



ART

TGIF Open Studio

10Y+

Join Trudi every other Friday for TGIF Open Studio at Wilson Ceramics Studio. Turn your creative ideas into works of art! Supplies to make clay, silk, jewelry, mosaics, and more will be provided. Experienced wheel students have access to the potter's wheels. Materials fee includes clay glaze and firing.

\$7/hr + materials cost, payable to the instructor upon checking out.

Every other Friday* from 7pm - 10pm at the Wilson Ceramics Studio, 10298 S. Portal Ave., Cupertino CA 95014.

*contact Trudi at tab01@sbcglobal for more information regarding Friday dates.

Ikebana Expressions

18Y+

Come learn ikebana, the Japanese art of flower arrangement. Use seasonal flower material to create your ikebana expressions in class. Please bring ikebana scissors/pruners, a pin frog flower holder, and a shallow vase.

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
75529	Tu	7:00pm- 9:00pm	6/19-8/14	8	\$104R/\$125N

Instructor: Lee No class 7/3 Materials fee \$12

Potter's Wheel Beginner

18Y+

Join us for this hands-on two-hour class covering the intricate mechanics of wheel throwing. All pieces will be glazed and fired by the last class.

Wilson Park Ceramics Center

Codes	Days	Times	Dates	Mtgs	Fees
77016	Tu	7:00pm- 9:00pm	6/19-8/14	7	\$301R/\$361N

Instructor: Burney No class 7/3, 7/10

Potter's Wheel Intermediate

18Y+

For those who have throwing experience, we will further hone your wheel skills and introduce surface decorating techniques and altering clay shapes.

Wilson Park Ceramics Center

Codes	Days	Times	Dates	Mtgs	Fees
77017	W	7:00pm- 9:00pm	6/20-8/15	7	\$301R/\$361N

Instructor: Burney No class 7/4, 7/11

Watercolor

18Y+

Continuation with watercolor technique of glazing, wet into wet, and layering. There will be a focus on composition and color. Still life, landscapes, and figurative work will be explored. Returning students will be encouraged to work in a series.

Monta Vista Recreation Center Kitchen

Codes	Days	Times	Dates	Mtgs	Fees
77117	F	9:00am-12:00pm	6/15-8/10	8	\$112R/\$134N

Instructor: Weber No class 7/6



CERAMICS & ART PARTIES

Join Trudi at Wilson Park Building Ceramics Center for a festive art party! For booking information call the Recreation Office at 408-777-3120 or email Trudi at tab01@sbcglobal.net.

We have party levels for customizability and varying number of party guests. A deposit and full payment must be made in person at the Quinlan Community Center, Monday-Friday 8am-5pm to hold the date.

COMMUNITY

LEADERSHIP 95014

DEVELOPING & EDUCATING EMERGING ADULT LEADERS

Are you looking for an exciting program designed to develop and educate Cupertino's current and emerging adult leaders? Sponsored by the City of Cupertino and the Wilfred Jarvis Institute, Leadership 95014 gives participants a behind the scenes look at everything Cupertino has to offer through dynamic speakers, interactive exercises, and site visits throughout the Silicon Valley. Segments of the program provide leadership training tools valuable in both the public and private sectors. Completion of the program rewards participants with a greater understanding of how local government functions, the value of the social sector, and the importance of our educational institutions. This 9-month, 10-session program is offered annually, September-May. Applications and inquiries may be directed to Molly James, Recreation Coordinator, at 408-777-3540. Check out www.cupertino.org/leadership95014 for details.



DANCE

Hip Hop

18Y+

You will dance to current Hip-Hop music and learn current styles and steps, introduced in an upbeat environment. We will help hone your Hip Hop dance skills while developing your own unique dance style. Have fun, get some exercise, and leave with some moves you can show off to family and friends.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
77151	Sa	12:15pm- 1:15pm	6/16-8/25	10	\$130R/\$156N

Instructor: Ali No class 7/14

EDUCATION

Retirement Planning Today

18Y+

In this course you'll learn how to create a plan to retire early, manage investment risk, use tax laws to your advantage, make informed decisions about your company's retirement plan, estate plan, and more!

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
75516	Tu	6:30pm- 9:30pm	7/17-7/24	2	\$49R/\$59N
75517	Th	6:30pm- 9:30pm	7/26-8/2	2	\$49R/\$59N

Instructor: Ostenberg, CFS

FITNESS

Drop-in Passes

Aerobics Passes

\$6 each. Drop-ins are welcome in all aerobics classes if space is available. Aerobics passes may be purchased in the Recreation Office.



