

Class Selections for December 31st – February 22, 2019

Eight Week Session

MONDAYS

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

\$64

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!

Gentle Yoga (Hatha Yoga Style) | 9:00 – 10:00 AM

\$64

Instructor is Janet Certified C-LAYT Yoga Therapist & certified CIHC Health Coach

NO YOGA EXPERIENCE NEEDED

Janet will guide you on a thoughtful journey of movements with the intent of increasing your mobility and strength. She will explain the "why and how" of performing each movement and 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 Class Jan 1st

Intermediate Level Yoga (Hatha Yoga Style) | 9:00 – 10:00 AM

\$56

Instructor is Janet Certified C-LAYT Yoga Therapist & certified CIHC Health Coach

SOME YOGA EXPERIENCE RECOMMENDED

Janet has a therapeutic style of teaching. She takes time in each pose so that you can feel your body and learn to make adjustments. She encourages you to explore how you feel in each pose and with her cues you will learn to connect to deep intrinsic muscles that support the spine and what is called your "core". Come try the class and meet some fun and welcoming regular students.

WEDNESDAYS – No Classes Jan 23rd

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

\$56

Instructor is Janet Certified C-LAYT Yoga Therapist & certified CIHC Health Coach

NO YOGA EXPERIENCE NEEDED

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. You will learn how to engage muscles that support the back and hips while working with weights to increase muscle mass in the big mover muscles of the lower and upper body.

Barre with Katie | 5:00 – 5:45 PM

\$65

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.

Lifestyle. Value. Trust.



Wellness Connection

THURSDAYS

Yoga with Priscilla | 9:00 – 10:00 AM

\$64

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.

FRIDAYS

Gentle Yoga | 7:30 – 8:30 AM

\$64

Instructor is Janet Certified C-LAYT Yoga Therapist & certified CIHC Health Coach

NO YOGA EXPERIENCE NEEDED

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)***

If you are not sure whether a class is a fit for you talk with Dawn for guidance.
Remember you may try any first class for free!

Lifestyle. Value. Trust.