to communicate at a higher level, and becoming an instrument of peace and wisdom. Offered in three 5-week sessions per Activity Guide. Pre-requisite: Meditation 1 and 2.

Age: 18+ ■ Centre Concord ■ Mary Bruns			
Jan 11-Feb 8	W	7-8:45 p.m.	\$63 R/\$68 NR #103024
Feb 22-Mar 22	W	7-8:45 p.m.	\$63 R/\$68 NR #103025
Mar 29-Apr 26	W	7-8:45 p.m.	\$63 R/\$68 NR #103026

Beginning-Sun Style Tai Chi for Health

Sun Style is a very gentle, healing and energizing form of Tai Chi that contains powerful Qi gong and agile stepping. Practicing Sun Style Tai Chi strengthens muscles, improves balance, flexibility, hypertension, cardiovascular health and lowers stress by promoting relaxation. This ongoing class covers beginning twelve movements of Sun Style, along with Qi gong to strengthen immunity and Tai Chi Ruler to open energy channels. Suitable for all ages. Instructor Robin Malby has studied/taught since 1999, holds multiple certifications and is a Master Trainer for Dr. Lam and the Tai Chi for Health Institute. No class March 23.

All Ages ■ Senior Center ■ Robin Malby			
Jan 12-Apr 13	Th	4:55-5:55 p.m.	\$85 R/\$90 NR #102485

Tai Chi Yang 24 with Tai Chi Ruler and Qigong

Learn the movements of one of the most popular sets of Tai Chi, the Yang Style 24 Forms. This ongoing class includes short sets of Qigong and Tai Chi Ruler exercises to build energy and immunity. Tai Chi strengthens muscles, improves balance, flexibility, cardiovascular health and lowers stress by promoting relaxation. Focus on refinement, learning new forms and depth layers. Instructor Robin Malby has studied/taught since 1999, holds multiple Qigong and Tai Chi certifications and is a Master Trainer for Dr. Paul Lam and the Tai Chi for Health Institute. No class March 23.

All Ages ■ Senior Center ■ Robin Malby			
Jan 12-Apr 20	Th	6-7:15 p.m.	\$91 R/\$96 NR #102486

Qigong-For Balanced Health and Tai Chi Ruler

Qigong is a gentle movement practice that promotes relaxation, strengthens muscles, balance and flexibility while increasing energy flow. Explore sets created by respected Qi gong healers, along with one of the oldest forms: the Five Animal Frolics. Further enhance the body's healing and energy channels and unwind tension by exploring Tai Chi Ruler: movement using a small stick. Instructor Robin Malby has studied/taught since 1999, holds multiple certifications and is a Master Trainer for Dr. Paul Lam and the Tai Chi for Health Institute. No class March 22 and 29.

All Ages ■ Baldwin Park Dance Studio ■ Robin Malby			
Jan 11-Apr 19	W	9:30-10:45 a.m.	\$85 R/\$90 NR #102484



Tai Chi Gong

Designed to help you relieve stress, increase flexibility, improve balance, strengthen and tone muscles and quiet the mind. Through gentle movements and meditative breathing, the natural healing rhythms of the body are reestablished. These ancient Chinese traditions offer personal insight and practical tools for change. No class April 4.

Age: 18+ ■ Centre Concord ■ Amy Erez				
Jan 3–Feb 21	Tu	6–7:15 p.m.	\$93 R/\$98 NR	#102720
Feb 28–Apr 25	Tu	6–7:15 p.m.	\$93 R/\$98 NR	#102721
Multi-Session Discount				
Jan 3–Apr 25	Tu	6–7:15 p.m.	\$148R/\$153NR	#102723

Push Hands-Partner's Exercise

For students who want to go the next step in their Tai Chi practice. Through a wide variety of partners exercises, you will learn how to sense, cultivate and circulate chi. Benefits include developing a strong sense of self, cultivating clear boundaries in relationships, and physical self-defense. Push Hands class does not replace your regular Tai Chi Gong practice. It is intended as an additional element of your practice. No class April 4.

Age: 18+ ■ Centre Concord ■ Amy Erez				
Jan 3–Feb 21	Tu	7:15–8 p.m.	\$67 R/\$72 NR	#102716
Feb 28–Apr 25	Tu	7:15–8 p.m.	\$67 R/\$72 NR	#102717
Jan 3–Apr 25	Tu	7:15–8 p.m.	\$105 R/\$110 NR	#102719

Pilates

Engage in a unique set of low impact exercises that strengthen and tone your body's core muscles, improve posture and flexibility, and create a more streamline figure. Pilates increase your inner strength, complementing almost all physical activities and enhancing overall health, posture, performance and physical appearance. Bring a sticky mat. A 3' foam roller is optional. No class March 7 and 9.

