

# Tutor Whiz / Fun, Fitness, & Skills

## TUTOR WHIZ

All Tutor Whiz classes are held at 7890 Haven Ave. #10 in Rancho Cucamonga. Please register prior to attending as no on-site registration will be accepted. For more information please call (909) 854-5100, Jessie Turner Center. \*\$10 curriculum fee due to instructor on the first class meeting. No on-site Registration.

### PHONICS FUN

 **\$49/3 wks.**

Through the use of flashcards, visual aids and games your child will learn some key rules in the use of sounds and formation of words.

Classes held at Tutor Whiz 7890 Haven Ave. #10 In Rancho Cucamonga  
(909) 854-5100 | Instructor: Tutor Whiz | Min/Max: 3/10

Activity #	Ages	Day	Time	Date
0717.401	4-8	Sat.	9:00 am - 9:45 am	Sep. 26
0717.402	4-8	Sat.	9:00 am - 9:45 am	Oct. 24
0717.403	4-8	Sat.	9:00 am - 9:45 am	Nov. 21

### ALGEBRA

 **\$49/3 wks.**

This class will show your child some key formulas and concepts students usually struggle with, and that are much needed in this subject! It can help motivate the student and increase self-confidence. Don't miss it!

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Activity #	Ages	Day	Time	Date
0718.401	11-17	Sat.	10:15 am - 11:00 am	Sep. 26
0718.402	11-17	Sat.	10:15 am - 11:00 am	Oct. 24
0718.403	11-17	Sat.	10:15 am - 11:00 am	Nov. 21

### CAT 6 & SAT PREP

 **\$49/3 wks.**

Take the anxiety out of test taking! This class introduces the main aspects of the exam: Critical Thinking, Math/Algebra Skills, Comprehension and Vocabulary in a fun environment.

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Activity #	Ages	Day	Time	Date
0719.401	8-19	Sat.	11:30 am - 12:15 pm	Sep. 26
0719.402	8-19	Sat.	11:30 am - 12:15 pm	Oct. 24
0719.403	8-19	Sat.	11:30 am - 12:15 pm	Nov. 21

### MATH MANIA

 **\$49/3 wks.**

This fun-filled class explores and teaches key concepts for your child's grade year. The use of games, drills, races, and word problems help make this class fun, while improving mental math skills! Designed to strengthen and build your child's confidence in basic math operations using addition, subtraction, multiplication, division, fractions and decimals.

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Activity #	Ages	Day	Time	Date
0716.401	5-11	Sat.	10:15 am - 11:00 am	Sep. 26
0716.402	5-11	Sat.	10:15 am - 11:00 am	Oct. 24
0716.403	5-11	Sat.	10:15 am - 11:00 am	Nov. 21

### READING COMPREHENSION

 **\$49/3 wks.**

A much needed skill for any subject! Your child will learn to pinpoint and understand important information in a text, and summarize sequentially the chain of events.

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Activity #	Ages	Day	Time	Date
0720.401	7-19	Sat.	9:00 am - 9:45 am	Sep. 26
0720.402	7-19	Sat.	9:00 am - 9:45 am	Oct. 24
0720.403	7-19	Sat.	9:00 am - 9:45 am	Nov. 21

## HEALTHY FONTANA

**WINNER OF 2008 HELEN PUTNAM AWARD!**  
**FOR HEALTHY FONTANA PROGRAMS**  
**& CLASSES SEE PAGE 48**

## FUN, FITNESS & SKILLS

### BEGINNING GYMNASTICS **\$25/4 wks.**

Students will enhance their balance, improve their physical fitness, and learn life, skills while learning the basics of gymnastics. Students must pass a skills test to advance to the next level.

Jessie Turner Health & Fitness Center | (909) 854-5100 | Min/Max: 6/10  
Instructor: Ernestine Llamas

Activity #	Ages	Level	Day	Time	Date
3501.401	5+	Beg.	Sat.	10:00 am - 11:00 am	Oct. 3*
3501.402	5+	Beg.	Sat.	10:00 am - 11:00 am	Oct. 24*
3501.403	5+	Beg.	Sat.	10:00 am - 11:00 am	Nov. 21**
3501.404	5+	Int.	Sat.	11:00 am - 12:00 pm	Oct. 3*
3501.405	5+	Int.	Sat.	11:00 am - 12:00 pm	Oct. 24*
3501.406	5+	Int.	Sat.	11:00 am - 12:00 pm	Nov. 21**

\* \$18.75/3 week session. No class on Saturday, Oct. 31

\*\* No class the week of November 23-29

### PILATES & CARDIO CORE **\$20/4 wks.**

Pilates is a powerful method of strength training that provides a full-body workout. Pilates develops core strength, body alignment, flexibility and balance. Bring a mat, towel & water to rehydrate.

