



**Class Selections for October 29<sup>th</sup> – December 21, 2018**  
**Eight Week Session**

**MONDAYS**

**Zumba Gold Toning with Katie | 7:30 – 8:00 AM**

**\$32**

This type of Zumba is tailored to the active mature population. Katie will guide you through a Zumba party each week using toning sticks, balance training, and a fun, diverse music selection. Katie's energy and enthusiasm is contagious and promises to get you moving with a smile!

**Barre with Katie | 8:00 – 8:30 AM**

**\$32**

Barre is a fusion of yoga, Pilates, strength training, and ballet. Join us to try something new while enhancing your body and mind. Katie incorporates personalized needs and modifications into her teaching so that all participants maximize their time in class.

**Yoga with Janet | 9:00 – 10:00 AM**

**\$64**

*Janet is a Certified Yoga Therapist, Certified Health Coach, and Certified Functional Nutritional Coach*

This gentle yoga class will guide you on a thoughtful journey of movements with the intent of increasing your mobility and strength. Janet will explain the "why and how" of performing each movement, and she'll offer the proper modifications and assistive devices when needed. If you've ever wanted to try yoga or are returning after a long hiatus, this is a great opportunity to start.

**TUESDAYS – No Classes Dec 18th**

**Yoga | 9:00 – 10:00 AM**

**\$56**

In this class you will learn to coordinate movement with breath to flow from one pose to the next. Instructors Janet or Jill will guide you through a series of poses to build strength and greater core awareness. Their cues will help you focus inward so that you move with attentive awareness of your stability and mobility. This class is a dedicated group that warmly welcomes new participants.

**Yoga Therapy with Janet | 10:30 – 11:30 AM**

**\$105**

***Must have at least 3 students to hold class***

*Janet is a Certified Yoga Therapist, Certified Health Coach, and Certified Functional Nutritional Coach*

In this class you will learn how to use the tools of yoga; poses, pranayama, mudra, and guided meditation to help you reduce and manage your symptoms. Over time, through continued practice, you will develop greater awareness that will help you to listen to your body and respond to what it needs.

*Lifestyle. Value. Trust.*



## WEDNESDAYS

### **Strength Training with Yoga stretching | 7:30 – 8:30 AM**

**\$64**

This class will focus on strength training for the major mover muscles in the lower and upper body. One week will be upper body and the next week will be lower body. We will stay with the same exercises over the course of the 8 weeks so that you will see increased strength and by the end you may be using higher weights. We all know that as we age we lose muscle; at age 50 we lose 1 – 2% each year, over 65 lose 3% each year. If we don't do weight training by age 70 we will have lost 30% of our muscle. Muscle loss = lower metabolism = weight gain = being more sedentary – so come to this class to break this cycle. 30 min weight training followed by 30 min of yoga stretching.

### **Barre with Katie | 5:00 – 5:45 PM**

**\$70**

Barre is a fusion of yoga, Pilates, strength training, and ballet. Join us to enhance your body and mind with this unique class. Katie incorporates personalized needs and modifications into her teaching so that all participants maximize their time in class.

## THURSDAYS – *No classes on Nov. 22nd*

### **Yoga with Priscilla | 9:00 – 10:00 AM**

**\$56**

Priscilla will guide you through a rejuvenating hour of yoga. Each week you'll leave feeling empowered from the time you have devoted to your own well-being. This class promotes balance, strength, and flexibility through various postures and breathing techniques, and is appropriate for all fitness levels.

### **Yoga Therapy with Janet | 10:30 – 11:30 AM**

**\$105**

### ***Must have at least 3 students to hold class***

*Janet is a Certified Yoga Therapist, Certified Health Coach, and Certified Functional Nutritional Coach*

In this class you will learn how to use the tools of yoga; poses, pranayama, mudra, and guided meditation to help you reduce and manage your symptoms. Over time, through continued practice, you will develop greater awareness that will help you to listen to your body and respond to what it needs.

## FRIDAYS – *No class on Nov 23rd*

### **Yoga with Janet | 7:30 – 8:30 AM**

**\$64**

*Janet is a Certified Yoga Therapist, Certified Health Coach, and Certified Functional Nutritional Coach*

This gentle yoga class will guide you on a thoughtful journey of movements with the intent of increasing your mobility and strength. Janet will explain the “why and how” of performing each movement, and she'll offer the proper modifications and assistive devices when needed. If you've ever wanted to try yoga or are returning after a long hiatus, this is a great opportunity to start. ***(Registered participants only this session due to class size)***

*You may try any first class for free!*

*Lifestyle. Value. Trust.*