Age: 18+ ■ Willow Pass Community Center ■ David Henry				
Jan 17–Feb 28	Tu	5:30–6:20 p.m.	\$66 R/\$71 NR	#103102
Mar 14–Apr 25	Tu	5:30–6:20 p.m.	\$66 R/\$71 NR	#103103
Jan 19–Mar 2	Th	6:30–7:20 p.m.	\$66 R/\$71 NR	#103105
Mar 16–Apr 27	Th	6:30–7:20 p.m.	\$66 R/\$71 NR	#103106
Multi-Session Discount				
Jan 17–Apr 25	Tu	5:30–6:20 p.m.	\$115R/\$120NR	#103104
Jan 19–Apr 27	Th	6:30–7:20 p.m.	\$115 R/\$120 NR	#103107

Lunchtime Yoga

This class is a flow yoga geared towards relieving pain in the neck and shoulders while strengthening the core. Movements are matched with breath. This class is great for all levels. Yoga mat is required. No class April 5.

Age: 18+ ■ Concord Library ■ Sherry Ellingson				
Jan 4–Feb 22	W	12–12:55 p.m.	\$93 R/\$98 NR	#103137
Mar 1–Apr 26	W	12–12:55 p.m.	\$93 R/\$98 NR	#103138

Yoga for Lunch

Make the most of your lunch hour with this Yoga for Lunch class. This Hatha Yoga class uses ASANAS (poses) and PRANAYAMA (breathwork) in a fluid physical manner that brings the practitioner into balance which is both relaxing and energizing at the same time! Yoga increases energy and vitality, promoting improved health and well-being. Bring a sticky mat, block and strap. No class February 20 and March 6. Multi-session discount if you sign up for both sessions.

Age: 18+ ■ Concord Library ■ David Henry				
Jan 23–Feb 27	M	12:10–1 p.m.	\$48 R/\$53 NR	#102706
Mar 13–Apr 24	M	12:10–1 p.m.	\$66 R/\$71 NR	#102707
Multi-Session Discount				
Jan 23–Apr 24	M	12:10–1 p.m.	\$99 R/\$104 NR	#102712

Rejuvenating Yoga

This class uses ASANAS (poses) and breath in a fluid, physical challenging manner that engages the practitioner and brings one into balance. It's energizing and amazingly relaxing. Yoga increases vitality, improves health, state of mind and well-being. Develop flexibility, strength, and freedom. Bring sticky mat, block and strap. No class March 7.

Age: 18+ ■ Willow Pass Community Center ■ David Henry				
Jan 17–Feb 28	Tu	6:30–7:20 p.m.	\$66 R/\$71 NR	#103108
Mar 14–Apr 25	Tu	6:30–7:20 p.m.	\$66 R/\$71 NR	#103109
Multi-Session Discount				
Jan 17–Apr 25	Tu	6:30–7:20 p.m.	\$115 R/\$120 NR	#103110

Yoga-Beginning

Everyone can practice yoga! You will gain strength and flexibility and leave your stress behind in this Iyengar style class. The benefits are too numerous to list. Bare feet are essential. Bring a sticky mat. No class January 16, February 20, April 3 and 5.

Age: 16+ ■ Willow Pass Community Center ■ Susan Killoran				
Jan 9–Feb 27	M	5:30–6:30 p.m.	\$45 R/\$50 NR	#103111
Mar 6–Apr 24	M	5:30–6:30 p.m.	\$52 R/\$57 NR	#103112
Jan 4–Feb 22	W	6:10–7:10 p.m.	\$59 R/\$64 NR	#103113
Mar 1–Apr 26	W	6:10–7:10 p.m.	\$59 R/\$64 NR	#103114

Yoga-Intermediate

This Iyengar style intermediate class will take you deeper into the poses, as well as introduce the practice of inverted poses bringing together mind and body. Prerequisite: Must have completed at least one year of yoga. No class January 16, February 20 and April 3.

Age: 16+ ■ Willow Pass Community Center ■ Susan Killoran				
Jan 9–Feb 27	M	6:35–7:45 p.m.	\$45 R/\$50 NR	#103115
Mar 6–Apr 24	M	6:35–7:45 p.m.	\$52 R/\$57 NR	#103116



ZUMBA

We take 'work' out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Travel the world with dance movements to salsa, merengue, cumbia, reggaeton, soca, afrobeat, bollywood, and rock-n-roll music and see why Zumba Fitness classes are called exercise in disguise. No class January 14, April 1 and 8.

