

Core Fitness - *WINTERZOOM21.F1*

Core Fitness is a safe and fun way to get fit and stay fit! Participants may be seated for added support or stand as they strengthen their balance, transitioning skills, and agility. Light weights and resistance bands of various levels are used during each movement. Gain muscle strength and improve bone density and overall health.

Sponsored by: The Foster City Village, Gilead, Rotary Club of Foster City in partnership with the Foster City Parks & Recreation Department.

Activity	Dates	Days	Times	Price
Peninsula Healthcare District WINTER21.F1-A	01/04/21-03/24/21	M/W	10 – 10:50 AM	\$48
Sequoia Healthcare District WINTER21.F1-B	01/05/21-03/25/21	Tu/Th	10 – 10:50 AM	\$48

Mind Over Matter - *WINTERZOOM21.F2*

This course provides practical and gentle movement techniques, and tools to create healthier physical and mental capacities to form deeper connections. You will learn effective mindfulness techniques that will guide you to feel mentally grounded, emotionally stronger, and physically energized. Along with mindful movement, you will lift weights to increase body and mind strength, and vitality. As a result, participants will experience more connection, balance, and happiness.

Sponsored by: The Foster City Village, Gilead, Peninsula Health Care District, Rotary Club of Foster in partnership with the Foster City Parks & Recreation Department.

Activity	Dates	Days	Times	Price
WINTER21.F2-A	01/04/21-03/24/21	M/W	11 – 11:50 AM	\$48

Restorative Yoga - *WINTERZOOM21.F3*

Restorative YOGA will calm and reset your entire body and mind to prepare you for ultimate relaxation. It is a bountiful vehicle for easing tension and bringing forth a profound sense of calm through deeply relaxing pose sequences. Participants use a chair or the wall for support during poses as they gain balance, strength, and endurance.

Sponsored by: The Foster City Village, Gilead, Sequoia Healthcare District, Rotary Club of Foster with the Foster City Parks & Recreation Department.

Activity	Dates	Days	Times	Price
WINTER21.F3-A	01/05/21-03/25/21	Tu/Th	10 – 10:50 AM	\$48