Hula Hoop Series 2 Passes

\$9 each. Passes for Hula Hoop Series 2. Passes may be purchased in the Recreation Office.



Yoga and Pilates Passes

\$10 each. Drop-ins are welcome in all yoga/pilates classes if space is available. Passes may be purchased in the Recreation Office.



Passes are non-refundable. Classes may be canceled if the minimum registration is not met. If paying with cash, exact change is required. For more information, please call the Recreation Office at 408-777-3120.

Aerobics for Everyone

16Y+

Improve your overall fitness and health through low impact aerobics, step, strengthening and toning exercises, and flexibility exercises.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
77010	Th	6:30pm- 7:30pm	6/14-8/23	8	\$36R/\$43N
73809	F	9:30am-10:30am	6/15-8/24	11	\$50R/\$60N

Instructor: Wright (TH), Haff (F) No class 7/5, 7/12, 7/19

Balance, Core, and More

18Y+

Strong abdominal muscles can help support your back and improve your posture and balance. Come and spend an hour every week strengthening and toning your core!

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73812	Th	10:40am-11:40am	6/14-8/9	8	\$40R/\$48N

Instructor: McCormick No class 7/5

Baptiste Yoga

18Y+

Baptiste yoga, in the tradition of Walt and Magana Baptiste, offers a unique expression of vinyasa (flow) style yoga that emphasizes balance, flexibility, fluidity, and strength. Pranayama (breathing practices) and mudras (hand postures) are an integral part of each class.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73818	M	12:00pm- 1:30pm	6/18-8/13	9	\$72R/\$86N

Instructor: Thurman

Body by Barre

PASS 16Y+

This class uses the ballet barre & ballet technique to perform movements to beautiful music. It is a total body workout that lifts, tones, and sculpts. Graceful movements will help you create long, lean muscles.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73820	Tu	5:30pm- 6:30pm	6/12-8/21	10	\$75R/\$90N

Instructor: Thompson No class 7/3

Bollywood Aerobics

PASS 18Y+

Bollywood Aerobics is a fast, fun, calorie-burning dance aerobics class. The music is always a great mix of the latest and hottest Bollywood and Bhangra tunes. Every class is broken down into two sections that provide a whole body workout.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73822	W	7:00pm- 8:00pm	6/20-8/1	5	\$23R/\$28N

Instructor: Thoppay No class 7/4, 7/18

Cardio Sculpt

PASS 18Y+

This class offers a great aerobic workout, followed by body sculpting and stretching. This total body workout will increase your cardiovascular endurance as well as your upper, lower, and core body strength.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73823	Tu	9:40am-10:40am	6/12-8/21	8	\$36R/\$43N

No class 7/3, 7/10, 7/17. Instructor: Wright

NEW! Core Flow Yoga

PASS 18Y+

In this power vinyasa yoga flow class, you will find your edge and your zen! This intermediate level class is set to upbeat, fun music with a focus on strengthening your core. This class strengthens and balances your entire body and mind as you move through challenging poses. Prior yoga experience recommended.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
77155	Th	6:00pm- 7:00pm	6/14-8/2	8	\$60R/\$72N

Instructor: You



CREATIVE BAKING & SEWING PARTIES

Join Heidi Merry at Monta Vista Recreation Center in the Kitchen for a creative party!

For booking information, call the Recreation Office at 408-777-3120 or email Heidi at heidimerry@comcast.net.

A \$150 deposit & payment must be made in person at the Quinlan Community Center, Monday-Friday between 8am & 5pm, to hold a date.

Dance for Fun!

PASS 18Y+

Join the fun--let's dance and sweat! This class is a mix of dance and fitness moves with an emphasis in dance movements and basic techniques. Easy to follow dance choreography will be taught for Latin, Bollywood, Hip Hop, and Belly Dance.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73827	M	8:20pm- 9:20pm	7/9-8/27	8	\$36R/\$43N
73828	W	8:20pm- 9:20pm	7/11-8/29	8	\$36R/\$43N

Instructor: Chen

Hula Hoop Dance Fitness: Series 1

PASS 18Y+

In this beginner class you will learn the fundamentals and principles of hoop dance. Emphasis will be on core moves and techniques that you can do with a hula hoop, on and off the body. No experience necessary!

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
73835	W	6:00pm- 7:00pm	6/13-8/22	10	\$50R/\$60N

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73836	F	12:00pm- 1:00pm	6/15-8/24	10	\$50R/\$60N

Instructor: Starr No class 7/4, 7/6

Hula Hoop Dance Mvmnt & Flow: Series 2

PASS 18Y+

Class emphasis will be on movement and flow. Students will work on gaining fluidity and control over one's hoop and increasing grace and poise of body movements. You will move your hooping from disconnected tricks into lyrical movement while expanding your repertoire.

