

SAN LUIS COASTAL ADULT SCHOOL LIFELONG FITNESS

Fall Session

August 5th - December 13

Classes Available:

Gentle Yoga - \$280

M & W 5:45PM - 7:00PM AUG 7TH - DEC 11TH

SLO Campus

Cardio, Dance, & Strength - \$215

TU & F 10:00AM-11:00AM - AUG 20TH - DEC 13TH

SLO Campus

Classical Mat Pilates - \$215

TU & F 11:15AM-12:15PM - AUG 20TH - DEC 13TH

SLO Campus

Gentle Yoga Online - \$290

TU & TH 9:30AM-10:45AM - AUG 13TH - DEC 12TH

Qigong Online - \$115

W 9:35AM-10:35AM - AUG 7TH - DEC 11TH

Fall Pop-Up Classes -

Basic Dance - \$60

W 10-11AM - OCT 2ND - NOV 20TH

Intro to Mat Pilates - \$60

W 11:10AM - 12:10PM - OCT 2ND - NOV 20TH

**SIGN-UP EARLY REGISTRATION BEGINS
JUNE 28TH FRIDAY CALL US TO REGISTER
CALL 805.549.1222**



**REGISTER FOR OUR
FALL SESSION
TO SIGN UP FOR CLASS
CALL ADULT SCHOOL TO REGISTER
CALL 805.549.1222**



SAN LUIS COASTAL
UNIFIED SCHOOL DISTRICT