Age: 16+ ■ Centre Concord ■ Meskerem Teferra
Jan 7-Feb 25 Sa 10-11 a.m. \$38 R/\$43 NR #102724
Mar 4-Apr 29 Sa 10-11 a.m. \$38 R/\$43 NR #102725

Zumba and Tone

We take the 'work' out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. It's super effective and super fun. The challenge of adding resistance by using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! No class January 16, February 20 and April 17.

Age: 18+ ■ Centre Concord ■ Cynthia Ryan
Jan 9-Feb 27 M 6:30-7:30 p.m. \$38 R/\$43 NR #102726
Mar 6-Apr 24 M 6:30-7:30 p.m. \$38 R/\$43 NR #102727

Age: 18+ ■ Willow Pass Community Center ■ Cynthia Ryan
Jan 4-Feb 22 W 6:15-7:15 p.m. \$43 R/\$48 NR #103117
Mar 8-Apr 26 W 6:15-7:15 p.m. \$43 R/\$48 NR #103118

Zumba Step

Zumba Step is a lower-body workout that combines the fun and energy of Zumba fitness and step aerobics with Latin dance rhythms. It offers a balance of traditional fitness, dance and step aerobics moves to encourage participants to use more energy to lift their body weight against gravity. Steps will be provided! Just bring your gym attire, bottle of water and a small towel. No class April 13.

Age: 18+ ■ Centre Concord ■ Cynthia Ryan
Jan 5-Feb 23 Th 6:30-7:30 p.m. \$43 R/\$48 NR #102730
Mar 9-Apr 27 Th 6:30-7:30 p.m. \$38 R/\$43 NR #102731

R = Concord Resident NR = Concord Non-Resident

Zumba Sentao

A perfect way to get some serious (core) work done, this class tones your entire body. It combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining muscles while improving overall cardiovascular health and burning major calories in the process. No class February 14.

Age: 18+ ■ Willow Pass Community Center ■ Cynthia Ryan
Jan 10-Feb 28 Tu 6:30-7:30 p.m. \$38 R/\$43 NR #103119

NEW STRONG™ by Zumba

This challenging, high-intensity interval training workout pushes you past your plateaus to help reach fitness goals faster. Use your body weight to gain muscular endurance, tone, and definition with increased afterburn. The music, crafted to drive the intensity in a challenging progression, provides a total body workout resulting in a group fitness experience like no other. No class April 18.

Age: 18+ ■ Willow Pass Community Center ■ Cynthia Ryan
Mar 7-Apr 25 Tu 6:30-7:30 p.m. \$59 R/\$64 NR #103132

SPECIAL INTEREST

NEW Cake Decorating Part 1

In three 3-hour sessions you will learn how to decorate cakes and sweet treats with basic buttercream techniques and six simple stem to pipe flowers that transform ordinary cakes into extraordinary finished products. Your instructor will help you pipe classic buttercream decorating techniques to create modern and traditional cake designs. Additional \$12 supply fee is payable to instructor.

Age: 18+ ■ Senior Center ■ Thelma Howland
Jan 14-28 Sa 10 a.m.-1 p.m. \$48 R/\$53 NR #102469

NEW Cake Decorating Part 2

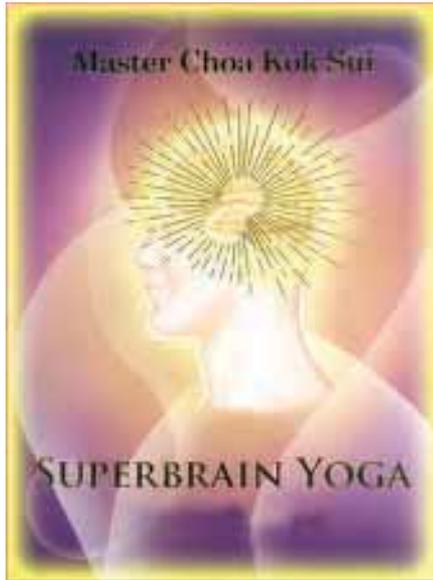
In two 3-hour sessions you will learn how to create professional looking royal icing flowers and designs. Your instructor will teach you how to make royal icing and then students will learn and practice: roses, rosebuds, pansies and violets and more flowers as time allows. Supply list for session 2 will be provided at 1st session. A \$13 supply fee is payable to instructor.

