

KATHY BAILEY
CLASS SCHEDULE

(805)496-1529
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MONDAYS ON ZOOM (ongoing)

6 weeks for \$48

10:30-11:30a.m. Stretch, Tone & Balance – *Get fit with elements of Yoga, Pilates and standing poses while working at your own pace. Have ready a yoga mat, sturdy chair and a pair of 1-3 lb hand weights. Yoga block and resistance band are optional, but helpful. Register by sending your class fees via Venmo @kathy-bailey-44 or Zelle (805-496-1529). Please indicate which date(s) you are signing up for.*

***For Zoom classes only**, please register by sending your class fees to either Venmo @kathy-bailey-44 or Zelle (805)496-1529 and include the first class date you are signing up for, your email address and cell phone number. You will receive confirmation via email and a log on link the night before class.*

***For in-person classes**, be sure to confirm your class start dates before attending.*

TUESDAY NIGHTS (1/13-3/3)

8 weeks for \$83

6:45-8:00p.m. Line Dance Party – *This is the most fun you'll have with your boots on! Learn mixed level dances done to various genres of music. All levels welcome and no partner needed. Register through CRPD.org or at class location Conejo Community Center, 1175 Hendrix Avenue, Thousand Oaks. Phone: 805-495-2163.*

WEDNESDAY AFTERNOONS (1/14-3/11) *no class 1/21*

8 weeks for \$75

1:15-2:10p.m. Stretch, Tone & Balance – *See Monday description for supply list.*

2:15-3:10p.m. Beginning Line Dancing – *Learn easy level dances, have fun and meet new people.*

*No experience or partner required. Smooth soled shoes recommended or you can purchase foot socks at class for \$5/pair. **Please note new start time!***

3:15-4:10 East Coast Swing – *All levels welcome! You will learn/build on lead/follow skills in this fun and timeless dance style done to upbeat music. No partner required to enroll.*

Register through CRPD.org or at class location Goebel Adult Center, 1385 E. Janss Road, Thousand Oaks. Phone: 805-381-2744.

WEDNESDAY NIGHTS AT BORCHARD (1/21-3/4) *no class 2/11*

6 weeks for \$57

6:45-7:40p.m. Beginning Line Dancing – *Learn easy level dances, have fun and meet new people.*

No experience or partner required. Smooth soled shoes recommended or you can purchase foot socks at class for \$5/pair.

7:50-8:45p.m. Stretch, Tone & Balance – *See Monday description for supply list.*

Register through CRPD.org or at class location Borchard Community Center, 190 N. Reino Rd, Newbury Park. Phone: 805-381-2791.

Our monthly line dance party at Mikey's restaurant in Newbury Park is on hiatus until further notice.

Instead, join me at House of Dance, 3007 Bunsen Avenue in Ventura on the second Saturday of every month, starting on January 10. It offers a wood floor, great sound, plenty of space and the nicest people! Bring your friends! We'll workshop 8 basic steps from 2:15-2:30, then learn 4-5 dances from 2:30-4:30pm with a short break in the middle. \$18 entry per dancer and you can bring your own water & snacks. To reserve your spot, call or text Patricia at (805)650-2719.

Kathy will come to your home or office to teach and/or DJ at your next special event! She is also a state Certified Massage Therapist with over 28 years of clinical and therapeutic experience. Mention this schedule and receive \$15 off your first massage or reflexology session!