

## ADULT SPORTS

To register for all of adult sports programs please call or visit the La Sierra Community Center's Recreation Office at 5325 Engle Road, Suite 100 in Carmichael or contact us at (916) 483-7826. We accept phone registration with a valid Visa or Mastercard.



### ADULT VOLLEYBALL LEAGUES

#### FALL & WINTER SEASONS:

Fall leagues begin around September 20th and go for approximately 10 weeks. Winter leagues begin approximately January 10, 2012 and go for approximately 10 weeks too. Please call the La Sierra Sports Office at 483-7826 for registration dates and information.

#### LEAGUE (from highest league skill level to lowest)

Women's A, BB, B and CC  
Reverse Co-Ed Quad: BB and B  
Co-Ed BB and CC  
Women's Quads: BB and B

#### DAYS OF PLAY

Tuesdays  
Wednesdays  
Thursdays  
Thursdays

FEES: \$185.00 per team for all leagues and levels  
League fees include individual team awards for the championship team.

### ADULT BASKETBALL LEAGUES

FALL & WINTER SEASONS: FWinter 5-Man league begins approximately January 9th 2012. Fall 3-Man league begins September 21st and last approximately 10 weeks. Winter 3-Man league begins approximately January 11th 2012. All teams are guaranteed at least 7 games.

#### LEAGUE

5-MAN B and C  
3-MAN A, B and C

#### DAYS OF PLAY

Mondays  
Wednesdays

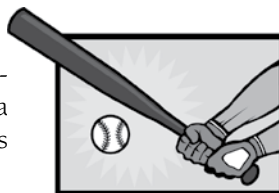
FEES: 5-Man Basketball per Team: \$400.00  
3-Man Basketball per Team: \$75.00

League fees for 5-Man include individual team awards for the championship team.

### ADULT SOFTBALL LEAGUES

#### FALL SEASON:

Fall leagues begins in September and goes for approximately 10 weeks. Please call the La Sierra Sports Office at 483-7826 for registration dates and information.



#### LEAGUE

Co-Ed Recreation D  
Co-Ed Recreation D

#### DAYS OF PLAY

Tuesdays  
Fridays

FEES: \$400.00 per team for all leagues and levels

### Group Fitness Instructor Training Course

Taught by Catherine Graham, Certified Group Fitness Instructor & Personal Trainer

Learn to lead the workout! This 8-week course is designed to be a comprehensive introduction on how to teach group fitness classes. No matter what formats of group fitness appeal to you, this course will help prepare you to master the basic skills!

Location: La Sierra Community Center, Sierra Rooms 1-2  
Day/Time: Saturday, 9-10am  
Dates: 9/10-11/5\*, 1/7-2/25  
\*No class 10/1  
Fee: \$80/8 weeks & a \$10 materials fee paid to the instructor at the first class

### Cardio Kick 101

Taught by Catherine Graham, Certified Group Fitness Instructor & Personal Trainer

A mix of calorie-blasting cardio-kickboxing and simple dance grooves that will have you burning up to 1,000 calories in an hour! This class is for every fitness level as both low and high impact variations are provided. Build lean arms, strong abdominals and powerful legs as you lose weight and have fun!

Location: La Sierra Community Center, Sierra Rms 1-2  
Day/Time: Tuesday, 6-7pm  
Dates: Monthly  
\*No class 11/22  
Fee: \$28/month or \$8 drop-in (pay to instructor)

Parks  
Make  
Life  
Better!

**Balletone**

Taught by Catherine Graham,  
Certified Group Fitness Instructor  
& Personal Trainer



This class is a ballet inspired strength workout that is an explosion of graceful movement. Balletone develops core strength, muscular endurance, dynamic balance and flexibility. It is designed for the non-dancer at any level of fitness.

Location: La Sierra Community Center, Sierra Rms 1-2  
Day/Time: Tuesdays, 7:15-8:15pm  
Dates: Monthly  
\*No class 11/22  
Fee: \$28/month or \$8 drop-in (pay to instructor)

**Yoga for Fitness & Step Aerobics**  
Taught by Sharon Ruffner & Lori Rushford

**Yoga for Fitness**

Class features strength, cardiovascular conditioning and flexibility components. Wear loose clothing, bring a towel, water and yoga mat (mats available for purchase).

