



FITNESS CLASSES FOR ACTIVE ADULTS!

	Monday	Tuesday	Wednesday	Thursday	Friday
8am					
8:30am					
9am		Tai Chi 8:30-9:30am (max 20)	Fit & Flexible 9-9:45am (max 20)	Tai Chi 8:30-9:30am (max 20)	
9:30am					
10am	Stretch & Core 10-10:45am (max 15)	Fit for Life 1 10:15-11am (max 20)		Fit for Life 1 10:15-11am (max 20)	Yoga/Pilates 9:55-10:35am (max 15)
10:30am					
11am					
11:30am					



10-class punch card: \$13 res/\$16 non-res
 20-class punch card: \$24 res/\$30 non-res
 Drop in fee, per class: \$2 res/\$2.50 non-res

Location of all classes:
 Benicia Community Center Deck

- Due to social distancing, space is limited in each class.
- **ADVANCED REGISTRATION** for a spot in class is required.
- Reservations can be made **starting on Monday of previous week, one week at a time.**
(example on Monday 9/21, you can start reserving for week of 9/28-10/2)
- To reserve a spot, you can go online, or you can call our office, M-F 8-5pm. (746-4285)
- If using a punch card, card will be punched at class. If paying the drop in fee, fee must be paid at office prior to attending class, and receipt provided to instructor.
- If you are not able to make it to class, please call to cancel reserved spot no less than 1 hour prior to class.
- Please only come to Community Center if you have a spot reserved in class.
- Shared equipment is not permitted. Please bring personal weights, exercise bands, yoga mats, water bottle, etc., if needed for class.
- Please arrive 5 minutes early to get through health screening process before class.
- More information and link to online registration is available at www.ci.benicia.ca.us/fitness.