

Fitness classes are not available at this time until the new building is available.

Please check back for future updates

MCA Fitness Presents
New Session



with **Nancy Ochoa**

Monday Sept 25th - Nov 1st 2017
6:30PM - 7:30PM

MCA Women's Fitness Room
3033 Scott Blvd, Santa Clara

Cost: \$40 once a week (Mon or Wed) or
\$65 twice a week (Mon & Wed)

6 weeks session

No babysitting is provided for this session

SIGN UP NOW, SPACES ARE LIMITED !!!

Register online at
www.mcabayarea.org/secure/zumba.html

Zumba is of Columbian origin, is performed to the beat of Latin music with animated, simple and basic sessions that make you sweat !!!

Nancy has been teaching Zumba for 3 years and it helps her mentally and physically. She loves teaching and interacting with her students as it motivates them stay fit and healthy.

For questions, please contact faiza.Javed@mcabayarea.org

MCA Women Fitness Presents
NEW SESSION STARTING

Workout Girl

A workout that works!!

with **Jamila Shreim**

TAKE CONTROL OF YOUR HEALTH AND EMPOWER YOURSELF BY EXERCISING WITH US IN AN ENERGIZING, UPLIFTING AND CHEERFUL ATMOSPHERE THAT YOU WONT FIND ANYWHERE ELSE.

Session starting **Monday Sept 4th - Friday Oct 13th**

Mondays & Wednesdays & Fridays

Mon & Wed - 11:30 am -12:30 pm

Friday - 10:30 am - 11:30 am

Women's Fitness Room at MCA New Bldg

3033 Scott Blvd, Santa Clara

REJUVENATING AND UPLIFTING DIVERSIFIED FITNESS PROGRAM THAT INCLUDES

- * STEPS
- * MUSCLE WORKS
- * STRETCHING BANDS
- * BALL EXERCISING
- * MINI TRAMPOLINE AND MORE....



Cost: \$50 once a week or \$75 twice a week or \$100 for all 3 days.

No babysitting is available

***Prices are for the whole six week session.**

Jamila Shraim is an ASFA (American Sports and Fitness Association) certified with 17 years of diversified training experience. An expert in developing fitness programs to fit the needs of women of various ages.

To register and for more info about this class and the routines for each class please visit our women fitness page at mcabayarea.org

For questions, please email faiza.javed@mcabayarea.org

 Women Committee Present



Achieving a sense of wholeness with **Jamila Shreim**

This class teaches women how to protect themselves in case the unthinkable happens. It teaches self-defense techniques in real life scenarios with countless defense moves. Girls' Self-defense also improves body empowerment and enhances women's abilities outside of self-defense so they become more confident with their ability to defend themselves in difficult situations.

Dates: Every Thursday Sept 7th - Oct 12th 2017

Times: Women's Self Defense from 6:30PM - 7:30PM

Girl's Self Defense (13 & up) from 4:30PM - 5:30PM

Cost: \$50 for 6 sessions

To Register and for more info please visit

<http://www.mcabayarea.org/health-and-fitness/womens-fitness>

Jamila Shreim is a certified Self-Defense instructor who supports empowerment as a goal of women's self-defense. She has been sharing her extensive knowledge in various fitness disciplines for over 20 years at multiple venues and organizations in a dedicated effort to help her students achieve their goals.

For questions, please contact faiza.javed@mcabayarea.org