Heritage Neighborhood Center | (909) 428-8820 | Min/Max: 6/20  
Instructor: Joan Reed

Activity #	Ages	Days	Time	Date
6406.401	18+	M&W	8:15 pm - 8:45 pm	Aug. 24*
6406.402	18+	M&W	8:15 pm - 8:45 pm	Sep. 21
6406.403	18+	M&W	8:15 pm - 8:45 pm	Oct. 19
6406.404	18+	M&W	8:15 pm - 8:45 pm	Nov. 16**

\*\*No class the week of November 23-28

\*No Class September 7: Fee \$17.50

### NEW! AY YAI YAI AEROBICS **See Fees Below**

Ay yai yai, it's time to move, get fit, get healthy, and have fun. Great music and exercise routines to work entire body. Everyone can reach their maximum potential.

Cypress Center | 909.428.8374 | Instructor Liz Montes

Activity #	Ages	Days	Time	Date
<b>SENIORS   Fee: \$36/6 wks.</b>				
7405.401	55+	Thur.	9:30 am - 11:00 am	Aug. 13
7405.402	55+	Thur.	9:30 am - 11:00 am	Sep. 24
7405.403	55+	Thur.	9:30 am - 11:00 am	Nov. 5

**LEVEL I | Fee: \$45/6 wks.**

7405.404	18+	Wed.	9:30 am - 11:00 am	Aug. 12
7405.405	18+	Wed.	9:30 am - 11:00 am	Sep. 23
7405.406	18+	Wed.	9:30 am - 11:00 am	Nov. 4

**LEVEL II | Fee: \$60/6 wks.**

7405.407	18+	W&F	9:30 am - 11:00 am	Aug. 12
7405.408	18+	W&F	9:30 am - 11:00 am	Sep. 23
7405.409	18+	W&F	9:30 am - 11:00 am	Nov. 4

# Fun, Fitness, & Skills

## **BEGINNING GYMNASTICS** **\$40/6 wks.**

Learn all basic gymnastic moves on mats, cartwheels, back walk-over's front rolls and more. Build self confidence, get great exercise and make new friends. Dress attire unitard or leotard with footless tights. No shoes required.

**Don Day Center | (909) 428-8383 | Instructor: The Dance Shop Staff**

Activity #	Ages	Day	Time	Date
2208.401	9-14	Mon.	5:00 pm - 6:00 pm	Sep. 21
2208.402	9-14	Mon.	5:00 pm - 6:00 pm	Nov. 2

\*No Class 11/23 - 11/29

## **JAZZERCISE** **\$32/4 wks.\***

Each 60-minute workout is a fusion of dance and muscle toning movements choreographed to today's hottest music, including top 40's, jazz, country, funk, and the classics. Please bring a towel and plenty of water to each session.

**Supplies: Exercise mat, 2-5 lb hand weights.**

**Heritage Neighborhood Center | (909) 428-8820 | Min/Max: 6/30**

**Instructor: Celeste Tazza**

Activity #	Ages	Days	Time	Date
6403.401	13+	M/W/F	5:45 pm - 6:45 pm	Aug. 24*
6403.402	13+	M/W/F	5:45 pm - 6:45 pm	Sep. 21
6403.403	13+	M/W/F	5:45 pm - 6:45 pm	Oct. 19
6403.404	13+	M/W/F	5:45 pm - 6:45 pm	Nov. 16**

\*\*No class the week of November 23-29

\*No class Monday, September 7 - Fee: \$33.88

## **BODY SCULPTING** **\$25/4 wks.**

A basic warm-up leads into weights and band resistance geared to sculpt and strengthen your muscles. Wear athletic shoes with good support. Please bring your mat, light hand weights, a towel and of course water to re-hydrate!

**Heritage Neighborhood Center | (909) 428-8820 | Min/Max: 6/20**

**Instructor: Lisa Davis**

Activity #	Ages	Day	Time	Date
6407.401	18+	Tu. & Thur. Sat.	7:45 pm - 8:45 pm 8:15 am - 9:15 am	Aug. 25
6407.402	18+	Tu. & Thur. Sat.	7:45 pm - 8:45 pm 8:15 am - 9:15 am	Sep. 22
6407.403	18+	Tu. & Thur. Sat.	7:45 pm - 8:45 pm 8:15 am - 9:15 am	Oct. 20
6407.404	18+	Tu. & Thur. Sat.	7:45 pm - 8:45 pm 8:15 am - 9:15 am	Nov. 17*

\*No class the week of November 23-29

## **BEGINNING TUMBLING** **\$40/6 wks.**

Learn basic tumbling skills, front roll, back roll cartwheels, stretching and interacting with other children, in a fun environment with music and rhythm. Dress attire unitard or leotard with footless tights. No shoes required.

