Pati Albert 
RYT500 Registered Yoga Instructor, 
AFAA Certified Fitness Instructor 
classes: 
CHAIR YOGA
Students will practice poses while seated in a chair and use the chair for assistance in standing poses. You do not have to get on the floor! Increase strength, flexibility and balance while learning to relax. Wear loose clothing. Classes on North Patio. NO CLASS SEPT 7

CHY102 - 2 6 M 10:00-11:00 a 8/17-9/28 $30
CHY103 - 2 6 W 10:00-11:00 a 8/19-9/23 $30
Location: RSRPD District Office 4201 Guardian St.

PILATES
Experience a true Pilates Mat Workout. Build core strength, tone muscles, and increase flexibility. Modifications will be given for each exercise, making the class suitable for all fitness levels. Bring a Mat and a large beach towel, wear loose clothing. Classes held on North Patio.

PLS102 - 2 6 W 8:30-9:30 a 8/19-9/23 $30
Location: RSRPD District Office 4201 Guardian St

PILATES ~ STRENGTH
Pilates Mat Workout, hand weights and resistance bands are added to create a weighted workout that builds body strength, flexibility and core strength. Bring a Mat and a large beach towel, wear loose clothing. Class held on North Patio.

PLS103 - 2 6 F 8:30-9:30 a 8/21-9/25 $30
Location: RSRPD District Office 4201 Guardian St

YOGA 101
Designed for beginners or those looking for a Gentle Yoga class, Combining stretch, gentle movements, meditation, and basic Hatha poses. This class will restore harmony to the body and relax the mind. Bring a Yoga Mat and a large beach towel, wear loose clothing. Classes held on North Patio.

GEY101 - 2 6 F 10:00 a-11:00 p 8/21-9/25 $36
Location: RSRPD District Office 4201 Guardian St
Some healthy tips for staying safe during this time.

1.) Stay at least 6 feet apart (unless you live in the same household)

2.) Wash hands at least 20-30 seconds

3.) Keep hands and fingers away from your face.

4.) Wear face covering or a mask when advised.

We don’t stop playing because we grow old, we grow old because we stop playing.”
- George Bernard

YOGA with Pati Albert
Yoga Instructor, AFIAA Certified Fitness Instructor
Designed for both those with yoga experience and those that wish to learn Yoga. Hatha Yoga poses are taught in a safe and welcoming atmosphere. Emphasis is on good form and posture. Class will build strength, increase flexibility, improve balance and create personal harmony. Bring a Yoga Mat and a large beach towel, wear loose clothing.

YOG101-2 6 M 6:00-7:00 p 8/17-9/28 $42
Location: RSSCC, 5005 E. Los Angeles Ave 93063
NO CLASS SEP 7

Certified Instructor Jennifer Wood

classes

ZUMBA GOLD
Easy-to-follow dance workout. This modified ZUMBA fitness class allows you to move at your own pace, and builds cardiovascular health. Great way to stay connected and keep you moving!

Tuesday
ZGO106-3 6 Tu 8:30-9:30 a 9/15-10/20 $30
All classes above will be held at RSSCC, 5005 E. Los Angeles Ave 93063

POSTPONED

Monday
ZGO105-2 6 M 6:00-7:00 p 8/24-9/28 $30
Wednesday
ZGO107-2 6 W 8:30-9:30 a 8/26-9/30 $30

STRENGTH BUILDING
Instructor Eileen Cohen
Improve your strength, flexibility and balance. Bring your own weights, water bottle, mister and a mat.

STB100-2 6 M 3:30-4:30 p 8/10-9/21 $30
Location: 4201 Guardian St. 93063

AGE 50+ BOCCE BALL
With Henry & Roz Kraus
Come and join the fun of Bocce Ball! This is an Italian game played with 1 small ball (Pallino) and 8 larger balls (Bocce). Show your skills by getting the Bocce as close as you can to the Pallino. All skill levels are welcome. Meet new people and make new friends. Masks are highly recommended and social distancing will be required.

BBL101-2 W 8:00-9:30 a 9/2-9/30 $5
Location: Rancho Tapo Community Park

CORNHOLE
With Stan Kalsman
Come join the fun picnic game of Cornhole. Easy to play and all levels welcome. No experience necessary. Masks will be highly recommended and 6 feet social distancing will be required.

CRN100-3 M 9:30-11:00 a 9/7-9/28 $5
Location: Rancho Simi Community Park

Version I- Fall 1
8/17/2020
**SHUFFLEBOARD**

*with Stan Kalsman*

Lots of fun and easy to play. No prior experience necessary. Masks are highly recommended. Social distancing of 6 feet will be enforced. *Please wear gloves if you have them, but they are not a requirement.*

SFB100-3  Tu  9:30 a-11:30 p  9/1-9/29  $5  
SFB101-3  F  9:30 a-11:30 p  9/4-9/25  $5  
Location: Rancho Simi Community Park

**LAWN GOLF CROQUET**

*with Henry Kraus*

Come and join the fun of golf croquet! This is an easy to play game whereby players use mallets to hit balls through thin metal shaped arches called wickets. Person or team to score seven points first wins. All skill levels are welcome. Meet new people and make new friends. Masks are highly recommended and social distancing will be enforced.

LGC100-3  Th  8:00-9:30 a  9/3-9/24  $5  
Location: Rancho Tapo Community Park

**NEON FAMILY BOCCE BALL NIGHT**

*with Henry Kraus*

Be a part of history! As we are adding this all new unique neon night Bocce Ball. This game is open to all levels and ages over 3 years old. We are offering this exciting new Family Night for our community. Meet new people and make new friends. Masks are highly recommended and social distancing will be enforced. Recommended for ages 5 and above.

NNB100-3  Th  7:30-9:00 p  9/12  $7 p/p  
NNB101-3  Th  7:30-9:00 p  9/26  $7 p/p  
Location: Rancho Tapo Community Park

We hope to see you soon!
Register
9/14
Games begin
10/13

Annual Games are coming this Fall. Registration begins
September 14th. Visit www.RSRPD.org for a full list of events
and to register online. In-person registration available at 4201
Guardian Street (M-F, 8am - 5pm).

* September 14: Registration begins
* October 2: Online and in-person registration ends at 5pm
* October 13: Let the Games Begin!
* October 29: Award Winners Announced

Program Coordinators: Bryan Horstmanshof, Karen and Stan Kalsman, & Henry Kraus.
Contact information: 805-583-6059 seniors@rsrpd.us

Pictures don't represent all games being played in 2020