



# Summer 2022 Class Updates

## Yoga Release **NOT IN CATALOG!**

Yoga Release is a blend of Yin and slow yoga. This practice will help to calm the nervous system, improve breathing, and increase body/mind connection through mindfulness in movement, meditation, breath practice and awareness of self. Movements are slow, positions are held for longer periods of time, allowing for a more meditative practice overall. **SUPPLIES:** Please bring your own yoga mat. Drop-in fee \$10.

Fee: Member \$40/+10 non-member

CR#	DATES	DAY	TIME	LOCATION
7127	9/5-28	Mon/Wed	6:00PM	LC-JNPR

## Stretch, Strength & Stabilize **UPDATED INFORMATION**

**LOCATION UPDATE:** 8/3-17 class relocated to LC-ACAC. 8/24-31 class relocated to CP1-REC.

CR#	DATES	DAY	TIME	LOCATION
6421	8/3-31	Wed	8:00AM	LC-CYPR

## Stretch, Strength & Stabilize **UPDATED INFORMATION**

**LOCATION UPDATE:** 8/1 class relocated to CH-MSQT.

CR#	DATES	DAY	TIME	LOCATION
6503	8/1-29	Mon	10:30AM	CR-AMADO

## Intermediate to Advanced Spanish Conversation **CANCELLED**

CR#	DATES	DAY	TIME	LOCATION
6414	8/8-29	Mon	3:30PM	LC-CTWD

## Intermediate to Advanced Spanish Conversation **UPDATED INFORMATION**

**UPDATED TIME:** Time changed to 4:45pm. **UPDATED DATES:** 9/12-26 (NO CLASS 9/5).

CR#	DATES	DAY	TIME	LOCATION
6438	9/5-26	Mon	5:00PM	LC-CTWD

## Intermediate to Advanced Spanish Conversation **UPDATED INFORMATION**

**UPDATED TIME:** Time extended 5-7pm. **UPDATED DATES:** 8/8-15.

CR#	DATES	DAY	TIME	LOCATION
6437	8/8-29	Mon	5:00PM	LC-CTWD

## Spanish Skills for Beginners III **UPDATED INFORMATION**

**NO CLASS:** 9/5. **UPDATED INFO:** Time changed to 3pm.

CR#	DATES	DAY	TIME	LOCATION
6416	9/5-26	Mon	3:30PM	LC-CTWD

**Spanish Skills for Beginners II *UPDATED INFORMATION*****UPDATED LOCATION:** 8/24 class relocated to SRS-ANZA.

CR#	DATES	DAY	TIME	LOCATION
6415	8/3-24	Wed	3:30PM	LC-CTWD

**Yoga Saguario for Back Care *UPDATED INFORMATION*****UPDATED LOCATION:** 8/3 – 17 classes relocated to LC-ACAC. 8/24 - 8/31 classes relocated to EC-AUD.

CR#	DATES	DAY	TIME	LOCATION
6425	8/3-31	Wed	9:30AM	LC-JNPR

**Spanish Skills for Beginners II *UPDATED INFORMATION*****UPDATED LOCATION:** 8/1 class relocated to CH-SAG.

CR#	DATES	DAY	TIME	LOCATION
6412	7/11-8/1	Mon	3:30PM	LC-OCOT

**Yoga Release *UPDATED INFORMATION*****UPDATED LOCATION:** 8/1 class relocated to LC-CYPR, 8/22-31 classes relocated to CP1-REC.

