

Take Time to Enjoy a Class at Holbrook-Palmer Park

The following is the current schedule of classes held at Holbrook-Palmer Park. Contact the instructor directly at the number listed under his/her name for more information and registration fees.

CLASS	DAY/TIME	CONTACT
<p>Jacki's Aerobic Dance Classes begin with a warm up of light cardiovascular routines, moving to floor work, Vertifirm with hand-held weights (optional), heart rate booster, aerobic routines, and end with a cool-down period.</p>	<p>Tue & Thurs 8:00 - 9:00 am</p>	<p>Sharon 343-5909</p>
<p>Kinetic Energy Hour Low-impact aerobics, Shiatsu (Japanese finger pressure therapy), ballet movements and floor exercises to recreate your body and aid in the discovery of perfect body alignment, recharge your energy and promote a healthier, more beautiful you! No dance experience required.</p>	<p>Mon & Wed 8:30- 9:45 am</p>	<p>Kimiko 326-7182</p>
<p>Yoga – Morning Stretch Classes include the discipline of Yoga postures and physical exercises which encourage stretch, flexibility, and stamina. The classes incorporate exercises for maintaining optimum back health, and participants are introduced to relaxation and stress management techniques.</p>	<p>Tuesdays 10:00 – 11:00 am</p>	<p>Lynn 369-5196</p>
<p>Ballet Ballet Mistress Kimiko Sugano, advisory member to the International Ballet Competition, presents the Peninsula's most comprehensive program of ballet instruction.</p>	<p>Mon & Wed 4:00 – 5:30 pm Tue & Thurs 4:00 – 6:30 pm</p>	<p>Kimiko 326-7182</p>
<p>Lady's Highland Dance Enjoy this combination of ballet, country dancing and Scottish highland dancing which combines fun movements with a great way to exercise. Classes are for women only and drop-ins are welcome to watch the dancers in action. The new class starts in September.</p>	<p>Tuesday 7:00 – 8:00 pm</p>	<p>Jo 328-0474</p>
<p>Tennis Lessons, Tournaments and Summer tennis Camp Individual and group lessons may be scheduled. Call Tennis Pro for information about upcoming tournaments. Tennis keys are available at the Park Office: 752-0534 Residents \$150.00: non-residents \$200.00</p>	<p>Call for Info</p>	<p>Alan Margot Tennis Pro 752-0540</p>
<p>International Folk Dance Participants can dance their way "around the world" at the Carriage House. Learn dances from places you have only traveled to or dreamt of visiting. Build a basic dance repertoire. Previous dance experience is helpful but not necessary.</p>	<p>Wednesdays 7:45 – 10:00 pm</p>	<p>Suzanne 854-3184</p>
<p>Scandinavian Dance Enjoy Scandinavian couple turning dances with recorded and live music. Instruction is at the beginner-intermediate level. Bringing a partner is not required.</p>	<p>Fridays 7:30 – 10:00 pm</p>	<p>James 323-2256</p>
<p>Stroller Strides This is a fitness class where mom can workout with her baby. It's a great way to get in shape, be with your baby and meet other moms! The classes consist of power walk combined with body sculpting exercises</p>	<p>Mon. Wed. & Fri. 11:30 am</p>	<p>Jennifer (888) 593-2635</p>

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using tubing, the stroller and the environment. The classes are designed to accommodate all levels of exerciser.	Mon. Wed. & Fri. 11:30 am	Jennifer (888) 593-2635
Dog Training Classes Offerings include a puppy class featuring obstacles and agility, a beginners' class, and an intermediate class with "canine good citizen" certification. Classes offered quarterly. Minimum dog age is 3 months.	Mondays 6:30 pm & 7:30 pm	Bari 851-5500
Yoga Soul Vinyasa Flow yoga classes are held each Wednesday in the Carriage House. All levels are welcome.	Wednesdays 6:15 – 7:30 pm	Rebecca 996-8196
Team Sheeper Stationary Bike Workout takes place in the Carriage House Monday nights. Bring your bicycle and it will be made stationary for the workout.	Mondays	Tim or Carol 473-4067