

FOR IMMEDIATE RELEASE:

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Sierra Madre, CA. – August 22, 2012

Register Now for Fall Recreation Classes

The Community Services Department is excited to announce fall recreation classes are now open for registration online at www.cityofsierramadre.com/onlineregistration or by visiting the Hart Park House Senior Center (222 W. Sierra Madre Blvd) or the Community Services office (611 E. Sierra Madre Blvd).

The fall session introduces a variety classes and programs for the whole family. Change up your fitness regime with Zumba or Zumba Gold (ages 55+), a dance-fitness class that incorporates Latin & international music with dances movements creating a high energy party like atmosphere that provides a dynamic, exciting and effective workouts. Strengthen your core with either Gentle Yoga or Yoga for All Ages. Learn and develop physical self-protection and escaping techniques that are easy to remember and utilize by registering for the Women's Self Defensive class.

Younger family members will enjoy Mommy/Daddy and Me Soccer (ages 2-3.5) and ages 3.5-11 years old can enroll in age appropriate soccer skill development classes with the Kidz Love Soccer. Gain advantage through footwork and body positioning to employ leverage, avoiding the use of strength against strength in Hapkido Karate adult and youth classes. As always, you'll find class favorites including Ballet, Tap and Creative Dance!

For more information, please contact Community Services Department at 626.355.5278.

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