



Photo by Michael Williams

Winter 2025

Clark Park

Community Center and Pool

1730 S. Roosevelt St. Tempe, AZ 85281

Contact Information

Front Desk (480) 350-5208
Pool Info (480) 350-5203
Email: ClarkInfo@Tempe.gov

Facility Hours:

Monday-Thursday 8:30am-9pm
Friday & Saturday 8:30am-5pm
Sundays—Closed

Holiday Hours

Week of Dec 23 & Dec 30	Close at 5pm
Dec 25 Christmas Day	Closed
Jan 1 New Year's Day	Closed
Jan 20 Martin Luther King Jr Day	Closed
Feb 17 Presidents Day	Closed



Visit us Online! www.tempe.gov/clark

Beat the heat year round at Clark Pool!



Admission Fees (Lap & Open Swim):

Under 2 years: **FREE**

2-12 years: **\$0.75**

13+ years: **\$1.25**

10 Admissions Membership 13+ years: **\$12***

**Good for 30 Consecutive days*

Lap & Open Swim (December 9-March 29)

Mon./Fri./Sat*.

11:30am-2:30pm

Tues./Thurs.*

4:30-7:30pm

***Slide closed until further notice**

Please check tempe.gov/clark for additional lap and open swim hours in December.

Drop-in Water Fitness Fees:

30-Day Unlimited Membership: **\$46**

30-Day 8 Admission Membership: **\$40**

30-Day 4 Admission Membership: **\$20**

Drop-in Fee: **\$7**

Valid at Clark & Kiwanis Pools

Water Fitness

Saturdays

10:15-11:15am

Please check tempe.gov/clark for additional water fitness class offering in December.

POOL CLOSED THE FOLLOWING DAYS

Wednesday, December 25

Wednesday, January 1

Thursday, January 23 (staff training)

Monday, January 20

Monday, February 17

Facility Rentals

Clark Park Community Center has 4 beautiful classrooms available for your next event.

Baby Showers — Birthday Parties
Pool Parties — Community Meetings
Graduation Parties — Family Reunions



Room reservation rates start at \$5 per hour for Tempe Residents

Rentals Include:

Tables and Chairs
Access to TV
Bluetooth Speakers
Sink in every room
Sliding Glass Doors, with access to park



Visit Tempe.gov/Clark
Or call 480-350-5521

Clark Crochet Circle

Jan 14, Feb 11, Mar 11 6:30-8:30pm



Bring your current crochet project to work on. Ages 16+ with adult. \$5

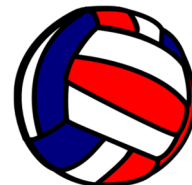
Crochet Instructor will be available for questions, but previous crochet experience is recommended.



Sports Equipment

The Clark Park Community Center offers a variety of sports equipment for complementary check out with ID:

Basketballs
Volleyballs
Footballs
Horseshoes
Frisbees
Croquet Set
Spike Ball Set
Soccer Balls
Wiffleballs & Bat
Dodgeballs



Sports equipment for use at Clark Park during business hours.

Tempe PlayMOBILE

FREE Sports & Games program
Ages 10-15



December 5 & 12
January 16, 23, 30
February 6, 13, 20, 27
March 6 & 27

Thursdays from 3-6pm @ Clark Park



For more information please call: 480-350-5113
Or visit Tempe.gov/playmobile

Toddler Classes at Clark

Martial Arts; Little Tykes Lim Karate

Fun, physical, structured, positive and disciplined. Benefits include self-confidence, listening and how to follow directions. Self-defense is taught through fun drills and games. Uniform can be purchased from instructor \$60. Shoes required. Bring a water bottle. Email limkaratelfma@gmail.com or call 602-525-8472. Fee: \$70.

82003 3-5 yrs W/Th 1/8-1/30 5-5:30 p.m.

82004 3-5 yrs W/Th 2/5-2/27 5-5:30 p.m.

82005 3-5 yrs W/Th 3/5-3/27 5-5:30 p.m.



Stretch-n-Grow Tumble Time

Build confidence and have fun in our preschool introduction to level I tumbling class for little gymnasts. Class will introduce preschool tumbling basics helping kids develop strength, flexibility, balance, coordination and endurance. Fee: \$66.

82062 4-5 yrs Tu 1/14-3/4 12:15-12:45 p.m.

Stretch-n-Grow Tumble Time Parent/Tot

Build confidence in our pre-level I introduction to tumbling class for little gymnasts. Class will introduce tumbling basics helping kids develop strength, flexibility, balance, coordination, and endurance. Help improve motor skills and have fun. Fee: \$58.

82063 2-3 yrs Tu 1/14-3/4 11:30 a.m.-Noon

Stretch-n-Grow All Star Sports

The class is designed to teach kids confidence, learn the basics of sports and build self-esteem in a team environment. Participants will be introduced to basketball, T-ball, kickball and football in a fun, non-competitive environment with an emphasis on sportsmanship, and developing motor skills. T-Shirts provided. *No class 1/20, 2/17, 3/10. Fee: \$58.

Independent

81830 4-5 yrs M 1/13-3/24* 10:45-11:15 a.m.

Parent/Child

81831 2-3 yrs M 1/13-3/24* 11:30 a.m.- Noon

81833 2-3 yrs W 1/15-3/5 9:45-10:15 a.m.

81839 2-3 yrs Sa 1/18-3/8 8:45-9:15 a.m.

81835 2-3 yrs Sa 1/18-3/8 2-2:30 p.m.

Stretch-n-Grow All Star Soccer Parent/Child

Jump into the game of soccer while developing the skills needed to excel in the sport. The class will include running, kicking, warm-up chants, socializing and soccer basics. It will also promote motor skill development and fitness, in a fun setting. T-shirts provided. Fee: \$58.

81832 2-3 yrs W 1/15-3/5 9-9:30 a.m.

81837 2-3 yrs Sa 1/18-3/8 9:30-10 a.m.

81838 2-3 yrs Sa 1/18-3/8 11:15-11:45 a.m.

81834 2-3 yrs Sa 1/18-3/8 2:45-3:15 p.m.

Stretch-n-Grow All Star Soccer

Kick-start your child's love of soccer in a non-competitive environment. Learn proper warm-up, stretching and exercises techniques. The class will introduce ball control, dribbling, passing and shooting with an emphasis on teamwork and sportsmanship. Activities enhance directional sense, spatial awareness and motor skills. T-shirts provided. Fee: \$66.

81836 4-5 yrs Sa 1/18-3/8 10:15-11 a.m.



Clark Park Community Center
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Register at: tempe.gov/activenet

Youth Spring Break Camps

Supervised Lunch offered Noon-1pm for campers registered in both the AM and PM camps.*

Arizona Science Center®; Camp Innovation

When school's out, Arizona Science Center camps are in. STEM is a revolutionary program that combines science and math with technology and engineering. Innovation drives the energy behind these hands-on camps, giving youth the opportunity to explore all subjects using skills learned during inquiry based processes. Fee: \$140.

New! Ancient Archaeology Camp

81948 5-7 yrs M-F 3/10-3/14 9 a.m.- noon
81949 7-12 yrs M-F 3/10-3/14 1-4 p.m.

New! Spellbound Camp

81950 7-12 yrs M-F 3/17-3/21 9 a.m.- noon

New! Build It Camp

81951 5-7 yrs M-F 3/17-3/21 1-4 p.m.

Crochet and Craft Camp

Children will be introduced to crochet tools and terms as they learn basic stitches and create a project in camp. Campers will also create a fun arts and crafts project each day. All materials provided. Fee: \$104.

81952 10-14 yrs M-Th 3/17-3/20 1-4 p.m.

Dungeons and Dragons Camp; Cottage Caverns

Prepare to go on an adventure with an experienced D&D Master in a magical land. This structured, role-playing game will present age-appropriate challenges while adventurers travel through mystical lands, fight monsters, and expand their creative minds. All levels. Cienna. Fee: \$65.

81953 9-16 yrs M-F 3/10-3/14 1-4 p.m.

Makers Lab: Create, Build, Innovate Camp

Dive into the world of engineering through interactive challenges and creative projects with Mr. C. Explore robotics, aerodynamics, soldering and more while building real world skills. Focus on innovation and critical thinking while experimenting and having fun. Campers will leave with confidence to keep building the future. Fee: \$150.

81954 8-12 yrs M-F 3/10-3/14 9 a.m.- noon

Play-Well TEKologies® Minecraft Engineering using LEGO®

Venture into the world of Minecraft in our LEGO® experience. Get ready to build your base, craft your tools, use your Minecraft to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor. Fee: \$168

81955 5-7 yrs M-F 3/17-3/21 9 a.m.-noon

Play-Well TEKologies® Minecraft Master Engineering using LEGO®

Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, build shelters to keep out Creepers, craft mystical items that only true masters can wield and perfect our crossbow skills to stop the Wither from taking over. If you can imagine it, we can build it. Fee: \$168.

81956 8-12 yrs M-F 3/10-3/14 9 a.m.-noon

*campers need to bring their own non-perishable lunch and water bottle.



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Tempe Resident Registration starts December 9th

Non-Tempe Resident registration December 16th



Youth/Teen Classes at Clark

Martial Arts; Karate Lim Kenpo

Fun, physical, structured, positive and disciplined. Benefits include self-confidence, listening and learning to follow directions. Self-defense is taught through fun drills and games. Shoes required. Bring a water bottle. Email: limkaratelfma@gmail.com or 602-525-8472. Uniform can be purchased from instructor; \$60. Fee: \$70.

82000 6-12 yrs W/Th 1/8-1/30 5:30-6:30 p.m.

82001 6-12 yrs W/Th 2/5-2/27 5:30-6:30 p.m.

82002 6-12 yrs W/Th 3/5-3/27 5:30-6:30 p.m.



Beginning Crochet 101; Parent and Child

Learn to crochet with your parent or grandparent. Learn about yarns, hook types and sizes, the most common stitches and making a beginner project. We will also talk about color combinations. You will need to work on your project outside of class. All supplies provided. Christy. Register child only. Supply Fee: \$20. Fee: \$48.

81975 8 yrs+ Sa 1/11-2/8 10:45 a.m.-12:15 p.m

Dungeons & Dragons; Choose Your own Adventure

Prepare to go on an adventure with an experienced D&D Master in a magical land. This structured, role-playing game will present age-appropriate challenges while adventurers travel through mystical lands, fight monsters and expand their creative minds. All experience levels. Cienna. Fee \$65.

81977 9-16 yrs Th 1/9-1/30 4:30-7:30 p.m.

81978 9-16 yrs Th 2/6-2/27 4:30-7:30 p.m.

Launch It

Rocketeers will design and build a rocket that will keep their "eggstronaut" from cracking as it makes its way back to earth with a sunny side up landing. We will use STEAM skills to design, create and test their space craft. We will have a blast. Fee: \$33.

81984 8-13 yrs Sa 3/1 2-4 p.m.

LEGO® Roboteering

Roboteers will build and program Classic LEGO® Mindstorm NXT Robots. Roboteers will program their robots to tackle fun, motor-churning challenges. We will put our heads together with a world-class roboteer and have fun while we explore and learn the ABC's of NXT coding. Challenges change every class. Fee: \$42.

81986 9-14 yrs Sa 1/25 2-4 p.m.

81987 9-14 yrs Sa 2/22 2-4 p.m.

Stark Solder Scientist

Become one of the circuit culprits and learn how to thwart your siblings and friends with an alarm that will go off whenever they open a drawer or door. Keep your things safe and secure, and while you're at it learn the basics of soldering and circuitry. Fee: \$42.

82007 8-14 yrs Sa 2/1 2-4 p.m.

Engineer it, to Win it

We will foster students' engineering, competitive and creative edge as we challenge them to fulfill briefs given by a world of class judge. Using everyday materials, kids will create the bridges, towers, and vehicles of tomorrow. Challenges are different each session. Fee: \$27.

82018 8-14 yrs Sa 1/11 2-4 p.m.

82019 8-14 yrs Sa 2/8 2-4 p.m.

82020 8-14 yrs Sa 3/8 2-4 p.m.

Play-Well TEKologies® Pokémon Master Engineering using LEGO® Workshop

LEGO® Master I choose you. In the race to be crowned the Ultimate Pokémon Champion, we need your help. Learn to build your favorite Pokémon, level up by teaching them special moves, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title. Fee: \$35.

81944 7-12 yrs Sa 2/8 1-4 p.m.



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Adult Classes at Clark

Crochet 101

Learn the foundations of crochet; whether you are new or need a refresher. You will be introduced to crochet tools and terms such as: hook sizes, types/sizes of yarn and the importance of tension. Learn basic stitches and you will create a scarf in class. Small class size, with individual instruction available. Supply list will print on receipt. No class 1/20. Fee: \$66.

81974 16 yrs+ M 1/6-2/10 6:30-8:30 p.m.

Crochet 201

Create a special project to showcase your skill. An intermediate level class, participants need to complete Crochet 101 or have previous crochet experience. Small class size, with individual instruction available. Bring your own pattern and all the supplies needed to class. No class 2/11. Fee: \$66.

81976 16 yrs+ T 1/21-2/25 6:30-8:30 p.m.