**Step Aerobics**

Class includes cardiovascular and strength designed for both beginning and intermediate levels. Wear good shoes, bring water and a towel or mat.

Location: Carmichael Park Vets Bldg.  
Day/Time: Yoga W/F 5:15-6:15pm  
Step T/TH 5:15-6:15pm  
Dates: 9/20-11/4, 11/8-12/23\*, 1/3-2/17, 2/21-4/6  
\*No class 11/24, 11/25 or 12/27-12/30  
Fee: 1 day/wk, \$20  
2 days/wk, \$40  
3 days/wk, \$60  
4 days/wk, \$80

**Chair Yoga**

Taught by Pat Shaw  
Chair Yoga is a gentle form of yoga that is practiced using a chair for support and a mat for stability. It's perfect for people who are hesitant to try out a regular yoga class or suffer from back pain. Participants must bring a yoga mat and wear loose comfortable clothing.

Location: La Sierra Community Center, Rm 800  
Day/Time: Tuesday, 9:30-10:30am and Thursday, 10-11am  
Dates: Monthly  
\*No class 11/24  
Fee: \$25 per month or \$34/8 class punch card



**Jazz Dance**

Taught by Jane Michaels  
This is the perfect class for older adults and moms wanting to get into shape! Participants will learn a different dance combination each week that includes jazz-style movements and stretches. Have fun and feel great at the same time! Participants should wear comfortable clothing.

Location: Carmichael Park Clubhouse  
Day/Time: Monday, 7-8pm  
Dates: 8/22-10/3, 10/10-11/14, 11/21-12/26, 1/9-2/13, 2/20-3/26  
Fee: \$35/6 weeks

**Back Strengthening**

Taught by Dr. James Senser  
This class incorporates simple but effective exercises that will increase flexibility and strength. It will also help rehabilitate an injured spine, improve posture and reduce the chance of future injuries. Bring a towel and a mat.

Location: La Sierra Community Center, Gibbons Room  
Day/Time: Monday, 6:30-7:30pm  
Dates: 8/29-10/10, 10/17-11/21, 1/9-2/27\* or 3/5-4/9  
\*No class 9/5, 1/17 or 2/20  
Fee: \$25/6 weeks

**Hoop Girl Workout**

Taught by Allison Miller, Licensed HoopStar Workout Instructor

**Beginning**

Using specially designed hoops, participants will hoop more easily, experience a great cardiovascular workout and see improved toning over the whole body. Participants should wear comfortable clothing.

**Multi-Level Drop-In**

Don't want to commit to all 6 weeks? Unsure about your skill level? Drop in and give it a try. All levels are welcome.

Location: La Sierra Community Center, Sierra Rms 1-2  
Beginning: Monday, 6:30-7:30pm  
Multi-Level: Monday, 5:15-6:15pm  
Dates: 8/22-10/10\*, 10/17-11/21, 11/28-12/19\*\*, 1/2-2/13 or 2/27-4/2  
\*No class 8/29 or 9/5  
Fee: Beginning \$45/6 weeks  
\*\*Short Session \$26/4 wks  
Drop-In \$10 (pay to instructor) or \$30/month



**Zumba® - New Instructor!**

Taught by Jane Michaels, Certified Instructor

Want a "workout" that doesn't feel like a "workout"? Come have a fun time at Zumba®! This program fuses hypnotic Latin and traditional dance moves to create an easy-to-follow, one-of-a-kind fitness program. All exercisers from beginner to advanced will enjoy the benefits of a Zumba® class. Wear comfortable clothing and tennis shoes or dance shoes, and bring water and a towel.

Location: La Sierra Community Center, Sierra Rms 1-2  
Day/Time: Wednesday, 6:45-7:45pm  
Dates: Monthly  
\*No class 11/23  
Fee: \$28/month or \$8 drop-in fee (pay to instructor)