**Don Day Center | (909) 428-8383 | Instructor: The Dance Shop Staff**

Activity #	Ages	Day	Time	Date
2209.401	9 - 14	Mon	5:00 pm - 6:00 pm	Sep. 21
2209.402	9 - 14	Mon	5:00 pm - 6:00 pm	Nov 2*

\*No Class 11/23 - 11/29

## **TODDLER TUMBLING** **\$25/4 wks.**

Students will enhance their balance, improve their physical fitness, and learn life skills while learning the basics of gymnastics. Students must pass a skills test to advance to the next level.

**Jessie Turner Health & Fitness Center | (909) 854-5100 | Min/Max: 6/10**

**Instructor: Ernestine Llamas**

Activity #	Ages	Level	Day	Time	Date
3502.401	3-5	Beg.	Mon.	5:00 pm - 6:00 pm	Sep. 21
3502.402	3-5	Beg.	Mon.	5:00 pm - 6:00 pm	Oct. 19
3502.403	3-5	Beg.	Mon.	5:00 pm - 6:00 pm	Nov. 16*

\* No class the week of November 23-29

## **ZUMBA TONING** **\$36/6wks.**

1st in the IE! Experience Zumba Toning with Kat - Same Zumba fun with added toning. This class will allow you to shake it while toning parts of your body using light weights or toning sticks. Emphasis on posture, form, and controlled movements while adding your own flavor and style. Ladies you want firm, toned, sexy shoulders & arms, and feel sexy too? This is the class for you! Fun and KATitude is a must! Bring a pair of 2 lbs dumbbells

**Jessie Turner Health & Fitness Center | (909) 854-5100 | Min/Max: 6/25**

**Instructor: KATZ, Outdoor Fitness**

Activity #	Ages	Level	Day	Time	Date
3408.401	16+	Beg.	Sat.	9:00 am - 10:00 am	Oct. 3*
3408.402	16+	Beg.	Sat.	9:00 am - 10:00 am	Nov. 14*

\* \$30.00/5 week session. No class on Oct. 31 or November 28.

## **ZUMBA** **\$40/4 wks.**

Zumba is a fun, effective, effective fitness system. Integrates some of the basic principles of aerobic, interval, and resistance training. Bring towel and water.

**Heritage Neighborhood Center | (909) 428-8820 | Min/Max: 6/30**

**Instructor: Joan Reed**

Activity #	Ages	Day	Time	Date
6409.401	12+	M&W	7:15 pm - 8:15 pm	Aug. 24
6409.402	12+	M&W.	7:15 pm - 8:15 pm	Sep. 21
6409.403	12+	M&W.	7:15 pm - 8:15 pm	Oct. 19
6409.404	12+	M&W.	7:15 pm - 8:15 pm	Nov. 16*

\*\*No class the week of November 23-29

\*No class Monday, September 7 - Fee: \$35

## **JAZZERCISE** **\$32/4 wks.**

Fitness, friendships, and fun are the three rules of Jazzercise! Come get fit with a certified Jazzercise instructor. Bilingual instruction.

**Don Day Center | (909) 428-8383 | Min/Max: 6/30 | Instructor: Martha Arellano**

Activity #	Ages	Day	Time	Date
2401.401	12+	M&F Sat.	6:30 pm - 7:30 pm 8:30 am - 9:00 am	Aug. 24*
2401.402	12+	M&F Sat.	6:30 pm - 7:30 pm 8:30 am - 9:00 am	Sep. 21
2401.403	12+	M&F Sat.	6:30 pm - 7:30 pm 8:30 am - 9:00 am	Oct. 19
2401.404	12+	M&F Sat.	6:30 pm - 7:30 pm 8:30 am - 9:00 am	Nov. 16**

\*No Class 9/7 | \*\*No Class 11/23 - 11/29

## **YOGA** **\$25/4 wks.** **\$35/4 wks. - 2 Days**

Gentle yoga stretches with an emphasis on flexibility. Will improve your strength, balance, and posture. Yoga exercise from your chair. 45 minute class.

**Cypress Center | (909) 428-8374 | Instructor: Mary Urquizo | Min/Max: 5/12**

Activity #	Ages	Days	Time	Date
7402.401	18 - 54	Fri	9:00 am	Sep. 25
7402.402	18 - 54	Fri	9:00 am	Oct. 23
7402.403	18 - 54	Fri	9:00 am	Nov. 20
7402.404	18 - 54	Tu. & F	9:00 am	Sep. 22
7402.405	18 - 54	Tu. & F	9:00 am	Oct. 20
7402.406	18 - 54	Tu. & F	9:00 am	Nov. 17

# INSTRUCTORS WANTED

**CALL (909) 428-8360**