



# FALL 2017



# FREE COMMUNITY CLASSES

## WELLNESS STARTS WITH ME~MOVE & EAT YOUR WAY TO A HEALTHIER LIFE

**INSTRUCTOR: DEBORAH NORTH**

12-Weeks of movement, nutrition and mindset coaching to help you sail through the holidays looking and feeling your best.

Mondays 5:30-6:30pm

**Sept 11,18,25 Oct 9,16,23,30 Nov 6,13,20,27**

## BEGINNING FENCING

**INSTRUCTOR: RICK STROUD**

All ages and abilities welcome. Learn a unique new sport while having tons of fun. Enhance coordination, endurance and strength. Helps develop self discipline, self confidence, and self awareness. All instructional materials provided.

Tuesdays 3:30-5:00pm

**Sept. 5,12,19,26 Oct 3,10,24,31 Nov 7,14,21,28**

## NORDIC DRY LAND TRAINING

**INSTRUCTOR: NANCY FIDDLER**

Location: Crowley Lake Park

Get your mind and body ready for cross country skiing with technique, strength, plyometrics and aerobic training. Participants need running shoes and attire, short ski poles (about sternum high) water bottle and a towel or mat for strength training. All abilities welcome, but some physical fitness is required.

Tuesdays/Saturdays 9-11am

**Oct 7,10,14,17,21,31 Nov 4**

## CARDIO SCULPT

**INSTRUCTOR: RACHELE JAEGERS**

Sculpt, tone and get a metabolic burn in a fun and safe environment.

Full body workout for all levels.

**\*must bring your own mat**

Wednesdays 5:30-6:30pm

**Sept. 6,13,20,27 Oct 4,11,18,25 Nov 1,8,15,29**

## STRENGTH + CARDIO

**INSTRUCTOR: STEPH PAULSON**

Experience Strength + Cardio. A functional bodyweight class in 60 minutes. Strength +Cardio not only burns more calories while you are training, but creates the "After Burn" which is what accelerates your metabolism (burning fat and calories) for up to 16 hours post-workout. All you need is a yoga mat and a smile!

**\*must bring your own mat**

Wednesdays 8:00-9:00am

**Sept. 6,13,20,27 Oct 4,11,18,25 Nov 1,8,15,22,29**

## STOTT PILATES® MATWORK

**INSTRUCTOR: TESSA COKER**

Classic Pilates matwork with a contemporary twist.

Mobilize, lengthen and strengthen the whole body with emphasis on core stability.

**\*must bring your own mat**

Tuesdays 8:00-9:00am

**Sept. 5,12,26 Oct 3,24,31 Nov 7,14,21,28**

## YOGA STRETCH FOR IMPROVED POSTURE

**INSTRUCTOR: TESSA COKER**

We all spend too much time slumped forward sitting too much-computers, cellphones, driving and binge-watching Netflix etc. This class will help alleviate habitual poor posture.

**\*must bring your own mat**

Thursdays 5-6:15pm

**Sept. 7,14,21,28 Oct 5,12,19,26 Nov 2,9,16,30**

## PIYO®

**INSTRUCTOR: STEPH PAULSON**

A body weight based class for strength and flexibility inspired by pilates and yoga. A low impact and nonstop movement workout.

**\*must bring your own mat**

Fridays 8:30-9:30am

**Sept. 8,15,22 Oct 6,13,20,27 Nov 3,10,17,24**

## "REVIVING" THE CROWLEY LAKE TRAIL RUN 5K/10K KIDS 1K

**OCTOBER 1<sup>ST</sup>, 2017 - CROWLEY LAKE MARINA, 5K/10K RUN BEGINS AT 8:30AM, KIDS 1K BEGINS AT 9:15AM**

REGISTER AT : [HTTPS://RUNSIGNUP.COM/RACE/CA/MAMMOTHLAKES/CROWLEYLAKETRAILRUN](https://runsignup.com/race/ca/mammothlakes/crowleylaketrailrun)

The CSA#1 is offering these classes to the public. Anyone can attend, but those residents living in the district can attend free of charge. If you live Northwest of the Geothermal Plant and South of Sunnyslope's/Tom's Place then you reside outside of the district and will be required to pay a nominal fee of \$5 per class, visitors to the area will also be required to pay the fee. All classes are held at the Crowley Lake Community Center unless otherwise noted.

[www.facebook.com/CrowleyLakeNeighborhood](http://www.facebook.com/CrowleyLakeNeighborhood)

[www.monocounty.ca.gov/csa1](http://www.monocounty.ca.gov/csa1)

For more information call Isabel at 760-935-4089 or isbxoxo@gmail.com