

FREE



CUPERTINO

FITFEST

Saturday, October 27 | 9am
Quinlan Community Center

FITNESS CLASSES

Cupertino Room

9:10 am - 10:10 am
Body Sculpt
w/ Raychel

10:20 am - 11:20 am
Yoga
w/ Sandy

11:30 am - 12:30 pm
Zumba
w/ Monica

Social Room

9:30 am - 10:00 am
Hula Hoop
w/ Nessia

10:15 am - 10:45 am
Qigong (Taiji-Qi &
other forms)
w/ Mau & Gene

11:00 am - 11:30 am
Taji (Chen & Yang
styles)
w/ Mau & Gene

Dance Room

9:15 am - 9:45 am
Dance Cardio
w/ Jocelyn

10:00 am - 10:30 am
Dance for Fun
w/ Jocelyn

10:45 am - 11:15 am
Qigong
w/ Anya

Activity Room

9:30 am - 10:00 am
PiYo w/Janice

10:15 am - 10:45 am
Aerobics for
Everyone w/ Janice

11:00 am - 11:30 am
Core & Balance w/
Becky

11:40 am - 12:10 pm
Bombay Jam
w/ Archana

Gifts for first 100 people!

Raffle at 11:20 am - Cupertino Room

Come for one class or try out as many as you like!