CR#	DATES	DAY	TIME	LOCATION
6217	8/1–31	Mon/Wed	6:00PM	LC-JNPR

**Clogging *UPDATED INFORMATION*****UPDATED LOCATION:** 8/22 – 29 classes relocated to MV-REC.

CR#	DATES	DAY	TIME	LOCATION
6320	7/11–8/29	Mon	10:00AM	LC-AGAV

**Bathtub Singers II *UPDATED INFORMATION*****UPDATED LOCATION:** Classes relocated to CH-SAG.

CR#	DATES	DAY	TIME	LOCATION
6256	8/2–23	Tues	10:00AM	EC-AUD

**Bathtub Singers I *UPDATED INFORMATION*****UPDATED LOCATION:** Classes relocated to CH-SAG.

CR#	DATES	DAY	TIME	LOCATION
6261	8/2–23	Tues	11:30AM	EC-AUD

**Learn the Torch *UPDATED INFORMATION*****UPDATED DATE:** Class has been rescheduled for 8/4.

CR#	DATES	DAY	TIME	LOCATION
6273	8/2	Thurs	1:00PM	DH-LAP

**Yoga Saguario (Hatha) Level I/II *UPDATED INFORMATION*****UPDATED LOCATION:** 8/3-17 relocated to LC-ACAC, 8/24-31 classes relocated to CP1-REC.

CR#	DATES	DAY	TIME	LOCATION
6421	8/3–31	Wed	8:00AM	LC-JNPR
6420	9/7–28	Wed	8:00AM	LC-JNPR

### Yoga Saguaro Back Care **UPDATED INFORMATION**

**UPDATED LOCATION:** All classes relocated to LC-ACAC.

CR#	DATES	DAY	TIME	LOCATION
6424	9/7-28	Wed	9:30AM	LC-CYPR

### Intermediate Tap **NOT IN CATALOG!**

This class will focus on footwork and technique. For intermediate and advanced dancers, the emphasis will be on improving the clarity of sound and execution. **SUPPLIES:** Bring tap shoes. Drop-in fee \$10.

Fee: Member \$40(4), \$50(5)/non-member +10

CR#	DATES	DAY	TIME	LOCATION
6856	8/3-17	Wed	10:30AM	LC-CYPR
6857	9/7-28	Wed	10:30AM	LC-CYPR

### Ceramics Beginning **NOT IN CATALOG!**

This course is a prerequisite for joining the Ceramics Club. Students will learn how to prepare greenware and bisque, apply undercoats and glazes and other techniques. Students will complete 3 projects, included in the material fee, to take home. **Material fee** of \$40 payable to the Ceramics Club of GVR the first day of class. Students must be able to attend all 6 classes. **SUPPLIES:** Bring an apron to protect clothing.

Fee: Member \$40

CR#	DATES	DAY	TIME	LOCATION
6990	9/12-28	Mon/Wed	5:00PM	DH-CER

### Learn to Solder **UPDATED INFORMATION**

**Material fee of \$40** paid to the instructor.

Member fee: \$40

CR#	DATES	DAY	TIME	LOCATION
6463	8/10-11	Wed/Thurs	3:00PM	WC-LAP
6913	9/21-22	Wed/Thurs	3:00PM	WC-LAP

### Total Body Conditioning **UPDATED INFORMATION**

**UPDATED LOCATION:** 8/24 & 8/31 classes relocated to CR-AMADO.

Fee: Member \$60(5)/non-member +10

CR#	DATES	DAY	TIME	LOCATION
6280	8/3-31	Wed	3:00PM	LC-CYPR

### Full Body Barre Workout **UPDATED INFORMATION**

**UPDATED LOCATION:** 8/24 & 8/31 classes relocated to CR-AMADO.

Fee: Member \$60(5)/non-member +10

CR#	DATES	DAY	TIME	LOCATION
6284	8/3-31	Wed	4:00PM	LC-CYPR

### Gentle Alignment Yoga **UPDATED INFORMATION**

**UPDATED LOCATION:** 8/22, 8/24, 8/29 & 8/31 classes relocated to CP2-REC.

Fee: Member \$35(5)/non-member +10

CR#	DATES	DAY	TIME	LOCATION
6223	8/1-29	Mon	9:00AM	LC-IRWD
6314	8/3-31	Wed	9:00AM	LC-IRWD

**Chair Alignment Yoga *UPDATED INFORMATION***

**UPDATED LOCATION:** 8/22, 8/24, 8/29 & 8/31 classes relocated to CP2-REC.

Fee: Member \$35(5)/non-member +10

<b>CR#</b>	<b>DATES</b>	<b>DAY</b>	<b>TIME</b>	<b>LOCATION</b>
6228	8/1-29	Mon	10:30AM	LC-IRWD
6309	8/3-31	Wed	10:30AM	LC-IRWD