

# Movin' On The Coast Fitness Month

May 1, 2008 - May 31, 2008

\*\*\*First Class free to new students\*\*\*

CLASS or ACTIVITY	LOCATION	CONTACT	NOTES
Rosen Method Movement General Conditioning Sit, Stretch & Strengthen Reiki Energy Sessions Pilates Plus	Ted Adcock Community Center 535 Kelly Avenue, HMB	Senior Coastsiders 726-9056	Please call for Reiki Energy Session appointment
Jazzercise	Sea Crest School 901 Arnold Way, HMB	Claudette Madlem 712-8878	
Movin' Walk	Poplar Beach	Cheryl Sinclair 563-7121	Meets 1st Saturday of the month at 9am
Introduction to Tai Chi Chih Qigong	Train Depot Higgins Purissima Road, HMB	Lois Arigotti 728-7406 lois451@comcast.net	Meditation in movement
Circuit Training, Boot Camp, Fitness, Sculpting, Pilates, Yoga	Coastal Lifestyles 371 Princeton Avenue, Princeton	728-1031 www.coastallifestyles.org	
Yoga	Coastside Lutheran Church 800 N. Cabrillo, HMB	712-0133	Restorative & Energizing Yoga classes
Kayak Rentals	Half Moon Bay Kayak Pillar Point Harbor	773-6101	Discounted rentals everyday but Tuesdays
Feldenkrais Pilates, Stretch & Tone	Studio 4 Pilates 213 San Mateo Road, Suite 106, HMB	726-7200 www.studio4pilates.com	
Indoor Cycling & Body Conditioning	FIT Studio Shoreline Station, HMB	726-4040 www.fithmb.com	
Feldenkrais	Studio 4 Pilates	Susan Miller, RN, CPT 355-7959	Gentle movement to increase movement
Curves	101 Main Street #B, HMB	726-1986	Call for 30 minute workout appointment
Dance for your Heart	Ted Adcock Community Center 535 Kelly Avenue, HMB	563-7121	American Heart Association fundraiser \$10 adult \$5 ages 5-17 4 & under free! May 18 from 3-5pm



