

Health & Fitness

Mat Pilates, 18+ yrs

Build core strength, improve flexibility, control muscle and breath in this innovative class that can be modified for any age and fitness level. Choose a class to fit your schedule. *Bring your own yoga mat. Scholarships available for low-income Modesto residents.*

Location: Senior Citizens Center, 211 Bodem Street, Modesto

1482	4:30-5:30pm	T Th	7/09-9/12	10 sessions	\$30
<i>There are 20 sessions held and participant may only attend a maximum of 10 sessions.</i>					
1483	4:30-5:30pm	T Th	7/09-9/12	20 sessions	\$50
<i>No class 6/04</i>					

PAL Boxing, 10-17 yrs

This is the Police Activities League's oldest activity. Boys and girls are encouraged to participate. PAL Boxing stresses the importance of hard work, education, good manners, fitness, conditioning and sportsmanship. Annual membership fee \$45 per child payable to Stanislaus County P.A.L.

Instructor: Eddie Diaz

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

\$45 annually	5:00-7:00pm	M T W Th
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Zumba™ Gold Party

This lower impact, easy-to-follow, Latin-inspired dance fitness party; that keeps you in the groove of life.

Instructor: Deanna Olson

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1 fee per class <i>Senior Activity card available for purchase in the office</i>	1:00-2:00pm	M Th
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Zumba™ Gold Nights

Designed for the active older adult that is looking for a modified Zumba class. Focus is on introducing choreography to enhance balance, cardiovascular conditioning, coordination and flexibility.

Instructor: Deanna Olson

Location: Senior Citizens Center, 211 Bodem Street, Modesto

1487	4:30-5:30pm	Wed	5/01-9/04	15 sessions	\$50
<i>No Class 5/29, 6/12, 7/03, 7/17</i>					

Spirit of Giving 5K Run & Walk

Sponsorship Opportunities

The Modesto Spirit of Giving 5k Run & Walk is looking for 2019 Sponsors! Align your business or brand with a family-friendly community event that reaches thousands of members across Stanislaus County.



For more information, please contact:
City of Modesto Parks, Recreation and
Neighborhoods Department
1010 Tenth Street, Suite 4400
(209)577-5344

Race held annually, 2nd Saturday in December.

COMING SOON!

FALL 2019!
AMERICAN RED CROSS FIRST AID/CPR/AED FOR THE LAY RESPONDER CERTIFICATION CLASSES
CALL (209)577-5344 FOR MORE INFORMATION

REGISTRATION

CLASSES

ACTIVE OLDER
ADULTS

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PROGRAMS

SPECIAL
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