

SAN LUIS COASTAL ADULT SCHOOL

LIFELONG FITNESS

Fall Session

August 4th - December 12th

Classes Available:

Gentle Yoga - \$260
M & W 5:45PM - 7:00PM
8/4-12/10
SLO Campus - Rm J4

Cardio - Pump - \$175
T & TH 10:00AM-11:00AM
8/26-12/11
SLO Campus - Rm J4

Classical Mat Pilates - \$180
T & TH 11:15AM-12:15PM
8/26-12/11
SLO Campus - Rm J4

Dance I - \$95
W 11:00AM-12:00AM
8/27-12/10
SLO Campus - Rm J4

Dance II - \$120
W 9:30AM-10:45AM
8/27-12/10
SLO Campus - Rm J4

Gentle Yoga Online - \$190
TU & TH 9:30AM-10:45AM
8/19 - 12/11

Qigong Online - \$110
W 9:35AM-10:35AM
8/6-12/10

Tai Chi Intro Online - \$110
F 9:35AM-10:35AM
8/8 -12/12

REGISTER ONLINE
FOR FALL SESSION
MONDAY 7/21/25 ANYTIME



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

adult school
SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT