






Fun and Healthy Activities in Santa Rosa!



Activity			
 <i>M.A.Y.i</i>	<p>MAYi Martial Arts Institute for Youth</p> <p>At various sites in Southwest Santa Rosa</p>	<p><u>United Methodist Church</u> on Stony Point (next to RL Stevens) Tues & Thurs 3:30-6pm</p> <p><u>Sam Jones Hall:</u> Weds 3:30-6pm Friday 3:30-5pm</p> <p><u>Also at Sam Jones Hall:</u> Cardio kickboxing classes (ages 14 and up) on Weds 6-7pm & Friday 5:15-6:15pm Classes are \$5 each or purchase a card for \$45 and receive 10 classes</p>	<p>Children ages 4 to 17 \$5 per child per month</p> <p>(707) 843-9007 www.mayisir.org</p>
	<p>Judo Classes with "Sensei" Costa</p> <p>Sebastopol Road & Lombardi Court</p>	<p><u>Fusion Fitness:</u> Tues and Thurs 4-5:30pm</p> <p>Wear comfortable clothing</p>	<p>Children 4 and older \$5 per child per month</p> <p>For more information: Sensei (<i>Teacher</i>) Vinicius Costa at 707.235.3147</p>
 In Roseland School Gym on Sebastopol Road	<p>Weekly "Zumba" Class for Kids and Families</p>	<p>"Zumba" is a fun dance-exercise done to Latin music. This class is sponsored by the Roseland Youth Center. * Every Wednesday evening at 7pm in the Roseland Elementary School Gym</p>	<p>\$5 per family (or individual) for each class.</p> <p>For more info call Magdalena at (707) 318-1537</p>
<p>Institute 2999 Dutton Ave, Suite B Santa Rosa</p>	<p>"Zumba Fitness" at Multicultural Tae Kwon Do Institute</p>	<p>"Zumba for Kids" classes: Thursday at 5pm</p> <p>"Zumba for Adults" Mon – Wed - Fri at 9am and 7pm</p>	<p>Kids classes \$5.00 per class</p> <p>Adult's classes \$7.00 per class</p> <p>Gerardo Sanchez at (707) 535-0368</p>
<p>Roseland Elementary School Gym Sebastopol Road</p>	<p>"Y" on Wheels (YMCA after-school program)</p>	<p>This activity is only for Roseland Elementary School students. Each month they learn a different sport</p> <ul style="list-style-type: none"> * Mon 2:20 to 4:30pm * Weds 1:20 to 3:30pm 	<p>\$5 a month per child</p> <p>Brian Cote – Coordinator</p> <p>YMCA info line (707) 544-1829</p>
<p>Bayer Farm's Fun Activities for the Family</p>	<p>Bayer Farm 1550 West Ave (across from Sheppard School)</p>	<p>Check out Bayer Farms for healthy fun and outside activities!</p> <p>Explore a farm in the middle of Roseland!</p> <p>"Open Garden" every Friday from 3-5pm (weather permitting)</p>	<p>For information on activities: call Magdalena at (707) 544-7284 ext. 11</p>

