

# May 1st – May 31st – Movin’ On The Coast Fitness Month

\*\*\*First Class Free or at a Reduced Cost\*\*\*

CLASS NAMES	LOCATION	CONTACT	DATES & TIMES
<b>Rosen Method Movement General Conditioning Sit, Stretch &amp; Strengthen Reiki Energy Sessions* Pilates Plus</b>	Ted Adcock Community Center 535 Kelly Avenue, HMB	Senior Coastsiders 726-9056 ***Classes for ages 18+	*Please call for Reiki Energy Session appointment.  Call for class times
<b>Jazzercise</b>	Sea Crest School 901 Arnold Way, HMB	Claudette Madlem 712-8878	M, W 6:15 pm T, Th, 6:30 pm & Sat. 9:30 am
<b>Jazzercise</b>	Train Depot – Higgins Purissima Road, HMB	Claudette Madlem 712-8878	M, T, Th., 9am
<b>Intro to Pilates</b> - 1 week free to those who haven’t taken Pilates in 6 months	Studio 4 Pilates 213 San Mateo Road, Suite 106, HMB	726-7200	Intro to Pilates on Wed. May 6 <sup>th</sup> and May 13 <sup>th</sup> for new students at 6:30 pm. Those who sign up will get a 15% discount on future classes.
<b>Intro to Tai Chi Chih Qigong</b> Reduce stress & increase mental focus through a moving meditation	Train Depot Higgins Purissima Road, HMB	Lois Arigotti 726-7406 Lois451@comcast.net	Tuesday May 5 <sup>th</sup> - 26 <sup>th</sup> 7:00- 8:15 pm
<b>Curves</b>	101 Main Street #B, HMB	Ginny 726-1986	Call for 30 min workout appointment
<b>Indoor Cycling, Body Conditioning, Zumba</b>	FIT Studio Strawflower Village, HMB	726-4040 www.fithmb.com	Call for class times
<b>Group Power</b> – Full Body Conditioning Class Barbell program strengthens all major muscles	Coastal Lifestyles 371 Princeton Ave, Princeton by the Sea	728-1031	Tue. & Th. 8:30 am – 9:30 am & 6:30 pm – 7:30 pm Saturday 8:00 am – 9:00 am Monday & Wednesday 5:45 am – 6:45 am
<b>Restorative &amp; Energizing Yoga</b>	Coastside Lutheran Church 800 N. Cabrillo Hwy, HMB	Annie Enea 712-0616 www.choosetotalwellness.com	Mon. 6 –7:15 pm & Tue. 8:30 am –9:45 am
<b>Zumba</b> –Cardio dance to Latin music	Moonridge 2001 Miramontes Pt. Rd.	Jennifer 560-0197	Friday May 8 <sup>th</sup> 6:00 pm
<b>Kayak Rentals</b>	Half Moon Bay Kayak Pillar Point Harbor	773-6101 www.hmbkayak.com	Discounted rentals everyday but Tuesday.
<b>Kajukenbo</b> –ages 5-18	Train Depot	Mark Alfaro	Wed. May 20 <sup>th</sup> 4:00- 5:30 pm - \$20
Self defense for youth	Higgins Purissima Rd., HMB	726-5863	kajukenbo@coastsidekajukenbo.com