



Santa Ynez Recreational Center

# Newsletter

#128 July 2024

## SYRC Water Aerobics Class

**Mondays from 11:30am - 12:30pm**

- A fantastic low-impact workout for men & women in the SYRC pool
- Stretches, strengthens, and tones muscles with low impact on joints
- Improves balance, posture, circulation, and energy
- Increases flexibility and builds endurance
- Relieves stress!



**Come and join the group at our SYRC pool with a certified aquatic exercise instructor.**

**IF YOU PLAN TO ATTEND**, please contact **Susan Kanowith-Klein** at [skklein@ucla.edu](mailto:skklein@ucla.edu) for availability and pricing

## Yoga at SYRC

**Mondays - 7pm to 8pm**

**Wednesdays - 7pm to 8pm**

- Sign up is required - **please call Beverly at (310)-562-8362.**
- Please bring a yoga mat, 2 towels and props if you need them.



## SYRC Board Meeting

**Thursday, June 27th, 6:00pm**

This will be a hybrid meeting - taking place both virtually and in person in the SYRC clubhouse unless posted otherwise on the SYRC website **HERE** and at the Rec Center at least 4 days prior. All members are welcome to attend. For updates, agenda and meeting location go to <http://syrccpalisades.org/board-meetings/>.



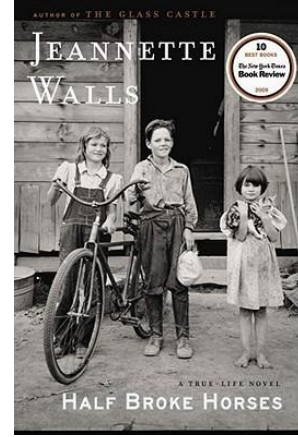
## SYRC Book Club

**"Half Broke Horses"**

by Jeannette Walsh  
Friday, July 5th, 2:00pm

Location: 1338 Avenida De Cortez (home of Barbara Rosenblum)  
Book Club meets on the first Friday of each month

August 2 - "The Ride of Her Life" by Elizabeth Letts  
September 6 - "No Ordinary Times" by Doris Kearns Goodwin  
October 4 - "Hang on the Moon" Janet Walls



For **updates**, call the Rec Center at 310-459-4083 or visit the SYRC website at <http://syrccpalisades.org/notices/>.

[www.syrccpalisades.org](http://www.syrccpalisades.org), [syrccdir@gmail.com](mailto:syrccdir@gmail.com), 310-459-4083



Santa Ynez Recreational Center | 17005 Palisades Circle | Pacific Palisades, CA 90272 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!