

2025/26 Cycle 1 Community activities (Sign up at 10am August 18)

Activities	Class Begins	Class Ends	Day	Time	Room	Coach Name	Fees	Number of participants
25/26 C1 Monday Kettlebell/Bodyweight workout 6:15	Mon Sep 01	Mon Dec 01	Monday	06:15-07:15	H302A	Patrick Heckelmann	550.00	12
25/26 C1 Monday Kettlebell/Bodyweight workout 8am	Mon Sep 01	Mon Dec 01	Monday	08:00-09:00	H302A	Patrick Heckelmann	550.00	12
25/26 C1 Monday Hatha Yoga	Mon Sep 01	Mon Dec 01	Monday	08:30-09:30	H301 Dance Studio	Ray Shin	550.00	12
25/26 C1 Monday English Beginner	Mon Sep 01	Mon Dec 01	Monday	08:30-10:00	H302B	Lucy Zhan	825.00	12
25/26 C1 Monday Kettlebell/Bodyweight workout 9:15	Mon Sep 01	Mon Dec 01	Monday	09:15-10:15	H302A	Patrick Heckelmann	550.00	12
25/26 C1 G9-Adult Monday Kettlebell/Bodyweight workout 15:20	Mon Sep 01	Mon Dec 01	Monday	15:20-16:20	H302A	Patrick Heckelmann	550.00	12
25/26 C1 Monday Kettlebell/Bodyweight workout 16:30	Mon Sep 01	Mon Dec 01	Monday	16:30-17:30	H302A	Patrick Heckelmann	550.00	12
25/26 C1 Tuesday Early Morning Taichi Tuesday	Tue Sep 02	Tue Dec 02	Tuesday	06:30-07:15	H301 Dance Studio	Angela Fox	0.00	10
25/26 C1 Tuesday Gym workout 8am	Tue Sep 02	Tue Dec 02	Tuesday	08:00-09:30	Fitness Room	Patrick Heckelmann	900.00	12
25/26 C1 Tuesday Aerobic Dance Beginner	Tue Sep 02	Tue Dec 02	Tuesday	08:15-09:15	H302A	Jill Liang	600.00	15
25/26 C1 Tuesday English Intermediate	Tue Sep 02	Tue Dec 02	Tuesday	08:30-10:00	H302B	Lucy Zhan	900.00	12
25/26 C1 Tuesday Sound Healing Meditation	Tue Sep 02	Tue Dec 02	Tuesday	08:30-10:00	H301 Dance Studio	Kathryn Xu	900.00	12
25/26 C1 Tuesday Iyengar Yoga 16:30-17:30	Tue Sep 02	Tue Dec 02	Tuesday	16:30-17:30	H301 Dance Studio	Fang	650.00	12
25/26 C1 Tuesday Gym workout 16:30	Tue Sep 02	Tue Dec 02	Tuesday	16:30-18:00	Fitness Room	Patrick Heckelmann	900.00	12
25/26 C1 Workshop Projects	Tue Sep 02	Tue Dec 02	Tuesday	18:30-20:00	Design Center	Cynthia Liu	900.00	12
25/26 C1 Community Badminton	Tue Sep 02	Tue Dec 02	Tuesday	18:30-20:00	Blue Gym	Tingting	0.00	30
25/26 C1 Wednesday Gym workout 6:15	Wed Sep 03	Wed Dec 03	Wednesday	06:15-07:15	Fitness Room	Patrick Heckelmann	600.00	12
25/26 C1 Wednesday Gym workout 8am	Wed Sep 03	Wed Dec 03	Wednesday	08:00-09:30	Fitness Room	Patrick Heckelmann	900.00	12
25/26 C1 Wednesday Hatha Yoga	Wed Sep 03	Wed Dec 03	Wednesday	08:15-09:15	H301 Dance Studio	Ray Shin	600.00	12
25/26 C1 Wednesday Creative Photography Class	Wed Sep 03	Wed Dec 03	Wednesday	08:30-10:30	H302B	Laurence Chellali	1200.00	8
25/26 C1 G6-Adult Wednesday Mobility Flow Beginner 15:20	Wed Sep 03	Wed Dec 03	Wednesday	15:20-16:20	H302A	Patrick Heckelmann	600	12
25/26 C1 G9-Adult Wednesday Calisthenics Beginner 16:30	Wed Sep 03	Wed Dec 03	Wednesday	16:30-17:30	H302A	Patrick Heckelmann	600	12