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
73837	W	7:00pm- 8:30pm	6/13-8/22	10	\$70R/\$84N

Instructor: Starr No class 7/4 Pre-Requisite: Series 1

Line Dancercise

PASS 18Y+

Line Dancercise is a fusion of salsa, cha cha, mambo, merengue, rumba, two steps, tango, hip hop & waltz. This simple and fun choreography will help improve your coordination and reduce stress.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73885	Th	7:30pm- 8:30pm	6/14-8/23	11	\$50R/\$60N
73884	F	1:15pm- 2:15pm	6/22-8/10	7	\$32R/\$38N

Introduction to Line Dancercise

This is an introductory class appropriate for anyone who has never line danced before.

Codes	Days	Times	Dates	Mtgs	Fees
73883	F	10:45am- 11:45am	6/22-8/10	7	\$32R/\$38N

Instructor: Hu (TH) Tsai (F) No class 7/6

Low Impact Aerobics

Get a great workout with this low impact class. Class includes a warm-up, 25-30 minutes of low impact aerobics, followed by upper body strength exercises, abdominal work, core strengthening exercises, and stretching.

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73841	M W	7:00pm- 8:00pm	6/11-8/22	21	\$95R/\$114N

Instructor: Rassieur No class 7/4

Mixed Level Pilates

This mat class focuses on core strength and stability. Beginners are welcome as the fundamentals of Pilates are taught the first few weeks. Beyond that, the class is taught with various levels of difficulty being taught for each exercise.

PASS

18Y+

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73842	M	9:30am-10:30am	6/11-8/20	11	\$83R/\$100N

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73843	W	9:30am-10:30am	6/13-8/22	10	\$75R/\$90N

Instructor: Haff No class 7/4

PiYo

The best of Pilates & Yoga combined, this PiYo Matt class will fuse the core firming benefits of Pilates with the flexibility advantages of Yoga. No jumping or straining, just core strength training through fluid movement and poses, focused breathing, & meditation. End your day strong & relaxed.

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
77006	Th	7:30pm- 8:30pm	6/14-8/23	8	\$60R/\$72N

Instructor: Wright No class 7/5, 7/12, 7/19

Prenatal Yoga

Modified prenatal flow yoga geared towards relieving common pregnancy related aches and pains such as swelling, nausea, and back pain. This class will provide a safe and open community for women to discuss issues and concerns. Benefits of this practice include stress relief, increased flexibility, stability, and strength.

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
77008	Tu	6:00pm- 7:00pm	6/12-8/7	8	\$60R/\$72N

Instructor: You No class 7/3

Qigong

Qigong is a holistic system of easy flowing movements, breathing, and meditation. It can help improve the immune system, stabilize blood pressure, reduce pain, boost energy, decrease stress, and calm the mind. Suitable for all fitness levels.

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
74202	W	1:15pm- 2:15pm	6/13-8/22	10	\$45R/\$54N

Instructor: Kroth No class 7/4

Sculpt and Stretch

Complement your cardio workout with this great strength training and flexibility class! Proper technique and form will be emphasized. All levels are welcome.

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73850	M	10:40am-11:40am	6/11-8/20	11	\$50R/\$60N
73851	W	10:40am-11:40am	6/13-8/22	10	\$45R/\$54N
73849	M W	10:40am-11:40am	6/11-8/22	21	\$95R/\$114N

Instructor: McCormick No class 7/4

Strengthen and Stretch

Strengthen your core, increase muscle tone and flexibility through gentle but powerful floor exercise. Using effective breathing, form, and a variety of techniques, you will improve your strength, balance, posture, and range of motion!

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73856	Tu	10:40am-11:40am	6/12-8/21	8	\$36R/\$43N

Instructor: Wright No class 7/3, 7/10, 7/17

Strong by Zumba

A high-intensity interval training (HIIT) total body workout with NO dancing, where fitness moves are synced to music to motivate you. Use your own body weight to condition muscles, burn calories, and get stronger. All levels are welcome.

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73857	W	12:00pm- 1:00pm	6/13-8/22	10	\$45R/\$54N

Instructor: DuVal No class 7/4

Total Body

20 minutes high/low intensity aerobics for fat burning/toning. 20 minutes free weights targeting arms, abs, and legs. Finish with 20 minutes stretching to build flexibility and strength. Leave class feeling calm and centered.

