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. Click on the descriptions on this page to register.

**Chinese Calligraphy**
Tuesday, March 2 and 16, April 6 and 20
3 p.m. to 5 p.m.

Learn the beautiful, artistic writing style of Chinese Calligraphy in a Zoom setting. Supplies needed include ink, paper, and paintbrush. Class taught in Mandarin. Instructors: Fred Jair, William Mann, Yuanfa Wang, and Yeou-Yen Cheng. Cupertino Senior Center members pay $12, non-members pay $17.

**Beading**
Thursday, April 8 to 29
2:15 p.m. to 4:15 p.m.

Beading techniques will be learned through specific projects such as necklaces and earrings. Understanding written directions, observing demonstrations, use of beading tools, and new beading tricks will further sharpen your skills. The curriculum and supply list will be provided prior to the first day of class. Some beading experience is strongly recommended. Instructor: Deborah Hall. Cupertino Senior Center members pay $40, non-members pay $45.

**Line Dance Beginning**
Thursday, March 4 to April 29
7 p.m. to 8:30 p.m.

This line dance class is for new line dancers or those with limited experience. Improve your balance, memorization, and overall health! Instructor: Kathy Chang. Cupertino Senior Center members pay $45, non-members pay $50.

**Line Dance Intermediate**
Tuesday, March 2 to April 27
7 p.m. to 8:30 p.m.

The next level of line dance. Designed for those with some previous experience. Improve your balance, memorization, and overall health! Instructor: Kathy Chang. Cupertino Senior Center members pay $45, non-members pay $50.

**Chair Exercise**
Thursday, March 25 to April 15
5 p.m. to 5:45 p.m.

Join Marla in this exercise class designed to be performed from a seated position. All movements are adaptable to any ability level. Please ensure that your chair has a firm base with no wheels. Instructor: Marla Yonamine. Cupertino Senior Center members pay $12, non-members pay $17.

**FREE VIRTUAL FITNESS CLASSES**

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<tr>
<th>Class</th>
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<tr>
<td>Zumba</td>
<td>Monday</td>
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<td>Bootcamp</td>
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<td>8:30 a.m. to 9:30 a.m.</td>
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<tr>
<td>Zumba Gold</td>
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<td>Body Sculpting</td>
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<td>U-Jam®</td>
<td>Friday</td>
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<tr>
<td>Cardio Dance</td>
<td>Friday</td>
<td>noon to 1 p.m.</td>
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**Feldenkrais Method®**
Tuesday, April 6 to 27
10:30 a.m. to 11:30 a.m.

The Feldenkrais Method® is a powerful and revolutionary approach to improving your life that uses gentle, mindful movement to bring new awareness and possibility into every aspect of your life. Instructor: Michele Westlaken. Cupertino Senior Center members pay $16, non-members pay $21.

- “This class is like a treat in my 'stay healthy / fitness routine.' It is an enormous plus also for mental health (so precious at the moment). Michele knows how to create a caring and engaging environment with a relaxing positive spirit and stimulating smile and humor.”
- “Michele is great because she takes the principals and lessons from the Feldenkrais techniques...and applies her own inspiration, so the classes never feel repetitious.”

Interested in learning more about Feldenkrais? Click on the picture of Michele above to watch a short video showing off the gentle movement and meditation exercise. Otherwise, click anywhere in the description to register!