

BECAUSE **FITNESS** SHOULD

**FEEL
GOOD**



Registration Begins 7/15/26 Wednesday
www.ae.slcsud.org/community-programs
or use the QR code



SLO CAMPUS

Gentle Yoga - \$250
M & W 5:45-7:00PM
8/17 - 12/16

Jazz Dance- \$240
TU & TH 10:00-11:15AM
8/25- 12/17

Classical Mat Pilates - \$200
TU & TH 11:30-12:30PM
8/25- 12/17

Cardio - Strength - \$190
W & F 10:00-11:00AM
8/26- 12/18

Just Stretch \$235
W & F 11:15-12:00PM
8/26- 12/18

Online Campus
Gentle Yoga- \$220
TU & TH 9:30-10:45AM
8/25- 12/10

Qigong - \$100
W 9:35-10:35AM
8/19- 12/16

**Tai Chi Foundations & Continuing
Practice- \$100**
F 9:00-10:00AM
8/21- 12/18

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