

# ADULT ACTIVITIES

## Mindfulness

Instructor: Rita Geraghty

Mindful awareness is a set of skills. It's a way of paying attention that develops focus (putting your attention where you want it), sensory awareness (noticing thoughts, sensations, external behaviors), and non-reactivity (not allowing sensory experience to charge you one way or the other). This type of awareness allows one not only to choose responses to life's challenges but also to soak in the joys that are abundant. Rita has been an educator for 24 years.

|        |        |            |                    |                 |
|--------|--------|------------|--------------------|-----------------|
| #15774 | Monday | 4/4 – 5/9  | 10:45am – 12:00 pm | \$90R / \$110NR |
| #15775 | Monday | 6/6 – 7/18 | 10:45am – 12:00pm  | \$90R / \$110NR |

## American Line Dancing as a Low-Impact Exercise – Progressive Series

Instructor: LDVALI

LDVALI uses a unique program and methodology that help students of various skill levels learn and grow together while having fun exercising via the low-impact approach. Open to all ages that enjoy dancing with or without a partner, learning various forms of line dancing is made easy from country slides and vines, flowing waltz, to ballroom favorites like boogie, swing, cha cha, tango, rumba, foxtrot, salsa, mambo, bachata, night club 2-steps, jitterbug, and more - dances that anyone can easily bring home or show off at social events and parties. The music variety used in classes are even more surprising and inspiring, from the timeless era of the roaring 20's and big band sounds to the present pop rock and hip hop club scenes. LDVALI will teach and guide the students progressively- from the beginner Level Zero to improver Level 1-1.5 and finally to the Level 2 intermediate phase, using slow-medium-fast music and varying rhythm applications.

#15769 4/14 – 6/2 \$76R / \$91NR  
Thursdays 6:00pm – 7:30pm



Jazzercise is a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our classes-Strike, Fusion, Core, Strength, and Dance Mixx-will leave you breathless, toned and coming back for more. Start working it...with Jazzercise.

\$49.00 monthly  
\$10.00 drop-in

Pat Gerleman/Owner-Instructor  
patgerleman@sbcglobal.net

Class schedule:  
Monday - Friday: 9:35am  
Saturday: 8:30am  
Monday/Wednesday at 6:00pm

Location: Millbrae Community Center

## Amin Wu Tai Chi - 吴阿敏太極

Tai Chi, Qigong and Kungfu Classes for All Ages and Abilities

太極-氣功-武術

養生-健身-防身

### Health, Wellness and Exercise Class Offerings

#### Seniors

- Tai Chi for Arthritis
- Tai Chi for Fall Prevention
- Tai Chi for General Health
- Qigong – Gentle Exercises
- Exercise & Self-Defense:
  - Tai Chi Walking Cane
  - Tai Chi Fan

#### Active Adults

- Chen-style Tai Chi
- Yang-style Tai Chi
- Sun-style Tai Chi
- Wu-style Tai Chi
- Competition Routines
- Qigong
- Exercise, Form & Self-Defense:
  - Tai Chi Fan
  - Tai Chi Walking Cane
  - Tai Chi Swords
  - Tai Chi Push Hand

#### Kids/Teens

- Teens Kungfu
- Kids Kungfu
- Exercise Classes

◆ Visit website [www.aminwutaichi.com](http://www.aminwutaichi.com) for class schedule and register

◆ Questions: email [aminwutaichi@yahoo.com](mailto:aminwutaichi@yahoo.com) or telephone 650-898-9295

Classes held at Millbrae Community Center, 477 Lincoln Circle, Millbrae.



# ADULT ACTIVITIES

## Adult KAJUKENBO KARATE

Instructors: Grand Master Frank Bianchi

KAJUKENBO



You will learn the art of Kajukenbo, a traditional and practical martial art form and self-defense techniques. This technique is a street effective self-defense system. Basics are taught throughout the class: stances, blocks, punches, kicks, falls, rolls and sweeps. The class stresses self control, discipline, and respect. Kajukenbo is made up of five martial arts: Tang-so-do, Judo, Jujitsu, Kenpo, and Kung Fu. Grades are awarded as color belts. LOCATION: Millbrae Community Center. **Ages: 12+**

|        |      |            |                 |                |
|--------|------|------------|-----------------|----------------|
| #15529 | T/TH | 4/5 - 4/28 | 7:30pm - 9:00pm | \$56R / \$66NR |
| #15530 | T/TH | 5/3 - 5/31 | 7:30pm - 9:00pm | \$63R / \$75NR |
| #15531 | T/TH | 6/2 - 6/30 | 7:30pm - 9:00pm | \$63R / \$75NR |
| #15532 | T/TH | 7/5 - 7/28 | 7:30pm - 9:00pm | \$56R / \$66NR |
| 15533  | T/TH | 8/2 - 8/30 | 7:30pm - 9:00pm | \$63R / \$75NR |