25/26 C2 Wednesday Staff Mandarin	Wed Sep 03	Wed Dec 03	Wednesday	16:30-18:00	H302B	Lucy Zhan	900.00	12
25/26 C1 Adult Swim-Learning the Basics	Wed Sep 03	Wed Dec 03	Wednesday	17:00-17:30	Pool	Swim Coaches	680.00	6
25/26 C1 Adult Swim-Improving Skills and Swimming Strokes	Wed Sep 03	Wed Dec 03	Wednesday	17:00-17:30	Pool	Swim Coaches	680.00	6
25/26 C1 Adult Swim-Swimming for Fitness	Wed Sep 03	Wed Dec 03	Wednesday	17:00-17:30	Pool	Swim Coaches	680.00	6
25/26 C1 Wednesday Aquafitness	Wed Sep 03	Wed Dec 03	Wednesday	17:30-18:15	Pool	Laura Valseriati	630.00	16
25/26 C1 Wednesday Community Volleyball	Wed Sep 03	Wed Dec 03	Wednesday	18:30-20:00	Green Gym	Camilo	0	
25/26 C1 Wednesday Community Badminton	Wed Sep 03	Wed Dec 03	Wednesday	18:30-20:00	Blue Gym	Carol & Karen	0.00	30
25/26 C1 Thursday Early Morning Taichi	Thu Sep 04	Thu Dec 04	Thursday	06:30-07:15	H301 Dance Studio	Angela Fox	0.00	10
25/26 C1 Thursday workout Advanced 8am	Thu Sep 04	Thu Dec 04	Thursday	08:00-09:00	H302A	Patrick Heckelmann	550.00	12
25/26 C1 Thursday Aerobic Dance Intermediate	Thu Sep 04	Thu Dec 04	Thursday	08:15-09:15	H301 Dance Studio	Jill Liang	550.00	12
25/26 C1 Thursday HSK1 Mandarin class	Thu Sep 04	Thu Dec 04	Thursday	08:30-10:30	H302B	Lilian Li	1100	12
25/26 C1 Thursday workout Beginner 9:15	Thu Sep 04	Thu Dec 04	Thursday	09:15-10:15	H302A	Patrick Heckelmann	550.00	12
25/26 C1 G9-Adult Thursday workout Beginner 15:20	Thu Sep 04	Thu Dec 04	Thursday	15:20-16:20	H302A	Patrick Heckelmann	550.00	12
25/26 C1 Thursday workout Beginner 16:30	Thu Sep 04	Thu Dec 04	Thursday	16:30-17:30	H302A	Patrick Heckelmann	550.00	12
25/26 C1 Friday workout 6:15	Fri Sep 05	Fri Dec 05	Friday	06:15-07:15	H302A	Patrick Heckelmann	550.00	12
25/26 C1 Friday Whole body mobility 8am	Fri Sep 05	Fri Dec 05	Friday	08:00-09:00	H302A	Patrick Heckelmann	550.00	10
25/26 C1 Friday Traditional Chinese Medicine	Fri Sep 12	Fri Dec 05	Friday	08:15-09:45	H302B	Zenia Chen	750.00	12
25/26 C1 Friday Tai Chi Class 8:30am	Fri Sep 12	Fri Dec 05	Friday	08:30-09:30	H301 Dance Studio	Carol Liao	500.00	10
25/26 C1 Friday Whole body mobility 9:15	Fri Sep 05	Fri Dec 05	Friday	09:15-10:15	H302A	Patrick Heckelmann	550.00	10
25/26 C1 Friday Tai Chi Class 10am	Fri Sep 12	Fri Dec 05	Friday	10:00-11:00	H301 Dance Studio	Carol Liao	500.00	10
25/26 NIFC KIDS (Sign up on SchoolsBuddy)	Sat Sep 06	Sat Dec 06	Saturday	10:00-11:30	Soccer Fields	Parent Volunteers	150.00	60
25/26 C1 Saturday Aquafitness	Sat Sep 06	Sat Dec 06	Saturday	11:00-11:45	Pool	Laura Valseriati	630.00	15
25/26 C1 Saturday Community Track and Field	Sat Sep 20	Sat Dec 06	Saturday	14:00-16:00	Running Track	Mike Heath & Parent Volunteers	0	30
25/26 C1 Saturday Community Volleyball	Sat Sep 06	Sat Dec 06	Saturday	15:30-17:00	Green Gym	Camilo	0	50