New! Introduction to Knitting

Learn the basics of knitting, whether you are a beginner or need a refresher. Class will guide you through essential techniques such as the foundational knit and purl stitch, casting on, styles of yarns and needles, the importance of tension and binding off to finish any project. Using these techniques you will create a scarf in class. Supply Fee: \$12. Fee: \$66.

81957 18 yrs+ T 1/14-2/11 11 a.m.-1 p.m.

Spanish; Passport to Spanish

An interactive introduction to Spanish. Learn basics of reading, speaking and writing. Prepare for travels as you build your vocabulary through pronunciation and reading. Required Book: "Complete Spanish Step-By-Step," by Barbara Bregstein. ISBN-13: 978-1260463132. Instruction by Mi Escuela Spanish Academy. No class 1/22. Fee: \$85.

81798 14 yrs+ W 1/8-3/5 5:30-6:45 p.m.

Spanish; Level 2

Build on the fundamentals learned in Passport to Spanish with every day, informal conversation. Move beyond basics to explore verb conjugation, tenses, vocabulary and improve your reading and speaking skills. Required Book: "Complete Spanish Step-By-Step," by Barbara Bregstein. ISBN-13: 978-1260463132. Fee: \$85.

81799 14 yrs+ W 1/8-3/5 7-8:15 p.m.

Mandala Meditation

Discover the art of mindfulness in the mandala meditation class. Participants will engage in a guided mandala experience, blending the therapeutic practice of breathwork with the creation of mandalas using paper and ink. Join us as the simple act of drawing becomes a tool for cultivating mindfulness and inner peace. All levels. Supply Fee: \$3. Fee: \$14.

81989 18 yrs+ Sa 1/11
2:30-4:30 p.m.

81990 18 yrs+ Sa 2/1
2:30-4:30 p.m.

81991 18 yrs+ Sa 3/1
2:30-4:30 p.m.



Adult CPR/AED with Basic First Aid

Learn the basics needed to help save a life. Discern between heart attacks, strokes and airway obstruction. Learn to care for burns, cuts, injuries and more. Training meets OSHA Guidelines for First Aid and combines lecture, interactive video demonstrations and hands on training. Students will earn a combo certificate for CPR/AED and Basic FA. Fee: \$52

81797 16yrs+ Sa 2/15 11 a.m.-2:30 p.m.

DSLR Photography

You will never shoot in auto again after learning how to best use concepts like Aperture, Speed and ISO and exploring your camera's buttons and settings. Mix-in discussions about composition and photo reviews and you'll leave with a renewed confidence in your photography. Bring DSLR camera and manual to class. Fee: \$48.

81947 14 yrs+ Sa 1/25-3/1 9-10:30 a.m.

New! Exercise Zumba

Come join us for a fun and challenging full body dance workout. Zumba can be a fun alternative to traditional fitness programs that promotes cardiovascular health, increased metabolism, improved mood and weight loss. Our classes are judgement free, performed at your ability level; with a centric focus on community, health, and fun. Mari. Fee: \$50.

82335 18 yrs+ Th 1/9-3/6 6-7 p.m.

Martial Arts: Goju Shorei Self Defense with Cane

Learn how to use a wooden cane as a legal and practical self-defense weapon. Students will learn basic strikes, blocks and footwork. Prior martial arts experience is recommended but not mandatory. Students may either purchase a cane (\$35) or borrow for use during class. Instructor: Kumar. Fee: \$50.

81992 16 yrs+ Sa 1/11-3/8 9-10 a.m.

Martial Arts: Jujitsu

Learn traditional self-defense techniques such as joint locks, throws, chokes, strikes, blocks, ground fighting, pins and pressure point attacks as practiced by the Doshin (Samurai policeman). Taught by licensed instructors of the Otake Han Doshin Ryu system of Jujitsu. All levels. Prior martial arts training is not required.

81993 16 yrs+ T/Th 1/7-1/30 7:45-9 p.m. \$55

81994 16 yrs+ T/Th 2/4-2/27 7:45-9 p.m. \$55

81995 16 yrs+ T/Th 3/4-3/27 7:45-9 p.m. \$55

Martial Arts: Karate

Join this Kenpo Karate martial arts class for beginning and intermediate students. Classes begin with a light warm-up and stretch followed by basic kick-punch-block drills. Self-defense techniques are taught, as well as forms (katas) and light sparring (optional). Comfortable clothing is recommended. Kumar. Fee: \$54.

81996 12 yrs+ Sa 1/11-3/8 10:15-11:40 a.m.



