

CSA#1 SPRING CLASSES

FREE COMMUNITY CLASSES★

Functional Strength

Instructor: Nancy Fiddler

This class will focus on functional strength training, with an emphasis on core. Mostly body weight exercises but some props will be used.

***Must bring your own mat**

Monday: 5:00-6:00 pm

Mar 5,12,19,26

April 2,9,16

May 7,14,21,28

4-Week Tennis Clinics

Beginner and

Intermediate/Advanced

Instructor: Kyle Osland

*Meets at the Crowley Lake Tennis Court behind the Sheriff Station

Intermediate/Advanced Clinic

Tuesday: 5-6:30 pm

April 10,17, 24 and May 1

Beginners

Thursday: 5-6:30pm

April 12,19,26 and May 3

Yin Yoga

Instructor: Tessa Coker

Yin Yoga, a passive practice, focuses on opening the hip joints and spine for increases range and more effective movement.

***Must bring your own mat**

Thursday: 5:00-6:00 pm

Mar 1,8,15,22

April 5,12,19,26

May 3,10,17,24,31

Stott Pilates® Matwork

Instructor: Tessa Coker

Classical Pilates matwork with a contemporary twist. Mobilize, lengthen and strengthen the whole body with emphasis on core stability.

***Must bring your own mat**

Tuesday: 8:00-9:00 am

Mar 6,13,20,27

April 3,10,17,24

May 1,8,15,22,29

Knitting and Crotcheting Group

Led by Diane Weissenberger

Wednesday: 3:00-5:00pm

Mar 7,14,21,28

Apr 4,11,18,25

May 2,9,16,23,30

Strength and Cardio

Instructor: Steph Paulson

A functional bodyweight class in 60 minutes. Strength and Cardio will not only burn more calories while you train, but creates the "After Burn" which is what accelerates your metabolism (burning fat and calories) up to 16 hours post-workout.

***Must bring your own mat**

Wednesday: 8:00-9:00 am

Mar 7, 14,21,28

April 4,11

May 9,16,23

PiYo®

Instructor: Steph Paulson

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

***Must bring your own mat**

Friday: 8:30-9:30 am

Mar 2,9,16,23,30

April 6,13,20,27

May 4,11,18,25

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 Sunnyslopes/Tom's Place then you reside outside of the district and will be required to pay a nominal fee of \$5 per class. All classes are held at Crowley Lake Community Center unless noted otherwise.

www.facebook.com/CrowleyLakeNeighborhood

www.monocounty.ca.gov/csa1

For more information or to be added to our mailing list, contact Isabel at 760-935-4089 or isbxoxo@gmail.com