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73861	Tu	7:10pm- 8:10pm	6/12-8/21	10	\$45R/\$54N

Instructor: Hu No class 7/3

Vinyasa Yoga

PASS 18Y+

Vinyasa is a flowing sequence of yoga poses--connecting breath with movements. This class will help relieve stress and increase flexibility and strength.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73866	W	12:00pm- 1:15pm	6/13-8/22	10	\$78R/\$94N

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73865	Sa	8:45am-10:15am	6/16-8/25	11	\$88R/\$106N

Instructor: Kongboon No class 7/4

VivAsia Fitness Dance

PASS 18Y+

Explore the many colorful cultures of Asia through fitness dance. Dance rhythms include Bollywood, fan dance, ribbon dance, k-pop, bandari, and more. Props (ribbons, drumsticks, dandias and others) are used to increase upper body strength.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73867	Th	12:00pm- 1:00pm	6/14-8/23	11	\$50R/\$60N

Instructor: Chen

Yoga--Level 1&2

PASS 18Y+

Hatha flow yoga incorporates flexibility in addition to strength and balance building. Class begins with a short meditation or a restorative pose, then moves into standing poses, builds to a challenging pose, and final relaxation. Leave class refreshed.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73868	M	7:00pm- 8:15pm	6/11-7/30	8	\$62R/\$75N
73869	Th	9:15am-10:30am	6/14-8/2	8	\$62R/\$75N

Instructor: Frazier

Zumba

PASS 18Y+

Enjoy Latin and international music while doing easy dance steps and body-sculpting movements. Zumba routines feature aerobic intervals with a combination of fast and slow rhythms that tone and sculpt the body.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73870	M	12:00pm- 1:00pm	6/11-8/20	11	\$50R/\$60N

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73871	Tu	12:00pm- 1:00pm	6/12-8/21	10	\$45R/\$54N
73873	F	12:00pm- 1:00pm	6/15-8/24	11	\$50R/\$60N

Zumba Plus!

Codes	Days	Times	Dates	Mtgs	Fees
73872	W	9:30am-10:45am	6/13-8/22	10	\$50R/\$60N

Instructor: DuVal (T) Hu (M/W/F) No class 7/3, 7/4

Zumba Toning

18Y+

This low impact Zumba class combines Latin and international music with easy dance steps and optional light weights to provide body-sculpting and strength training of the arms, core, and legs. A fun, total body cardio workout for all levels!

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
75685	Th	9:15am-10:15am	6/14-8/23	10	\$45R/\$54N

Instructor: DuVal No class 7/5

GOLF

Golf

18Y+

This class emphasizes installing reliable fundamentals. Focus is on the four basic swings of golf. Beginner to intermediate, we invite you to come jump-start or restart your golf career.

Deep Cliff Golf Course

Codes	Days	Times	Dates	Mtgs	Fees
75538	Sa	1:00pm- 2:30pm	6/2-6/23	4	\$159R/\$191N
75539	Sa	1:00pm- 2:30pm	7/7-7/28	4	\$159R/\$191N
75540	Sa	1:00pm- 2:30pm	8/4-8/25	4	\$159R/\$191N

Instructor: Deep Cliff Staff

ICE SKATING

Ice Skating

16Y+

Students are introduced to basic skating skills including two foot glides, dips, swizzles, back wiggles, stops, and spins. Such skills provide knowledge to enjoy pleasure skating and to build upon.

Vallco Shopping Mall Ice Center

Codes	Days	Times	Dates	Mtgs	Fees
75566	Th	7:00pm- 7:30pm	6/28-8/16	8	\$110R/\$132N
75568	Th	7:00pm- 7:30pm	8/23-10/11	8	\$110R/\$132N
75565	Sa	12:15pm-12:45pm	6/2-7/21	8	\$110R/\$132N
75567	Sa	12:15pm-12:45pm	7/28-9/15	8	\$110R/\$132N

Instructor: Ice Center of Cupertino

MUSIC

Group Keyboard Class

18Y+

It is never too late to learn how to play piano! This class is designed for adults who have little to no experience in piano playing. While in a structured yet relaxed environment you will learn fundamental musical concepts, including musical notation, theory, and rhythm with our patient and supportive instructors. You will have learned to play a variety of pieces and styles by the conclusion of the class.

Joyful Melodies Music School

Codes	Days	Times	Dates	Mtgs	Fees
76281	Th	7:00pm- 7:50pm	6/14-8/23	11	\$330R/\$396N

Instructor: Joyful Melodies Staff