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Adult Classes at Clark



Martial Arts; Karate Lim Kenpo

Learn self-defense through effective techniques, awareness and prevention. Benefits include self-confidence and improved physical fitness. Uniforms can be purchased through instructor for \$60. Must wear shoes and bring a water bottle. For more information contact limkaratelfma@gmail.com or call 602-525-8472.

81997	13 yrs+	W/Th	1/8-1/30	6:30-7:30 p.m.	\$70
81998	13 yrs+	W/Th	2/5-2/27	6:30-7:30 p.m.	\$70
81999	13 yrs+	W/Th	3/5-3/27	6:30-7:30 p.m.	\$70

Exercise; Barre Fit*

Barre Fit is one of the most effective ways to change the shape of your body for a total body workout. It blends ballet, strength training, yoga and Pilates to create long and lean muscles to reshape your body. Light weights, small ball and floor glides will be used as props. Donna. No class 1/20, 2/17.

81980	16 yrs+	M	1/6-3/3*	9:30-10:30 a.m.	\$39
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Exercise: Core Power-Virtual

Increase your core body strength to enhance your balance, stability, flexibility and overall health. Certified personal trainer, Joan, will guide you through standing, seated and floor based functional strength exercises using light hand weights, a small exercise ball and your own body weight. All levels. No class 1/20, 2/17.

81981	16 yrs+	M	1/6-3/3*	9-10 a.m.	Virtual	\$39
81982	16 yrs+	W	1/8-3/5	9-10 a.m.	Virtual	\$50

Exercise: Functional Fitness-Virtual

Complete a total body workout which targets the three major components of fitness: cardio, strength and flexibility. Results include improved endurance, overall body strength, increased balance, stability and greater flexibility. Joan. All levels.

81983	16 yrs+	T	1/7-3/4	9-10 a.m.	Virtual	\$50
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New! Exercise: pyroPILATES*

This Pilates based, low impact class combines core strengthening exercises along with challenging High Intensity Interval Training (HIIT) for an intense, fun workout that increases strength, stamina, and flexibility. Despite the name, this is a non-heated class and offers the option for additional hand weights. Medium intensity class.

81979	16yrs+	W	1/8-3/5	6:15-7:15 p.m.	\$50
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New! Yoga; Body, Breath and Mind*

A complete yoga practice that will include equal focus on relaxing and stretching the body, dedicated focus on the breath/energy and the practice of various meditation techniques. Caroline. Fee: \$59.

82013	16 yrs+	T	1/7-3/4	9-10:30 a.m.	
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Yoga; Light and Balanced*

Unwind, refresh, and start your weekend with a positive feeling in body and mind. Practice both nurturing and rejuvenating yoga poses to release tension and restore your natural abundant flow of energy. Enjoy a practice that encourages physical and mental stability and flexibility. All levels. Caroline. Fee: \$50.

82015	16 yrs+	Sa	1/11-3/8	9-10:15 a.m.	
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New! Yoga; Mindful Movement*

This class is designed to help you unwind, reduce stress and rejuvenate your body and mind. Through Hatha-style yoga sequences that synchronize breath with movement, you will experience intentional poses, deep breathing exercises and calming meditation. Suitable for all levels, this practice restores energy and enhances well-being.

No class 1/28, 2/18.

82016	16 yrs+	T	1/14-3/4	6-7 p.m.	\$33
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New! Yin Yoga*

Yin yoga is a slow, mindful practice of longer holds mostly done from seated or lying down. It releases the web of connective tissue in the body, soothing the nervous system and aiding the immune system. It calms the mind and opens an experience of deep inner awareness. You will leave feeling lighter and easier in your body and mind. All levels. Caroline.

82012	16 yrs+	W	1/8-3/5	1:30-2:30 p.m.	\$50
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Yoga; Stretch and Relaxation-Virtual

A total-body, mat-based, stretching class with guided meditation. Stretch your body from head to toe using a variety of safe exercises. Increase your range of motion and flexibility, reduce back pain and improve posture. Positively transform the way your body looks, feels and performs. All levels. Joan.

82017	16 yrs+	Th	1/9-3/6	9-10 a.m.	Virtual	\$50
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Workshop; The Science of Yoga, Part I, Who am I?

Yoga is an ancient science rooted in deep insights into the body and mind that light a path to the highest possible experience of being human. This class introduces core concepts and ways to use yoga to live a life beyond the ordinary. In part I, we will look at how Yoga defines what it means to be human. See www.tempe.gov/activenet for more details. Caroline. Fee: \$19.

