

# **Sudden Valley Community Center Classes**

The cost and availability for classes depends on the instructor unless otherwise noted.

## **Aerobics**

- Monday, Wednesday, and Friday
- 8:00am to 9:00am
- Dance Barn
- Contact: Lish Jamtaas, lishdonna@hotmail.com

## **Dance Blast - FREE**

- Monday's at 7:00 pm in the Dance Barn
- Wednesday's at 9:00am in Multi-Purpose Room A
- Contact: Susan Diemont-Conwell, susan@sprydogs.com

## **Tai Chi - FREE**

- Tuesdays
  - 9:00 am in the Dance Barn
  - 7:00 pm in the Dance Barn
- Fridays
  - 9:00 am in the Dance Barn
- Contact: C.J. Prince, princessprincecj@yahoo.com

## **Yoga**

- Saturday's
- 9:00 am
- Multi-Purpose Room A
- Carol Sondalle, 360-738-1003



**Community Center is located at 8 Barn View Court, Bellingham, WA 98229**