

UPPER NOE REC CENTER - 295 Day Street @ Sanchez St; (415) 970-8061 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Boot Camp	20700	T	6/18-8/6	7:45pm-8:45pm	18+	\$48
Feldenkrais - Drop-in	Drop-In	T	6/18-8/13	1pm-2pm	18+	No Fee
Karaoke - Drop-in	Drop-in	F	6/14-8/9	6:30pm-8:30pm	18+	No Fee
Karate Kidz	20757	W	6/12-8/7	5:30pm-6:30pm	9-12	\$48
Karate Kidz- Little Kickers	20761	W	6/12-8/7	4:30pm-5:30pm	6-9	\$48
Petite Bakers	20768	T	6/11-8/6	10am-11am	3-6	\$80
Petite Bakers	20769	Th	6/13-8/8	10am-11am	3-6	\$80
Pilates - All Levels	20702	W	6/12-8/7	11:30am-12:30pm	18+	\$42
Pilates - All Levels	20705	F	6/14-8/9	11:30am-12:30pm	18+	\$42
Pilates - Intermediate	20709	W	6/19-8/7	9:30am-10:30am	18+	\$42
Pilates - Intermediate	20711	F	6/21-8/9	9:30am-10:30am	18+	\$42
Qi Gong for Seniors-Low Impact	20880	W	6/12-8/14	1pm-3pm	55+	No Fee
Senior Argentine Tango - Beginning	20884	Th	6/13-8/15	1pm-4pm	55+	No Fee
Tennis - Beginning	20961	T	6/11-8/13	5pm-6pm	9-11	\$200
Tennis - Beginning	20967	W	6/12-8/14	6pm-7pm	18+	\$200
Tennis - Int/Adv	20979	T	6/11-8/13	6pm-7pm	18+	\$200
Yoga - Gentle Hatha	20725	Th	6/20-8/8	6:45pm-7:45pm	18+	\$42
Yoga - Hatha Traditional	20730	Sa	6/15-8/10	9:15am-10:15am	18+	\$48
Yoga - Vinyasa	20732	T	6/18-8/6	6:30pm-7:30pm	18+	\$48