

THE WOODLAKE DOWNTOWN STUDIO

FRONT:



BACK:



INSIDE:



WHAT USED TO BE THE 99 CENT STORE IN DOWNTOWN WOODLAKE HAS NOW BEEN TRANSFORMED INTO A BEAUTIFUL DOWNTOWN STUDIO SPACE!

COMPLETE WITH A COURTYARD IN THE BACK FOR SEATING/ WAITING SPACE. AND AN ORIGINAL ARCED WOODEN CEILING. THIS NEWEST CITY FACILITY WILL QUICKLY BECOME A DOWNTOWN GEM!

WE ARE NOT CURRENTLY RENTING OUT THIS SPACE FOR EVENTS. HOWEVER, IF YOU'RE INTERESTED IN HOSTING A FITNESS CLASS IN THIS SPACE. PLEASE CONTACT JENNIFER REYNOLDS AT JREYNOLDS@CI.WOODLAKE.CA.US



DOWNTOWN STUDIO

CONSISTENT WEEKLY SCHEDULE

MONDAY

4:30-5:30pm: Bailoterapia Class
6:00-7:30pm: Yoga & Meditation

TUESDAY

9-10:30am: Tai Chi Class
6-8pm: Zumba Fitness Class

WEDNESDAY

4:30-5:30pm: Family Yoga Session
6-8:30pm: Ballet Folklorico Dance Class

THURSDAY

9-10:30am: Tai Chi Class
6-8pm: Zumba Fitness Class
8-9pm: Adult Ballet Folklorico Class

FRIDAY

4:30-5:30pm: Yoga & Meditation

SATURDAY

9-11am: Zumba Fitness Class

New Winter Hours!



Exercise Classes

Bailoterapia Free Classes

Woodlake Downtown Studio
157 N. Valencia Blvd
Woodlake, CA 93286

Classes
Monday
4:30pm-5:30pm

For More Information
Contact:
Adriana Paniagua
(559) 329-9189

Please bring: Tennis shoes, hand towel & water bottle



**Family
HealthCare**
NETWORK



Yoga & Meditation



hOMe Stretch

CLASSES

MONDAYS: 6-7:00PM

WEDNESDAYS: 4:30-5:30PM

Wednesday Family Yoga

FRIDAYS: 4:30-5:30PM

With instructor Rose Renteria

FOR QUESTIONS: 530-815-5700 | RENERIA_ROSE@YAHOO.COM



WOODLAKE DOWNTOWN STUDIO: 157 N. VALENCIA BLVD



TAI CHI

FOR ARTHRITIS BALANCE & FALL PREVENTION CLASS

Who is this class for?

- ◆ THOSE WHO ARE HAVING BALANCE ISSUES
- ◆ HAVE FALLEN, HAVE A FEAR OF FALLING OR HAVE DEVELOPED A "WADDLE" OR "SHUFFLE" STEP
- ◆ BEING SLOWED DOWN BY ARTHRITIS, PAINFUL JOINTS OR MUSCLES
- ◆ JUST NEED TO MEET WITH OTHERS TO ENJOY AN EXERCISE CLASS IN A STRESS-FREE ENVIRONMENT

Classes

TUESDAYS & THURSDAYS

9-10:30AM

With instructor Al George

FOR QUESTIONS: 559-280-9577



WOODLAKE DOWNTOWN STUDIO: 157 N. VALENCIA BLVD

Join us & see how this exercise class can help you! The slow and easy pace will enable you to learn the moves in a stress free environment. This is not to be confused with karate. This form of Tai Chi was specifically adapted to mee the needs of an ever growing older, sedentary population. Join us for a time of FUN and learning!



ZUMBA® FITNESS

Woodlake, CA

WITH CERTIFIED ZUMBA INSTRUCTOR: VERONICA BENAVIDES

Classes

Tuesdays 6-30pm

Thursdays 6-30pm

Saturdays 9-30am



DOWNTOWN STUDIO

157 N. VALENCIA BLVD
WOODLAKE, CA 93286



SCAN ME

VERONICABENAVIDES75.ZUMBA.COM

FAMILY YOGA

**WEDNESDAYS:
4:30-5:30PM**

WOODLAKE DOWNTOWN STUDIO
157 N. VALENCIA BLVD



hOMe Stretch

FOR QUESTIONS: 530-815-5700
RENTERIA_ROSE@YAHOO.COM





BALLET FOLKLÓRICO



PRESENTS:

FOLKLÓRICO CLASSES!

**WEDNESDAYS
@ 6:30 P.M.**

Beginner/intermediate level folklorico classes open to students ages 5-18 years.

YEAR-ROUND ENROLLMENT!

Try a class for free and enroll on the spot.
Contact: Micaela @ (559)246-5520

New location!



**Downtown Studio
157 N. Valencia Blvd.
Woodlake CA 93286**

FOLLOW US



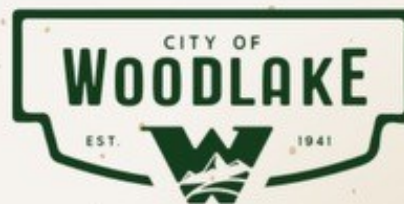
BALLET FOLKLORICO



NOW OFFERING
Adult Folklórico
Classes!

ALL LEVELS WELCOME!

THURSDAY'S @ 7:45PM



DOWN TOWN STUDIO
157 N. Valencia Blvd.
Woodlake CA



MORE INFO CALL: (559)246-5520 or folkloricodellago@gmail.com