



FALLBROOK COMMUNITY CENTER

341 HEALD LANE
FALLBROOK 92028 | 760-728-1671

ALL PARTICIPANTS WILL BE ASKED TO ADHERE TO THE LATEST PUBLIC HEALTH ORDERS ISSUED BY THE STATE OF CALIFORNIA.

FITNESS FUSION

MONDAYS, WEDNESDAYS AND FRIDAYS; 8:30 - 9:30 A.M.
\$96/10-CLASS CARD, \$12 SINGLE CLASS
AGES: 12 AND OLDER

Enjoy a unique fusion of techniques that create a fitness experience for every 'body'! Aerobically build energy, balance, coordination and strength in this fitness class. Yoga, stretching and relaxation techniques will also be incorporated, and the class can be customized for all fitness levels. The instructor will share health coaching and tips. 'Wade in' – Join in! For more information, visit WadeintoFitness.com.

BEGINNING YOGA

MONDAYS, TUESDAYS AND THURSDAYS; 9:15 - 10:30 A.M.
\$96/10-CLASS CARD, \$12 SINGLE CLASS
AGES: 12 AND OLDER

Maintaining strength and flexibility is key to having an enjoyable and vital life – both now and in the future! In this class, we go beyond basic yoga by adding light weights, modifying postures using chairs, therapy balls and walls. Join us for a session of fitness, fun and friendship. New students should arrive 15 minutes early to register.



HEALING YOGA

MONDAYS, 5:15 - 6:30 P.M.
\$96/10-CLASS CARD, \$12 SINGLE CLASS
AGES: 12 AND OLDER

Join us on a wellness journey with a gentle, adaptable approach. We will embrace traditional yoga to strengthen and nurture our bodies. While honoring the ancient physical practice of hatha yoga, Healing Yoga incorporates modern fitness, safety and healing practices. Yoga poses are shown with multiple modifications so everyone will feel strong, centered and successful. Yoga is for every body – 'Wade in'! For more information, visit WadeintoFitness.com.



COMIC ART

MONDAYS, 5 - 7 P.M.; GRADES 1 - 6
THURSDAYS, 5 - 7 P.M.; GRADES 7 - 12
\$80/MONTH PLUS \$20 MATERIALS FEE TO INSTRUCTOR
AGES: 6 - 18 YEARS

Explore and learn about comic art and learn to improve your drawing skills of many styles of Fantasy, Gothic, Manga, Science Fiction, and more. Various art mediums, and concepts of space, scale, form, line, proportion, pattern, perspective, story boards and more will be explored and used throughout the program. Every student will have artwork exhibited at the San Diego County Fair in 2022.

TAI CHI FOR EVERYBODY

TUESDAYS, 10:30 - 11:30 A.M.
\$75/8 CLASSES, \$45/4 CLASSES, \$12 SINGLE CLASS
AGES: 18 AND OLDER

Tai Chi, also called "Meditation in Movement", is a series of soft and slow movements that can be practiced by people of all ages. Benefits include stress reduction, better focus and concentration, increased flexibility, strength and coordination, enhanced memory and improved circulation. For more information, contact Gus Poletti at 951-698-5788 or gmpoletti@yahoo.com.

SUBSCRIBE

Our monthly e-newsletter features events, hikes, kid-friendly activities and news you can use at park destinations across San Diego.

sdparks.org