

# Castro Valley Adult and Career Education

## Active Adults 55+ Fitness

- You may pay **\$36 per Quarter** and attend as many of the following Fitness Classes listed below OR
- You may register for all of:  
 Lynn Hollfelder's classes for **\$29.00 per Quarter** or  
 Nancy Farrell's classes for **\$29.00 per Quarter** or  
 Ken Schmidt's classes for **\$29.00 per Quarter**



1	<b>Fitness for Active Adults 55+ with Lynn Hollfelder</b>		
	<b>Mondays</b> 8:00-10:00 am 9/13/10 - 12/13/10	<b>Wednesdays</b> 8:00-10:00 am 9/8/10 - 12/15/10	<b>Fridays</b> 8:00-10:00 am 9/10/10 - 12/17/10
	CVACE Rm. 10	SR CTR	SR CTR
2	<b>Nice and Easy Movement with Nancy Farrell</b>		
	<b>Mondays</b> 10:00-11:30 am 9/13/10 - 12/13/10	<b>Wednesdays</b> 10:00-11:30 am 9/8/10 - 12/15/10	<b>Fridays</b> 10:00-11:30 am 9/10/10 - 12/17/10
	CVACE Rm. 10	SR CTR	SR CTR
3	<b>Fitness and Relaxation with Ken Schmidt</b>		
	<b>Mondays</b> 6:15-7:15 pm 9/13/10 - 12/13/10	<b>Wednesdays</b> 6:15-7:15 pm 9/8/10 - 12/15/10	<b>Saturdays</b> 9:00-10:00 am 9/11/10 - 12/18/10
	SR CTR	SR CTR	SR CTR

### REGISTRATION:

**Online: [www.cvadult.org](http://www.cvadult.org) By phone: 510-886-1000**

**In person: 4430 Alma Avenue, Castro Valley**