

## Fitness Classes

Instructor for all: Sandy Wright

All Classes are held at The Studio, 3860 Indian Ripple Rd

Fee is \$45 per session

### **Zumba**

Zumba combines high energy and motivating music (Latin and international dance rhythms) with unique moves and combinations that allow the participants to dance away their worries and calories! It is based on the principle that a workout should be fun and easy to do. Zumba is not only great for the body, but is also great for the mind. It is a feel-happy workout; be prepared to sweat! This class is geared to all fitness levels, with modifications offered so everyone can enjoy.

During inclement weather, please bring an extra pair of shoes to change into. Wet shoes make for a very slippery dance floor.

Tuesdays: 7:00pm – 8:00pm

Fall Session II: November 17 – December 15

Winter Session I: January 5 – February 2

Thursdays: 5:30pm – 6:30pm (Zumba Abs)

Fall Session II: November 19 – December 17

Winter Session I: January 7 – February 4

Saturdays: 9:30am – 10:30am

Fall Session II: November 21 – December 19

Winter Session I: January 9 – February 6

### **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

Fall Session II: November 23 – December 21

Winter Session I: January 4 – February 1

### **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 II: November 18 – December 16

Winter Session I: January 6 – February 3

Fee is \$55 per session (price includes 2 family members; ex. Mom and son; mom and daughter, etc. Each additional family member is \$25.00)

### **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.

Tuesdays: 5:45pm – 6:30pm (Mat)

Fall Session II: November 17 – December 15

Winter Session I: January 5 – February 2

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 II: November 18 – December 16

Winter Session I: January 6 – February 3