



**BANNING COMMUNITY SERVICES DEPARTMENT  
789 N. SAN GORGONIO AVE.  
BANNING CA. 92220**

**Youth  
Programs**

**951-922-3242  
Fax: 951 849-0639**

**Adult  
Programs**



**This class is perfect for the active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.**

### **Zumba Gold**

**Get Groovin” at your own pace!**

**The dance party workout for the young at heart.**

**Join us on Mondays ,Wednesday and Friday**

**Time: 10:15 a.m. Just \$3.00 a class!**

**Great opportunity to get motivated and start working out!**

**Come out and meet our awesome**

**Instructor Diana Benhar**





## Zumba Fitness!

*Perfect for Everybody  
and every body!*

*Zumba is designed to bring people  
together to sweat it on.*

*We take the work out of workout, by  
mixing low-intensity and high-  
intensity moves for an interval-style,  
calorie-burning dance fitness party.*

*A total workout, combining all  
elements of fitness-cardio, muscle  
conditioning, balance and flexibility,  
boosted energy and a serious dose of  
awesome each time you leave class.*

*Banning Community Center*

*789 N. San Gorgonio Ave.*

*Tuesdays & Thursdays*

*6:00-7:00pm*



# ZUMBA®



# Zumba Step

New Maximum-Results Workout!

Learn how to blend step aerobics  
with the fun and effective Zumba® program for a workout  
targeting legs, glutes and core.

Time: 6:00-6:45pm

\$3.00 per class

Instructor: Diana Benhar

# TRIP



Hip Hop dancing is considered a great exercise.

Improves dancers flexibility,  
body balance and muscle coordination.

Dance to the beat and rhythm of  
your favorite hip hop music.

Ages 5-9yrs. 4:00pm-4:45pm

Ages 10-13yrs. 5:00pm-5:45pm

Cost: \$5.00 per class/ \$20.00 per month





**911 SAFETY SERVICES**  
EMERGENCY RESPONSE TRAINING

## 911 Safety Services

In these courses, Students will learn how to save a life and become certified in **CPR, AED and First Aid**. These courses teach the course participants, the critical skills needed to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) takes over. Follows AHA guidelines (NOT FOR HEALTHCARE PROVIDER OR CA LICENSED CHILDCARE PROVIDERS.)

(Must be pre-registered)

CPR, AED AND FIRST AID classes will be offered at the  
Banning Community Center  
789 North San Geronio Ave.

Prices are as followed: CPR/AED \$50.00 ; 8am-12pm

CPR, AED and First Aid \$75.00; 8am-5pm

All students receive a book and certification card upon completion.

For more information please call: 951-922-3242



# Tot Time

Ages 3-5

Tuesdays & Thursdays

1:00-3:00 p.m.

Cost \$35.00 per month

A special time for the little ones. This class will help your child develop social skills and get ready for Kindergarten. Activities include: Arts & Crafts, Indoor Games, Story Time, Theme Activities & Music.