## Zumba!

Instructor: Lori Dachauer

A fun Latin inspired, dance fitness workout. Class format combines fast and slow rhythms that tone and sculpt the body while achieving ultimate cardio health benefits.

All fitness levels welcome!

\*No Class 5/28

| CODE   | DAY      | DATES            | TIME        | COST           |
|--------|----------|------------------|-------------|----------------|
| #15759 | Tuesday  | 6:00pm - 7:00pm  | 4/5 -4/26   | \$36R / \$41NR |
| #15762 | Tuesday  | 6:00pm - 7:00 pm | 5/3 -5/31   | \$42R / \$49NR |
| #15760 | Tuesday  | 6:00pm - 7:00pm  | 6/7 -6/28   | \$36R / \$41NR |
| #15756 | Tuesday  | 6:00pm - 7:00pm  | 7/5 -7/26   | \$36R / \$41NR |
| #15761 | Tuesday  | 6:00pm - 7:00 pm | 8/2 -8/23   | \$36R / \$41NR |
| #15763 | Thursday | 6:00pm - 7:00pm  | 4/7 - 4/28  | \$36R / \$41NR |
| #15766 | Thursday | 6:00pm - 7:00pm  | 5/5 - 5/19  | \$31R / \$36NR |
| #15757 | Thursday | 6:00pm - 7:00pm  | 6/2 - 6/30  | \$42R / \$49NR |
| #15754 | Thursday | 6:00pm - 7:00pm  | 7/7 - 7/21  | \$36R / \$41NR |
| #15755 | Thursday | 6:00pm - 7:00pm  | 8/4 - 8/25  | \$36R / \$41NR |
| #15764 | T/Th     | 6:00pm - 7:00pm  | 4/5 - 4/28  | \$56R / \$66NR |
| #15765 | T/Th     | 6:00pm - 7:00pm  | 5/2 - 5/31* | \$56R / \$66NR |
| #15767 | T/Th     | 6:00pm - 7:00pm  | 6/2 - 6/30  | \$65R / \$77NR |
| #15758 | T/Th     | 6:00pm - 7:00pm  | 7/5 - 7/26  | \$56R / \$66NR |
| #15753 | T/Th     | 6:00pm - 7:00pm  | 8/2 - 8/25  | \$56R / \$66NR |

## Zungu Chen Family Taijiquan (Tai Chi Chuan) Class

Zungu Chen Family Taiji ("Tai Chi") is an internal martial art widely acknowledged as the oldest (ancestor) of all other Taiji styles. One can practice Zungu Chen Family Taijiquan (tai chi chuan:barehanded-fist form) in its entirety as an internal martial art or solely for its health benefits. When practiced as a martial art, it is characterized by low powerful stances, very subtle supple whole-body twining and coiling movements, stomping, and explosive releases of power that are generally absent from the practice of other Taijiquan styles. It can be practiced in a higher stance with graceful, slow, and light movements. Regardless of one's age or sex, one can learn and practice this ancient art.

In this class, students learn and practice the Zungu Chen Family Taijiquan first form posture by posture and the silk-reeling exercises that are the foundation of Chen Taiji. With practice, students gain health benefits, develop strength, flexibility, balance and coordination, and understand basic Taiji principles, which eventually facilitate the student's pursuit of martial art proficiency and excellence. Wear comfortable clothing. Debbie Au is a certified Chen Taiji instructor of direct Chen Family (Gong Fu Frame) Taiji lineage and has taught taijiquan and the taiji weapons forms for over 17 years.

|        |        |            |                 |                  |
|--------|--------|------------|-----------------|------------------|
| #15772 | Monday | 4/4 - 5/23 | 6:30pm - 7:30pm | \$106R / \$126NR |
| #15773 | Monday | 6/6 - 7/25 | 6:30pm - 7:30pm | \$106R / \$126NR |