



FASTBALL

Spring Adult Men's League

Registration for the City of Modesto Spring Adult Men's Fastball League begins Tuesday, February 16, and continues through Thursday, February 25. Registration must include the \$560 registration fee and a completed 7-20 player roster. Registration is for teams only and is on a first-come, first-served basis. A \$25 late fee applies after February 25. Games are played on Monday nights beginning March 15 at the Beyer Park softball fields. Fastball is a modified form of baseball played on a softball field. For more information, call (209) 341-2985 or e-mail rkephart@modestogov.com.

LOCATION: Beyer Park Softball Field
3700 Beyer Park Drive

#40768	18+ yrs	8 games/\$560
Mar 15-May 10		Mon, 6-11 pm



FITNESS

Mat Pilates

Physical and mental exercises involving stretches and breathing that focus on strengthening core muscles. This innovative class can be modified for any age and fitness level. Bring your own yoga mat.

INSTRUCTOR: Elizabeth Moreno
LOCATION: Senior Citizens Center
211 Bodem Street

#40552	18+ yrs	10 sessions/\$30
Jan 5-Mar 9		Tue, 4-4:50 pm

#40553	18+ yrs	10 sessions/\$30
Jan 7-Mar 11		Thur, 4-4:50 pm

#40554	18+ yrs	20 sessions/\$50
Jan 5-Mar 11		Tue, Thur, 4-4:50 pm

#40561	18+ yrs	10 sessions/\$30
Mar 18-May 20		Thur, 4-4:50 pm

#40562	18+ yrs	10 sessions/\$30
Mar 23-May 25		Tue, 4-4:50 pm

#40563	18+ yrs	20 sessions/\$50
Mar 18-May 25		Tue, Thur, 4-4:50 pm

Restorative Yoga

Build strength, flexibility and enhance vitality. This easy pace class offers basic seated, standing and reclining yoga positions. Bring your own yoga mat.

INSTRUCTOR: Elizabeth Moreno
LOCATION: Senior Citizens Center
211 Bodem Street

#40555	18+ yrs	10 sessions/\$30
Jan 5-Mar 9		Tue, 3-3:50 pm

#40556	18+ yrs	10 sessions/\$30
Jan 7-Mar 11		Thur, 3-3:50 pm

#40557	18+ yrs	20 sessions/\$50
Jan 5-Mar 11		Tue, Thur, 3-3:50 pm

#40558	18+ yrs	10 sessions/\$30
Mar 18-May 20		Thur, 3-3:50 pm

#40559	18+ yrs	10 sessions/\$30
Mar 23-May 25		Tue, 3-3:50 pm

#40560	18+ yrs	20 sessions/\$50
Mar 18-May 25		Tue, Thur, 3-3:50 pm

Zumba®



Zumba® fuses hypnotic musical rhythms and tantalizing moves to create a dynamic system designed to be FUN and EASY TO DO! The goal is simple: Work out, love working out, and get hooked! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin and international zest to the mix and you've got ZUMBA!

INSTRUCTOR: Angela Drew
LOCATION: Senior Citizens Center
211 Bodem Street

#40954	16+ yrs	6 sessions/\$51
Jan 7-Feb 11		Thur, 7:30-8:30 pm

#40955	16+ yrs	6 sessions/\$51
Mar 18-Apr 29		Thur, 7:30-8:30 pm
		(No class Apr 8)



GYMNASTICS

Gymstars' goal is to provide quality instruction in a safe, clean and fun environment so every participant can meet his or her full potential and "Reach for the Stars." Classes are provided in a 20,000-sq-ft. air-conditioned multi-sport facility. There is an annual \$20 insurance fee per child. This fee is required once a year regardless of the number of activities the child participates in.

All gymnastics classes will meet at Gymstars Gymnastics.

INSTRUCTOR: Gymstars Coaches
LOCATION: Gymstars Gymnastics
5170 Pentecost Drive

Starbabies Gymnastics

A fun parent/tot format. This walker's class is centered around age appropriate developmental movements using special tot-sized apparatus and has a strong emphasis on socialization skills and group involvement. There is an annual \$20 insurance fee per child, payable to the class instructor at the first class.

Walk-2 yrs Thur 4 sessions/\$42

#41210	Jan 7-Jan 28	10:30-11:15 am
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#41211	Feb 4-Feb 25	10:30-11:15 am
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#41212	Mar 4-Mar 25	10:30-11:15 am
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Walk-2 yrs Sat 4 sessions/\$42

#41213	Jan 9-Jan 30	11-11:45 am
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#41214	Feb 6-Feb 27	11-11:45 am
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#41215	Mar 6-Mar 27	11-11:45 am
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