All classes on this page are held over Zoom. You will need to download the app to a computer, smartphone, or tablet to participate in these classes. Navigate to reg4rec.org to see all the classes we are offering, or click on the descriptions on this page to register. Senior Center members enjoy the lowest rate. Non-members pay additional class pass. Become a Senior Center member today! Enjoy the familiar faces of your favorite instructors until we can rejoin each other in person!

**Exercise Classes**

**Line Dance Beginning - 12870**
Thursday, November 5 to December 17
7:00 to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Instructor: Kathy Chang. Cupertino Senior Center members pay $30, non-members pay $35. No class 11/24.

**Line Dance Intermediate - 11310**
Tuesday, November 3 to December 15
7:00 to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Instructor: Kathy Chang. Cupertino Senior Center members pay $30, non-members pay $35. No class 11/26.

**Feldenkrais Method - 12869**
Tuesday, November 3 to 24, 10:30 to 11:30 a.m.
Rediscover flexibility and ease with Feldenkrais movement improvement exercise. Explore novel and gentle movement patterns to invigorate your brain and nervous system. Instructor: Michele Westlaken. Cupertino Senior Center members pay $16, non-members pay $21.

**English as a Second Language**

**Basic and Easy - 12866**
Tuesday, November 3 to 24
10:00 to 11:30 a.m.

Learn the basics of the English alphabet, phonics, easy grammar, practical words, and phrases. This class is the first level of English as a Second Language! Instructor: Vision Literacy. Cupertino Senior Center members pay $12, non-members pay $17.

**Intermediate - 12868**
Wednesday, November 4 to 25
10:00 to 11:30 a.m.

Learn basic English grammar, vocabulary, and phrases for everyday use. This class is designed for those who want to improve their ability to speak, understand, and write English. This is the second level of English as a Second Language. Instructor: Larry North, Friends of Vision Literacy. Cupertino Senior Center members pay $12, non-members pay $17.

**Advanced - 12865**
Friday, November 6 to 20
10:00 to 11:30 a.m.

Learn the next level of English grammar, vocabulary, and phrases for everyday use. Further improve your ability to speak, understand, and write English at an advanced level. This is the third level of English as a Second Language. Instructor: Larry North, Friends of Vision Literacy. Cupertino Senior Center members pay $9, non-members pay $14.

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**FREE VIRTUAL FITNESS CLASSES**

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zumba</td>
<td>Monday</td>
<td>9:00 a.m. to 10:00 a.m.</td>
</tr>
<tr>
<td>Bootcamp</td>
<td>Tuesday</td>
<td>8:30 a.m. to 9:30 a.m.</td>
</tr>
<tr>
<td>Zumba Gold</td>
<td>Wednesday</td>
<td>10:30 a.m. to 11:30 a.m.</td>
</tr>
<tr>
<td>Body Sculpting</td>
<td>Thursday</td>
<td>10:30 a.m. to 11:30 a.m.</td>
</tr>
<tr>
<td>U-Jam®</td>
<td>Friday</td>
<td>9:00 a.m. to 10:00 a.m.</td>
</tr>
<tr>
<td>Cardio Dance</td>
<td>Friday</td>
<td>12:00 p.m. to 1:00 p.m.</td>
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</tbody>
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Cupertino Senior Center • 408.777.3150