

# YOGA

Yoga is a lifestyle incorporating natural exercise, proper breathing, relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. Wear comfortable clothes and bring a yoga mat to sit on.

***Please be sure to arrive a few minutes early and silence all cell phones to ensure that everyone experiences the most zen environment possible!***

## Payment options:

**Full-time session:** Session I: \$65 per session (resident) \$97.50 (non-resident) (7 Weeks)  
 Session II: \$56 per session (resident) \$84 (non-resident) (6 Weeks)

**4-Class Pass:** \$44 per session (resident) \$66 per session (non-resident)

**Drop-In:** \$14 (resident) \$21 (non-resident)

*Save 20% when you register for two Session I classes or two Session II classes.*

## MONDAY VINIYASA FLOW YOGA

**Day:** Monday

**Date:** Session I: September 6(Wed) - October 23

Session II: October 30 - December 11

**Course Code: 17536**

**Course Code: 17537**

**Time:** 5:45 p.m. - 7:00 p.m.

**Age:** 16 & Older

**Location:** Activities House

**\*No class on September 25 or November 20.**

**\*First Mon. night class is Wed., Sept 6**

## TUESDAY YOGA-PILATES FUSION

**Day:** Tuesday

**Date:** Session I: September 6(Wed) - October 24

Session II: October 31 - December 12

**Course Code: 17538**

**Course Code: 17539**

**Time:** 8:45 a.m. - 9:45 a.m.

**Age:** 16 & Older

**Location:** Activities House

**\*No class on September 26 or November 21**

**\* First Tues. night class is Wed., Sept 6**

## THURSDAY GENTLE YOGA

**Day:** Thursday

**Date:** Session I: September 7 - October 26

Session II: November 2 - December 14

**Course Code: 17540**

**Course Code: 17541**

**Time:** 11:30 a.m. - 12:30 p.m.

**Age:** 16 & Older

**Location:** Activities House

**\* No class on September 28 or November 23**

## ASHTANGA ADVANCED YOGA

**Day:** Friday

**Date:** Session I: September 8 - October 27

Session II: November 3 - December 15

**Course Code: 17542**

**Course Code: 17543**

**Time:** 8:30 a.m. - 10:15 a.m.

**Age:** 16 & Older

**Location:** Activities House



## KARATE

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons are studied. Family rates apply!

**Day:** Thursday

**Date:** Session I: September 7 – 28

Session II: October 5 – 26

Session III: November 2 – 30

**(Will not meet November 23)**

Session IV: December 7 – 28

**Course Code: 17544**

**Course Code: 17545**

**Course Code: 17546**

**Course Code: 17547**

**Time:** 7:15 p.m. – 8:45 p.m.

**Fee:** \$45 per session (resident) \$67.50 per session (non-resident)

**Drop-in Fee:** \$6 (resident) \$9 (non-resident)

**Family Rate:** \$40 (resident) when 2 or more register for the same session  
\$60 (non-resident)

**Age:** 15 & Older

**Location:** Kiwanis Center



## TAI CHI

This Chinese art form of exercise reduces stress and tension while improving energy, endurance, balance, strength, and overall health. Through soft, slow-flowing movement and breathing, students will learn to concentrate thus reducing stress.

**Day:** Thursday

**Date:** Session I: September 7 – 28

Session II: October 5 – 26

Session III: November 2 – 30

**\*No class on November 23**

Session IV: December 7 – 28

**Course Code: 17548**

**Course Code: 17549**

**Course Code: 17550**

**Course Code: 17551**

**Time:** 6:15 p.m. – 7:00 p.m.

**Fee:** \$40 per session (resident) \$60 per session (non-resident)

**Age:** 15 & older

**Location:** Kiwanis Center



## FITNESS BOOT CAMP

Want to stay in shape for the fall?!?! This Class will help individuals live a healthy lifestyle through fitness as well as offering physical training activities. **Class will meet twice a week for 6 weeks.**

**Day:** Thursday and Saturday

**Date:** Session I: September 7 & 9

Session II: September 14 & 16

Session III: September 21 & 23

Session IV: September 28 & 30

Session V: October 5 & 7

Session VI: October 12 & 14

**Course Code: 17552**

**Course Code: 17553**

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**Time:** 8:30 a.m.-10:00 a.m.

**Fee:** \$35 per week (resident) \$52.50 per week (non-resident)

**Age:** 17-65 years old

**Location:** McCurry Park