



**Class Selections for March 4<sup>th</sup> – April 26<sup>th</sup>, 2019**  
**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.

**Gentle Yoga with Janet | 9:00 – 10:00 AM**

**\$64**

***NO YOGA EXPERIENCE NEEDED***

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

If you are new to yoga, this is the class for you. Janet will guide you into each pose and allow you the time to feel your breath, body, and mind all working together. The class begins with centering and breath work, followed by a series of joint warm-up movements while seated in a chair. Her unique therapeutic style of teaching incorporates her knowledge of the body so that you will walk out of class ready to move into your day with increased strength, more flexibility, and easier breathing.

**TUESDAYS**

**Gentle Yoga with Janet | 7:45 – 8:45 AM**

**\$64**

***NO YOGA EXPERIENCE NEEDED***

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

If you are new to yoga, this is the class for you. Janet will guide you into each pose and allow you the time to feel your breath, body, and mind all working together. The class begins with centering and breath work, followed by a series of joint warm-up movements while seated in a chair. Her unique therapeutic style of teaching incorporates her knowledge of the body so that you will walk out of class ready to move into your day with increased strength, more flexibility, and easier breathing.

**Intermediate Yoga with Janet | 9:00 – 10:00 AM**

**\$64**

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

***YOGA EXPERIENCE RECOMMENDED***

In this class you will learn to deepen your yoga practice. Janet will create the space and be that gentle guide to allow time in each pose as you integrate your body, breath, and mind. You will leave class feeling different on more than just the physical level.

*Lifestyle. Value. Trust.*



*Wellness Connection*

## WEDNESDAYS

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

**\$64**

This class will integrate yoga and strength training for the major muscles in the lower and upper body. You don't need to have any yoga experience for this class. Just come with a desire to learn how to move in a mindful way so that you can get the most out of working with weights.

### **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

### **Gentle Yoga with Janet | 7:45 – 8:45 AM**

**\$64**

#### ***NO YOGA EXPERIENCE NEEDED***

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

If you are new to yoga, this is the class for you. Janet will guide you into each pose and allow you the time to feel your breath, body, and mind all working together. The class begins with centering and breath work, followed by a series of joint warm-up movements while seated in a chair. Her unique therapeutic style of teaching incorporates her knowledge of the body so that you will walk out of class ready to move into your day with increased strength, more flexibility, and easier breathing.

### **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 with Janet | 7:30 – 8:30 AM**

**\$64**

#### ***NO YOGA EXPERIENCE NEEDED***

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

If you are new to yoga, this is the class for you. Janet will guide you into each pose and allow you the time to feel your breath, body, and mind all working together. The class begins with centering and breath work, followed by a series of joint warm-up movements while seated in a chair. Her unique therapeutic style of teaching incorporates her knowledge of the body so that you will walk out of class ready to move into your day with increased strength, more flexibility, and easier breathing.

***You may try any first class for free!***

If you are not sure whether a class is a fit for you, talk with Dawn for guidance.

***Lifestyle. Value. Trust.***