Age: 18+ ■ Senior Center ■ Thelma Howland
Feb 11-18 Sa 10 a.m.-1 p.m. \$48 R/\$53 NR #102473

NEW Cake Decorating Part 3

Learn how to make your cakes look real fancy by taking this basic fondant class. You will learn how to crumb coat a cake with buttercream, knead fondant to the proper consistency and color it. After some practice your cakes will look like the one at every bakery.

Age: 18+ ■ Senior Center ■ Thelma Howland
Mar 4-18 Sa 10 a.m.-1 p.m. \$53 R/\$58 NR #102477



MCKS Pranic Healing® Introduction: SuperBrain Yoga

Learn MCKS SuperBrain Yoga-simple exercises to increase brain-power: An ancient Indian technique that maximizes the brain's function by activating the body's energy centers to help improve your memory/concentration/focus. These exercises are beneficial for adults and children, and are especially recommended for those with memory loss, autism and ADD/ADHD.

All Ages ■ Senior Center ■ MCKS Pranic Healing®
 Jan 28 Sa 10a.m.-12p.m. \$8 R/\$13 NR #102526

MCKS Pranic Healing® Introduction: Improve Your Relationships

Are you carrying stress? Resentment? Unhappiness? Learn how the combination of the Twin Hearts Meditation and the healing of the negative calcified thoughts, emotions and attitudes that are stuck in your energetic anatomy (chakras and aura) can improve your relationships and your overall health. Learn about energy and your health.

All Ages ■ Senior Center ■ MCKS Pranic Healing®
 Feb 4 Sa 10a.m.-12p.m. \$8 R/\$13 NR #102527

MCKS Pranic Healing® Introduction: Twin Hearts Meditation

Will your story become a glowing testimonial of personal healing and positive life transformation? Learn the Twin Meditation-a simple powerful method of accessing Divine Force for self-healing, self-empowerment, spiritual development, and for serving the Planet... and more! Note: A non-denominational meditation works with your chakras to heal.

All Ages ■ Senior Center ■ MCKS Pranic Healing®
 Apr 1 Sa 10a.m.-12p.m. \$8 R/\$13 NR #102528

R = Concord Resident NR = Concord Non-Resident

Concord Adult Softball Leagues
www.teamsideline.com/concord
 (925) 671-3423



Spring & Summer Softball

Men's, Women's and Coed teams

Monday-Friday evenings and Sunday afternoon/evenings





**DIABLO CREEK
GOLF COURSE**

DIABLO CREEK GOLF COURSE
4050 Port Chicago Highway, Concord
(925) 686-6267
www.diablocreekgc.com

Diablo Creek is an 18-hole Championship Golf Facility with a full-service Pro Shop and lighted driving range, open 7 days a week from sunrise to 9:00 p.m. except Sundays close at 8:30 p.m. Call for hours when it's raining.

WINTER TUNE-UP: Learn to play golf or fine tune your game with lessons with one of our teaching professionals. We offer individual lessons or group lesson packages. Come try out the newest golf product at our Custom club-fitting Center and be personally fit using Flightscope by one of our certified instructors. We carry all major brands. Call today to set an appointment or get more information.

First Tee of Contra Costa

"The mission of The First Tee of Contra Costa is to impact the lives of the young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf."

The First Tee program consists of golf skills, games and challenges, life skills, education, golf etiquette and golf rules. All participants (ages 7 and up) enter the program at our PLAYER level and advance through the levels, PAR, BIRDIE and EAGLE by mastering the skills and concepts presented at each level. Target classes are available to participants ages 5-6.

- **Winter STEM Session: Week of January 9-February 13**
Cost: \$69 for 6 weeks (1 day/week)
- **Spring Registration Starts February 1**
Cost: \$109, save \$10 by registering early!
- **Annual Player Club Membership (includes Youth on Course) \$20.**

Please visit www.thefirstteecontracosta.org for more information and to see our schedule of classes for upcoming sessions.

VOLUNTEERS NEEDED! Please contact us to see how you can become part of this rewarding program.



Ask about our Fee Assistance Program
For more information, call 925-446-6701
firstteecontracosta@gmail.com

Chapter Office
2290 Diamond Blvd., Ste. 203
Concord, Ca, 94520

Stay up-to-date on Concord Pickleball News and Events!

www.cityofconcord.org (925) 671-3423 sports@cityofconcord.org

Want to know the best day and time to come to the courts to play with people at your skill level?

Then become a member of the Concord, CA Pickleball Enthusiasts Meet-up Group by going to:

<https://www.meetup.com/Concord-CA-Pickleball-Enthusiasts/>

Want to learn about classes, clinics, leagues and tournaments, then go to:

<http://www.teamsideline.com/Concord>

