

SAN LUIS COASTAL ADULT SCHOOL LIFELONG FITNESS

REGISTER ONLINE FOR SPRING SESSION
FRIDAY 11/22 AT 12:00 PM

Spring Session
January 6th - May 26th
Classes Available:

Gentle Yoga - \$270
M & W 5:45PM - 7:00PM
1/6-5/21
SLO Campus - Rm J4

Cardio Strength - \$220
M & F 10:00AM-11:00AM
1/6-5/23
SLO Campus - Rm J4

Advanced Classical Mat Pilates - \$220
M & F 11:15AM-12:15PM
1/6-5/23
SLO Campus - Rm J4

Basic Dance - \$120
W 10:00AM-11:00AM
1/8-5/21
SLO Campus - Rm J4

Beginning - Intermediate
Classical Mat Pilates - \$120
W 11:15AM-12:15PM
1/8-5/21
SLO Campus - Rm J4

Gentle Yoga Online - \$270
TU & TH 9:30AM-10:45AM
1/21-5/22

Qigong Online - \$120
W 9:35AM-10:35AM
1/8-5/21

Tai Chi Intro Online - \$120
F 9:00AM-10:00AM
1/10-5/23



REGISTER FOR OUR
SPRING SESSION
TO SIGN UP FOR CLASS
[AE.SLCUSD.ORG/COMMUNITY-PROGRAMS](https://www.ae.slcusd.org/community-programs)
OR
CALL ADULT SCHOOL TO REGISTER
CALL 805.549.1222