Instructor: Jay Cogbill

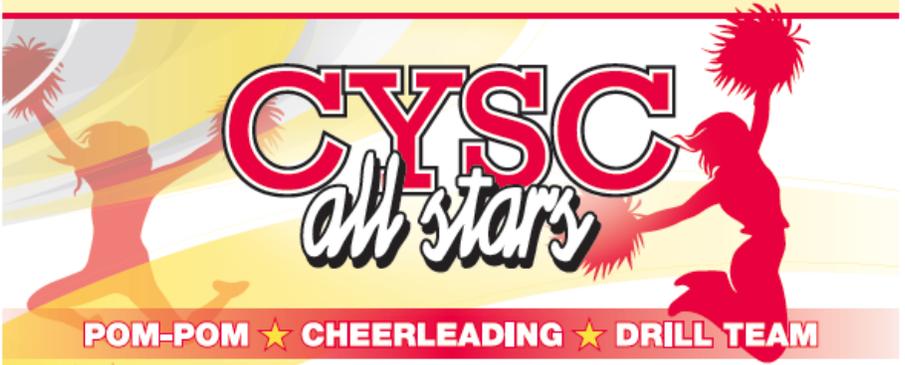


# Cheerleading Cheerleading



# Pom-Pom Pom-Pom Drill Team Drill Team

**CITY OF BANNING CHEER CLASSES NOW STARTING!**



**POM-POM ★ CHEERLEADING ★ DRILL TEAM**

**BE HEALTHY  
BE ACTIVE  
JOIN CHEER!**



**WWW.CYSCALLSTARS.COM**

Follow us on @cyscallstars

**LATE REGISTRATION ACCEPTED! Arrive 15 minutes before class!  
CALL 951-965-3324**

**CLASS LOCATION**  
BANNING COMMUNITY CENTER-GYM  
789 N. San Geronio Ave.

**Registration & Demonstration:**  
Thursday, January 19, 2017  
6:00-6:30 pm for ALL students!

**CLASSES BEGIN**  
Thursday, January 26, 2017  
6:00-6:30 pm JR. STARS (Beginner Ages 5,6,7)  
6:40-7:10 pm SR. STARS (Beginner Ages 8-15)  
7:10-7:40 pm SUPER STARS (Adv. Ages 9-15)

**PROGRAM COST**  
\$5 Registration Fee - plus -  
\$70 Paid in Full for 10 Weeks - or -  
\$8 Paid at each weekly lesson

**GET THESE MATERIALS AS YOU GO:**  
\$25 Performance Pom-Poms  
\$80 Performance Uniform

Fundraiser available for 100% of your fees!  
Online Store: CYSCALLSTARS.COM

PERFORM IN PARADES, SHOWS & SPORT EVENTS  
YEAR-ROUND! ANGELS & DODGERS BASEBALL  
STADIUMS & KNOTT'S BERRY FARM!

This Session:  
Perform in the CYSC ALL-STAR EXHIBITION where ALL  
students receive a CHEER TROPHY!  
This is a competition style event without the competition!



# Guitar



Learn the basics of  
guitar through instruction  
and practice.

Cost: \$20.00 per month

Tuesdays

4:30-5:30 p.m.

Instructor :Lois Smith



# Ballet



*Students will learn rhythm, coordination, musicality and confidence with a love for dance.*

*Pre Ballet- Ages 3-5; 4:00-4:30p.m.*

*Beginner Ballet- Ages 6-9; 4:30-5:15p.m.*

*Ballet I—Ages 10-14; 5:15-6:00pm*

*Classes will be held every Tuesday*

*Monthly fee: \$20.00*

*Per Class Fee: \$5.00*



# Yoga



YOGA: THE ULTIMATE MIND-BODY WORKOUT!

This comprehensive system is designed to unite the seemingly opposing layers of our being: MIND, BODY AND BREATH.

REDUCE STRESS -- INCREASE FLEXIBILITY  
IMPROVE BALANCE -- PROMOTE STENGTH

JUST SHOW UP, ACCEPT WHERE YOU ARE AND WE'LL GO FROM THERE.  
BRING YOUR OWN YOGA "STICKY" MAT.

New participants arrive 15 minutes prior to class.

*Wednesdays*  
*9:30 a.m.*  
*\$5.00 per class*

*Instructor: Judith Barton*

# Line Dancing



Tuesdays & Fridays

6:00pm-7:00pm

Come and Join us and learn the basics of line dancing  
to some of your favorite songs!

Instructor: Dianna Walker



# Open Gym



Open Gym (Basketball)  
Teens 13-17 Mon, Wed & Thurs.  
3:30– 5:30 p.m.  
Adults 18+  
Mondays & Wednesdays  
7:30 p.m.– 9:00 p.m.



## Fit After 50

Monday, Wednesday & Thursdays  
9:00 a.m.

### Free Exercise Program

To prevent falls, Increase strength, balance & mobility.

## Walk with Ease



Indoor Walking Group!  
The Banning Community Center Gym  
Mondays, Wednesday & Thursdays  
We log in your miles!  
7:30am-9:00am

*Move Along!*  
*Every mile counts!*  
*Walk with Music!*