

Recreation and Community Services Department

# Virtual Recreation

## CLASSES AND PROGRAMS



Registration: Online and phone registration begins Tuesday, September 1 at 8:00 a.m. at [www.montereypark.ca.gov](http://www.montereypark.ca.gov) or 626-307-1388.

All Virtual Activities will be hosted via Zoom. Zoom information will be emailed to all registered participants prior to each activity. For questions or more information please contact the Recreation & Community Services Department at 626-307-1388

### Mental Health Awareness- Virtual Seminar

The City of Monterey Park is partnering with Garfield Health Center to offer a virtual Mental Health Awareness seminar.

- What Covid-19 Is Doing to our Mental Health and Self Care Tips Tuesday, September 15, 2PM

Cost: Free

### MPK's Music & Dance Showcase!

Are you a singer, a dancer or play a musical instrument? Now is your chance to show off those skills in Monterey Parks very own, "MPK's Music and Dance Showcase!"

Acts are limited to singing, dancing or playing an instrument only. Open to all ages. Please visit the city's website to obtain a registration form and for video submission details.

Video submissions will be accepted throughout the month of September and may be featured in the city's cable channel, MPK TV and city's social media accounts.

### Virtual Paint Night (art supplies included)

Cost: \$40 per kit

Meet your friends and neighbors while you create your simple and fun painting from the safety of your home. LIVE step by step guidance provided by a professional instructor. This is a fun and interactive virtual painting activity via Zoom. No experience necessary.

### What You Will Receive:

- A canvas
- Assorted paint colors
- Assorted brushes and sponges
- A paint mixing palette
- Professional step by step instruction from a professional instructor

Friday, October 2, 7-8PM

Registration must be submitted by no later than Friday, September 11.

## Virtual Recreation Classes

### Cardio Fitness

Get Fit and have fun in this 30 minute low impact aerobic workout. Workout will also include the usage of with hand weights, an exercise band, and finish with a relaxing stretch.

Instructor – Katalina Beltran

Cost: \$55 – 10 weeks – September 18 – November 20  
Fridays, 11AM-12PM

### Body Sculpting

Get in shape with 30 minutes of standing weight exercises. Workout will also include on the floor toning your tummy, glutes, legs, and finish with a relaxing stretch.

Instructor Katalina Beltran

Cost: \$55 – 10 weeks – September 16 – November 18  
Wednesdays, 3:30 – 4:30PM

### Basic Dance

Under 7 years old-beginning level -basic dance class/modern & basic ballet & pre-Latin dance movement (focus on body coordination/dance performance/

musicality & rhythmic movement)

Instructor Apple Yuk

Cost: \$120 – 10 weeks – September 18 – November 18  
• Fridays, 3-4PM

### Intermediate Dance

Intermediate to high level choreography, showcase preparation & rehearsal (new members with dance background or showcase experience are welcome to join)

Instructor Apple Yuk

Cost: \$120 – 10 weeks – September 18 – November 18  
• Fridays, 4- 5 PM

### Salsa

Each class will start with a 15 minute warm up and stretching exercise. Students will learn musicality and proper dance technique, posture and a big variety of footwork and turns.

Instructor Dorothy Tsu

Cost: \$80 – 10 weeks – September 18 – November 18  
• Fridays, 5-6PM

### Yoga (first session)

A revitalizing 45 minute full body yoga workout that focuses on utilizing the core, stretching the back, and building resilience to stress.

Instructor - Haruna Asakawa

Cost: \$60 -4 weeks – September 10 – October 1  
• Thursdays 5-5:45PM

### Yoga (Second Session)

Cost: \$60 – 4 weeks - October 8 – October 28  
• Thursdays 5-5:45PM

**Monterey Park**  
**SCAVENGER HUNT**

The City of Monterey Park  
Recreation & Community  
Services Department

WOULD LIKE TO SAY

**THANK YOU**

To all who participated in the  
MPK Scavenger Hunt celebrating  
Parks Make Life Better month.

Special thanks to our event  
sponsors for their support.

Chick-fil-A

EST. 1954  
**Shakey's**  
PIZZA PARLOR

**VIRTUAL PAINT NIGHT**

JOIN YOUR NEIGHBORS AS YOU CREATE A PAINTING FROM THE SAFETY OF YOUR HOME. LIVE STEP BY STEP GUIDANCE PROVIDED BY A PROFESSIONAL INSTRUCTOR VIA ZOOM. NO EXPERIENCE NECESSARY. (SUPPLIES WILL BE PROVIDED USING CONTACTLESS PICKUP)

Cost: \$40 per kit  
(Purchase 1 kit & create together or multiple kits for individual paintings)  
Each kit will include:

- Paint canvas
- Assorted paint colors
- Assorted brushes and sponges
- Paint mixing palette

Friday, October 2, 7-8:30PM  
To register call (626)307-1388 or visit [www.montereypark.ca.gov](http://www.montereypark.ca.gov)

Register by Friday, September 11.  
Zoom info will be emailed prior to start of class.