

Winter Quarter 2025 Offerings

DEC 12

HOLIDAY: NEEDLE FELTED HOLIDAY BAUBLES

Get into the holiday spirit with needle felting!

Thursday, Ages: 14 & up / 5:30-7:30pm / \$45

**JAN 28-
MAR 4**

UKULELE LEVEL 1 & 2

Level 1: 6-7pm

Level 2: 7-8pm

Tuesday / \$95

**FEB 18-
MAR 25**

HOW TO LOWER YOUR BLOOD PRESSURE

Tuesday, 3-4:30pm / Facilitator: Clarence Grim, MD / \$145

**FEB 23-
JUN 22**

FUTSAL - ADULT LEAGUE

Competitive Soccer Indoors!

Sunday, 5-9pm / \$150

**DEC 4-
MAR 26**

FUTSAL - LADIES PICK UP

Fun and Competitive games!

Wednesday, 7-9pm / \$55

**DEC 6-
MAR 28**

FUTSAL - COED PICK UP

Fun and Competitive games!

Friday, 7-9pm / \$55

**JAN 3-
MAR 22**

VOLLEYBALL MEET UP

Intermediate games - no refs provided / \$125

Fri: 5-7pm

Sat: 10am-12pm

**FEB 4-
MAR 11**

MINDFULNESS IN THE NEW YEAR

Find calm and clarity!

Tuesday, 6-7:15pm / Facilitator: Nettie Pardue / \$115

**FEB 5-
MAR 26**

RESTORATIVE YOGA FOR ANXIETY & DEPRESSION RELEASE

Wednesday, 6-7:30pm / Facilitator: Brooke West / \$145

**JAN 2-
MAR 28**

CONNECT ZOOM FIT

14 week virtual fitness - many classes available!

Varied days / \$190/quarter, \$56/month, annual plan

**JAN 6-
MAR 27**

NOONTIME FITNESS

Structured workouts, on campus.

Yoga Flow, Barre, Dance Cardio + Spin

Mondays, Wednesdays, & Thursdays / \$59/month

530-541-4660 x717

www.ltccconnect.com

**JAN 2-
MAR 28**

LTCC NORDIC CENTER

Get passes for a single day (\$5) or the whole season! (\$40). Couples season pass: \$60 / Family: \$80
Student passes available for \$10/season

**JAN 7-
MAR 28**

CONNECT SPIN & STRENGTH

9:15-10:30am / Tuesdays + Fridays
Facilitators: June Denney & Terre Poland
\$190/quarter, \$56/month

**MAR 8-
MAY 31**

INTRO TO VOLLEYBALL FOR KIDS

Saturdays, Ages: 4th & 5th grades / 2-4pm / \$150

**MAR 3-
MAY 28**

VOLLEYBALL FOR TEENS

12-week skill clinic to elevate foundational skills
Mondays + Wednesdays, Ages:11-18 / 4:30-6pm / \$425
T-shirt and training ball included in cost of registration

FEB 8

BACKCOUNTRY ADVENTURES FOR WOMEN

Saturday, 9am-4pm / Facilitator: Tasha Thomas / \$145

FEB 25

NEW MOON LADIES STAR- GUIDED EXCURSION

Bring your snowshoes!

Tuesday, 5-7:30pm / Pickett's Junction, Hope Valley
Facilitator: Tasha Thomas / \$55

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