

Mendocino Recreation & Community Center

Toddler & Adult Classes & Community Activities

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	TINY TOTS GYMNASTICS Kassie Hayes Exercise Room 10 -11 am		MUSIC TOGETHER Leslie Kashiwada Dojo 10:00-10:45 am 11:30 am-12:15 pm YOGA Karen Uphoff Community Room 10:30-12 Noon	MUSIC TOGETHER Missy Fiedler Dojo 10:00-10:45 am 11:30 am-12:15 pm	SENIOR YOGA Helen Jacobs Community Room 10:30 am-12:15 pm	YOGA/Dr. Khalsa Community Room 10 -11 am FAMILY AIKIDO Janferie Stone/Dojo 10-11:30 am AA SPONSORSHIP Last Saturday Twilight Zone 10 am-12 pm	UNITARIAN FELLOWSHIP 1st & 3rd Sunday Community Room 10 am-12 Noon AIKIDO Guy Williams/Dojo 10 am-12 Noon DANCE OF BREATH 2nd & 4th Sunday 10am-12noon Community Room Chetana Lauren
Afternoon	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM		JUJUTSU Aron Yasskin/Dojo 12-2 pm CIRCLE DANCE Last Sunday/3-5 pm Community Room
Evening	ADULT CLAY LAB Chris Cisper 6:30 -10:30 pm MOBILITY EXERCISE Chris Hamby Exercise Room 5:15-6:15 pm AIKIDO Janferie Stone/Dojo 7-8:30 pm MENDOCINO HISTORICAL REVIEW BOARD 1st Monday Community Room 7-9 pm	AIKIDO Guy Williams Dojo 6 -7:30 pm	ADULT CLAY LAB Chris Cisper 6:30 -10:30 pm YOGA/Lynne Butler Community Room 5:30-6:30 pm JUJUTSU/Aron Yasskin Dojo/6-8 pm BEGINNING BELLY DANCE Elika Freeman Exercise Room 6:30 -8 pm	AIKIDO WEAPONS Janferie Stone Community Room 6-7 pm AIKIDO Guy Williams Dojo/ 6 - 8:30 pm BELLY DANCE Nicole Fish/Exercise Rm 5:30 -7 pm & 7:30 -9 pm BOTANICAL WORKSHOP Karen Uphoff Twilight Zone/ 7-9 pm			

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April/May 2008