

Fitness Classes

Instructor for all: Sandy Wright

Classes held at CI Beaver Hall, 3696 Highmont Street

Yoga

Learn the fundamental aspects of yoga such as physical posture, breathing techniques, deep relaxation, visualization, and meditation. The practice of yoga reduces stress and tension, strengthens the lungs, increases flexibility and mobility. This class is designed for all levels of experience. Continuing sessions are available for those who have taken beginning yoga.

Mondays

Continuing: 6:15pm – 7:15pm

Beginning: 7:30pm – 8:30pm

Summer Session III: September 27 – October 25

Fall Session I: November 8 – December 6

Resident: \$45 per session/Non Resident: \$50 per session

Family Yoga (Kids ages 6 and up)

Bend, breathe and bond as a family! This class is designed to introduce kids and their families to the basics of yoga...through poses, partner yoga, relaxation and breathing. This class will give families the opportunity to spend time as a family, relax, exercise and be with each other. Kids must be accompanied by at least one adult. Note: This class is also open to extended family members as well as caregivers.

Wednesdays: 6:00pm – 6:45pm

Fall Session: November 3 - December 1

Fee is \$55/session for residents or \$60/session for non-residents (price includes 2 family members; ex. Mom and son; mom and daughter, etc. Each additional family member is \$25 for residents or \$30 for non residents)

Pilates

Imagine an exercise program that you look forward to, engages you, and leaves you refreshed and alert with a feeling of physical and mental well-being. Pilates is designed to do all this and more.

Developed in the 1920s by the legendary physical trainer Joseph H. Pilates, it is a popular fitness method that improves your body shape and alignment. It consists of a series of exercises that gradually tones and strengthens your core muscles and improves flexibility. This class is designed for all levels of experience.

Wednesdays: 7:00pm – 7:45pm (With Props: Using props, such as balance balls, resistance bands, rings and weights is a great way to challenge your core strength during this Pilates mat class)

Fall Session I: November 3 – December 15 (7 week session)

\$63 for residents/\$73 for non residents