

WINTER 2018 FITNESS AND WELLNESS CLASSES



Yoga

This class is designed for all levels. Modifications will be offered for correct alignment, transition into the proper positions, correct breath, and progressions demonstrated and worked through. You will utilize your breath and movement to mindfully flow. This class is for the beginner to the seasoned student who is ready to expand their mind, breath, and body through yoga. This class will encourage you to explore safely as you gain and increase confidence and inner peace.

Date	Day	Time	R/N Fee	Code #
May 2-Jun 6	W	6-7P	\$34/\$42	344008
Jun 13-Jul 18	W	6-7P	\$34/\$42	344008
Jul 25-Aug 29	W	6-7P	\$34/\$42	344008
May 2-Jun 6	W	7:15-8:15P	\$34/\$42	344008
Jun 13-Jul 18	W	7:15-8:15P	\$34/\$42	344008
Jul 25-Aug 29	W	7:15-8:15P	\$34/\$42	344008

Location: George A. Leoni Complex Min/Max: 4/15

Yoga for the Actively Aging (Chair Yoga)

A gentle yoga class that is designed to maintain healthy joints, muscular flexibility and strength. Stretching movement and static poses will also help improve your balance and coordination. Poses can be done using a chair or free-standing according to your abilities.

Date	Day	Time	Fee*	Code #
Ongoing	W	12-12:45P	\$1	344008

Location: Grant Park

*Per class ages 55 and older. Class runs continuously.

Belly Dance

(Beginner – Advanced)

Increase your flexibility and get in shape with belly dance. This art form that has been used for centuries as a form of exercise for fun and fitness. Belly dance strengthens your inner core muscles, while increasing flexibility. Please bring a hip scarf if you have one.

Date	Day	Time	R/N Fee	Code #
SESSION 1				
May 8-Jun 12	Tu	7-8P	\$34/\$42	344008
SESSION 2				
Jun 19-July 31*	Tu	7-8P	\$34/\$42	344008
*No class Jul 3				
SESSION 3				
Aug 21-Sep 25	Tu	7-8P	\$34/\$42	344008

Location: Kahl Park

Min/Max: 6/20

EXERCISE TRACK AT LEONI

Come enjoy our temperature controlled indoor exercise track. Get your recommended daily exercise completed rain or shine, freezing weather or scorching heat. Nine laps around the track equals one mile.

NO MEMBERSHIP FEE REQUIRED.