

New

Velocity Fitness (Adult)

This class was developed for the competitive fitness enthusiast in search of a fast paced, high energy workout for total body conditioning.

Location: Velocity Sports Performance, 25461 Rye Canyon Rd., 294-4000

Min/Max: 5/10 **Fee:** \$59 (\$64 NR)-4 wks

Code	Start Date	Time
1362.212	W-4/14	7:30-8:30 pm

Hung Gar Kung Fu-Chinese Art

of Self Defense (10-Adult)

The most popular Southern Chinese Kung Fu style, Hung Gar develops coordination while strengthening the arms and legs. Training emphasizes strong stances, iron-hard blocks, low snapping kicks, ambidexterity, and powerful straight forward honest techniques. Includes traditional weapons. **Instructor:** Anthony Lee **Min/Max:** 10/14 **Fee:** \$68 (\$73 NR)-9 wks

Code	Start Date	Time	Location
1363.201	M-3/29	6:00-7:00 pm	SCSC-AC

Shaolin Kung Fu (14-Adult)

Shaolin consists of fluid movements which yield incredible power. Great workout combining partner training, kicking bags, escaping grabs, and more! \$15 uniform fee due at 1st class. **Location:** Momentum Kung Fu, 27674 Newhall Ranch Road, #D20, Valencia, 775-7780 **Instructor:** Grant Davis **Min/Max:** 10/18 **Fee:** \$45 (\$50 NR)-6 wks

Code	Start Date	Time
1363.211	Sa-4/17	9:00-10:00 am

Budoshin Ju-Jitsu (10-Adult)

A street-effective self-defense system combining Judo, Aikido, and Karate. Gain self-discipline, self-respect, and self-confidence as you advance in rank. \$20 material/insurance fee due at 1st class. Students under 18 must bring a parent to the 1st class. **Location:** NOP **Instructors:** George Kirby, 259-7912 Black Belt Magazine's 2007 Instructor of the Year, & Marc Tucker **Min/Max:** 4/20

Code	Start Date	Time	Fee/Wks
1364.201	M-3/29	7:00-9:00 pm	\$50-9 wks
1364.202	Th-4/1	7:00-9:00 pm	\$50-9 wks
1364.203	M/Th-3/29	7:00-9:00 pm	\$90-9 wks

Self-Defense Tactics & Fitness (16-Adult)

Get a great cardio workout while learning life-saving skills that incorporate the arts of Israeli Self Defense. This street effective program includes street scenarios, knife defense, and gun disarms. Includes T-shirt and hand wraps. **Class may not be repeated.** **Location:** ATA Martial Arts, 28358 Constellation Rd, #630, Valencia, 296-7900 **Instructors:** Certified Black Belts **Max:** 20 **Fee:** \$49 (\$54 NR)-per four week session.

Session I 4/13 to 5/6	Session II 5/11 to 6/3	Attend 1 class per week: Days/Time/Location
Code	Code	
1365.202	1365.212	Tu or Th-8:00-9:00 pm

New

Martial Arts & Boxing Conditioning (15-Adult)

Agility and reaction time are vital components of boxers and martial artists armory. Foot/Hand speed, reactive power and hand-eye coordination can all be significantly improved with proper conditioning. Will consist running, floor exercises-punching, kicking (sparring optional) and stretching. **Instructor:** Robby Robinson **Min/Max:** 10/20 **Fee:** \$56-8 wks

Code	Start Date	Time	Location
1366.201	Sa-4/17	8:30-9:45 am	OOP

Running 101 (Adult)

Have you always wanted to run a 5K, 10K, half, or full marathon, but not sure how to start? Learn basic knowledge from training principles to race day tips, plus more! Schedule/maps of meeting places/routes provided to participants at first class. Routes vary and start at 1 mile while you work your way up. **Instructor:** Rawlins Jordan, 252-8626 **Min/Max:** 10/50 **No Class:** M-5/31 **Fee:** \$25 (\$30 NR)-9 wks

Code	Start Date	Day/Time	Location
1370.201	M-3/29	M/W-5:30 pm	VGP

Santa Clarita Striders (Adult)

Moderate to fast-paced walking group, which meets at different locations each week. Schedule/maps of meeting places/routes provided to participants at first class. Routes vary and are 3.2 to 3.5 miles **Instructors:** Candy Inglis (M) & Michelle Myers (Th) **No Class:** 5/31

Code	Fee	Start Date	Time	1st Week Location
1371.201	\$4 (\$9 NR)-10 wks	M-3/29	6:30-7:30 pm	City Hall
1371.202	\$5 (\$10 NR)-11 wks	Th-4/1	6:30-7:30 pm	City Hall
1371.203	\$7 (\$12 NR)-11 wks	M/Th-3/29	6:30-7:30 pm	City Hall

Optional: T-shirts available for order!

Choose one of the codes listed and receive your T-shirt by mail.

Code	Size	Fee
1371.205	M	\$9
1371.206	L	\$9
1371.207	XL	\$9
1371.208	XX	\$11

Bicyclists Safety Program

Bicyclists who ride along the City's bike trails or take to the streets can learn how they can be safer through a free educational program offered from the City of Santa Clarita. The program includes a presentation of videos and general knowledge on the rules of the road, and tips on how bikes and motor vehicles can safely co-exist. John Lukes, a bike advocate, has been presenting this program to residents since March 1996. This free program is available upon request to businesses, schools, and organizations, and can be geared towards the level of experience and age of the participants.

*For more information,
please call
Pat Downing at
the City of
Santa Clarita,
(661) 255-4918.*