82064	16 yrs+	Sa	2/1	1-3:30 p.m.	
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Workshop; The Science of Yoga, Part V-An Introduction to Yogic Psychology

Yoga is an ancient science rooted in deep insights into the body and mind that light a path to the highest possible experience of being human. This class introduces core concepts and ways to use yoga to live a life beyond the ordinary. In part V, we will look at how Yoga conceives of the human and its workings. See www.tempe.gov/activenet for more details. Caroline. Fee: \$19.

82010	16 yrs+	Sa	1/25	1-3:30 p.m.	
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Workshop; The Science of Yoga, Part VI-Why is Being Human so Hard?

Yoga is an ancient science rooted in deep insights into the body and mind that light a path to the highest possible experience of being human. This class introduces core concepts and ways to use yoga to live a life beyond the ordinary. In part VI, we look at the nature of suffering and begin to see a way out. See www.tempe.gov/activenet for more details. Caroline. Fee: \$19.

82011	16 yrs+	Sa	2/8	1-3:30 p.m.	
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***Drop-in fitness classes for \$7 per class**

Adult Holiday Classes at Clark

Holiday Mini Session Virtual Classes by Joan

Exercise; Core Power-Virtual

Increase your core body strength to enhance your balance, stability, flexibility and overall health. Certified personal trainer, Joan, will guide you through standing, seated and floor based functional strength exercises using light hand weights, a small exercise ball and your own body weight.

All levels. Fee: \$17

81730 M 12/16-12/30 9-10 a.m.

81733 F 12/20-1/3 9-10 a.m.

Yoga; Stretch and Relaxation-Virtual

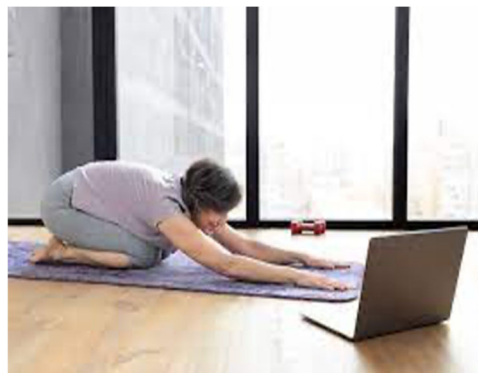
A total-body, mat-based, stretching class with guided meditation. Stretch your body from head to toe using a variety of safe exercises. Increase your range of motion and flexibility, reduce back pain and improve posture. Positively transform the way your body looks, feels and performs. All levels. Fee: \$17

81732 Th 12/19-1/2 9-10 a.m.

Exercise: Functional Fitness-Virtual

Complete a total body workout which targets the three major components of fitness: cardio, strength and flexibility. Results include improved endurance, overall body strength, increased balance, stability and greater flexibility. All levels. Fee: \$17

81731 Tu 12/17-12/31 9-10 a.m.



Yoga Holiday Mini Session Classes by Caroline Cucchiara

Yoga; Deep Dive; Two Strange Friends

Our focus for this 3- class mini session will be balance: the rigor of balance poses to bring a better sense of centeredness to the body and the mind complemented by the sweetness of restorative work to bring the hormones and emotions into balance. Expect plenty of modifications and the help of props to fully experience both balance practices. Caroline. Fee: \$20.

82468 16 yrs+ T 12/17-12/31 9-10:30 a.m.

Yoga; Slow and Gentle

This is perfect for beginners and those wanting a slow, meditative and gentle yoga class. Increase flexibility, joint mobility and agility. Incorporates breathing exercises along with visualization techniques for stress reduction. Poses are modified and may be done with props. Fee: \$13.

82465 16 yrs+ M 12/23-12/30 10-11:30 a.m.

Yoga; Light and Balanced

Unwind, refresh, and start your weekend with a positive feeling in body and mind. Practice both nurturing and rejuvenating yoga poses to release tension and restore your natural abundant flow of energy. Enjoy a practice that encourages physical and mental stability and flexibility. All levels. Fee: \$18

82467 16 yrs+ Sa 12/21-1/4 9-10:15 a.m.

Yin Yoga

Yin yoga is a slow, mindful practice of longer holds mostly done from seated or lying down. It releases the web of connective tissue in the body, soothing the nervous system and aiding the immune system. It calms the mind and opens an experience of deep inner awareness. You will leave feeling lighter and easier in your body and mind. All levels. Fee: \$18.

82466 16 yrs+ F 12/20-1/3 10-11:15 a.m.



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