



THE WOODLAKE DOWNTOWN STUDIO

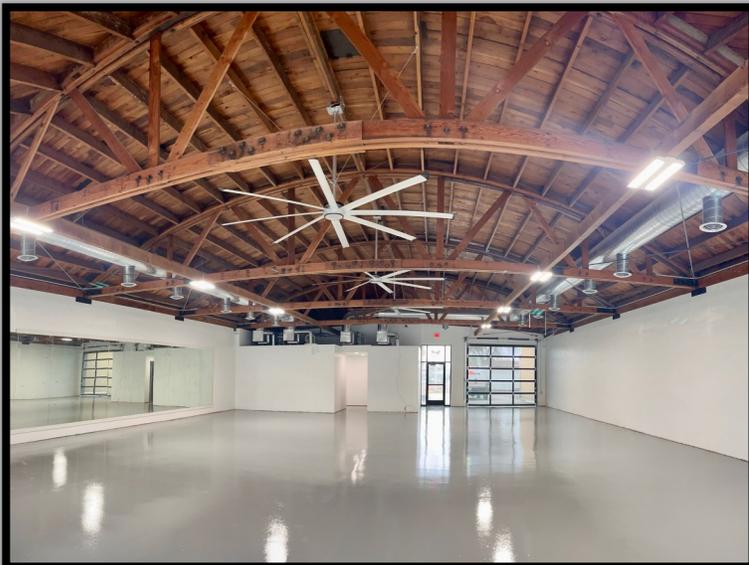
FRONT:



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@CITYOFWOODLAKE.CA.US



DOWNTOWN STUDIO

CONSISTENT WEEKLY SCHEDULE

MONDAY

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

TUESDAY

9-10:00am: Advanced Tai Chi Senior Class
10-11:00am: Beginner Tai Chi Senior Class
6:30-7:30pm: Zumba Fitness Class

WEDNESDAY

4:30-5:30pm: Family Yoga Class
6:30-7:30pm: Youth Folklorico Dance Class
7:45-8:45pm: Adult Ballet Folklorico Class

THURSDAY

9-10:00am: Advanced Tai Chi Senior Class
10-11:00am: Beginner Tai Chi Senior Class
6:30-7:30pm: Zumba Fitness Class

FRIDAY

SATURDAY

9:30-10:30am: Zumba Fitness Class

MADE POSSIBLE BY:



Bailoterapia Exercise Class

FREE!

Boost Your Energy and Make New Friends!

Join our high-energy Bailoterapia class and move your way to fitness with great music, and a supportive, no-judgment vibe!

Please bring: tennis shoes, hand towel & water bottle.

QUESTIONS?

 **559-329-9189**

EVERY

MONDAY

STARTING @ 4:30PM

**WOODLAKE DOWNTOWN STUDIO
157 N. VALENCIA BLVD.**



WOODLAKE YOGA & Meditation Classes

MON

6PM-7PM

WED

4:30PM-5:30PM

with Instructor *Rose Renteria*

530-815-5700 | Renteria_Rose@yahoo.com



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
- 9AM ADVANCED
- 10AM BEGINNERS

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 meet the needs of an ever growing older, sedentary population. Join us for a time of FUN and learning!

WOODLAKE ZUMBA



TUESDAYS 6:30-7:30 PM
THURSDAYS 6:30-7:30 PM
SATURDAYS 9:30-10:30 AM

DOWNTOWN STUDIO
157 N. VALENCIA BLVD
WOODLAKE, CA 93286

Instructor:
Veronica Benavides
(559)359-7106

FAMILY YOGA

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

**WOODLAKE DOWNTOWN STUDIO
157 N. VALENCIA BLVD**



WOODLAKE YOGA

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





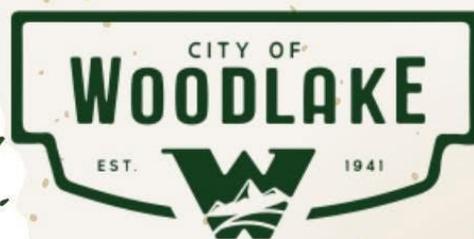
Folklórico Classes!

ALL LEVELS WELCOME!

WEDNESDAYS

YOUTH @ 6:30 PM

ADULT CLASSES @ 7:30PM



DOWN TOWN STUDIO
157 N. Valencia Blvd.
Woodlake CA



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