# YOGA

Yoga is a lifestyle incorporating natural exercise in which you move your body into various positions to become more fit and flexible. Proper breathing in yoga strengthens the respiratory system and promotes relaxation of the mind which can dramatically increase the joys of your life. Wear comfortable clothes.

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		
Early Registration:	Session I: Before May 1	Session II: Before July 1
	\$65 per session I (resident)	\$97.50 per session I (non-resident)
	\$75 per session II (resident)	\$112.50 per session II (non-resident)
Registration:	Session I: Beginning May 1	Session II: Beginning July 1
	\$70 per session I (resident)	\$105 per session I (non-resident)
	\$80 per session II (resident)	\$120 per session II (non-resident)
Drop-In:	\$14 (resident)	\$21 (non-resident)
Save 20% whe	en vou register for two Session I classes	s or two Session II Classes.

### All makeup sessions must be done in the same session!

4-CLASS PASS: (See dates and times for preferred class.) Registration: \$45 per session (resident) \$67.50 per session (non-resident) Session I: Course Code: 19251 Session II: Course Code: 19252

## MONDAY VINYASA FLOW YOGA

Day: Monday Date: Session I: May 6 – June 24 Course Code: 19253 \*No Class on Monday, May 27 Session II: July 8 – August 26 Course Code: 19254 **Time:** 5:45 p.m. - 7:00 p.m. Age: 16 & Older Location: Activities House

## **TUESDAY YOGA-PILATES FUSION**

Day: Tuesday Date: Session I: May 7 – June 25 \*No Class on Tuesday, May 28 Session II: July 9 – August 27 **Time:** 8:45 a.m. - 9:45 a.m. Age: 16 & Older





# Course Code: 19255

Course Code: 19256

Time: 6:00 p.m. - 7:00 p.m. 16 & Older

Location: Activities House



## WEDNESDAY INTRO TO ASHTANGA YOGA

Join us to learn the basics of Ashtanga yoga. Suitable for all levels.

Wednesday Day:

Age:

- Date: Session I: May 8 – June 26 \*No class on Wednesday May 29 Session II: July 10 – August 28
- Course Code: 19257

Course Code: 19258

- ASHTANGA FULL PRIMARY SERIES MYSORE STYLE
- Day: Friday Date: Session I: May 10 – June 28 \*No class on Friday May 31 Session II: July 12 – August 30 Time: 8:45 a.m. - 10:15 a.m. Age: 16 & Older

Location: Activities House

Course Code: 19259 Course Code: 19260

# LINE DANCING

Line dancing builds confidence. It also provides a foundation for broadening your dance experience. It enables you to learn balance, rhythm, timing, poise, and posture. It reduces stress, increases energy and improves strength and muscle tone. It is a friendly and social atmosphere. It promotes cardiovascular health through physical workouts of varying intensity. It also has mental benefits. Line dancing is no longer being danced to just country music. We dance to all genres of music which include country, rap, pop, hip hop, line waltz to various artists including, Pink, Maroon 5, Macklemore, Jennifer Lopez, Usher, Darius Rucker, Easton Corbin, Train, Luke Bryan, Kenny Chesney, Jessta James, Laura Bell Bundy, and many more.

### WEEKLY PM CLASS

Day:	Monday
Date:	Session I: April 29 – May 20
	Session II: June 3 – June 24
	Session III: July 8 – July 29
	Session IV: August 5 – August 26
Time:	

Course Code: 19261 Course Code: 19262 Course Code: 19263 Course Code: 19264

Session IV: August 5 – August 26Time:Beginner: 6:30 p.m. – 7:30 p.m.<br/>Intermediate: 7:30 p.m. – 8:30 p.m.Fee:\$30 per session (resident)\$43Age:Adult<br/>Location:Kiwanis Center

<u>Course Code:</u> 19264

\$45 per session (non-resident)

n: Kiwanis Center

## SENIOR/BEGINNER CLASS

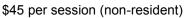
Day: Monday
Date: Session I: April 29 – May 20 Session II: June 3 – June 24 Session III: July 8 – July 29 Session IV: August 5 – August 26
Time: 4:00 p.m. – 5:00 p.m.
Fee: \$30 per session (resident) \$4
Age: Adult
Location: Kiwanis Center

 Course Code:
 19265

 Course Code:
 19266

 Course Code:
 19267

 Course Code:
 19268





## WEEKLY AM CLASS

Day:	Tuesday	
Date:	Session I: April 30 – May 21	
	Session II: June 4 – June 25	
	Session III: July 9 – July 30	
	Session IV: August 6 – August 27	
Time:	Beginner: 10:00 a.m. – 11:00 a.m.	

 Course Code:
 19269

 Course Code:
 19270

 Course Code:
 19271

 Course Code:
 19272

Fee:\$30 per session (resident)\$45 per session (non-resident)Age:Adult

Location: May – July Classes: Activities House August Classes: Kiwanis Center

### LINE DANCE PARTIES (drop-in fee for students not in Monday PM or Tuesday AM)

Day:	Friday	
Date:	Session I: May 17	
	Session II: June 21	
	Session III: July 19	
	Session IV: August 16	
Time:	7:30 p.m. – 10:30 p.m.	
Fee:	\$5 non-students (resident)	\$
Age:	Adult	

Location: Kiwanis Center

Course Code: 19273 Course Code: 19274 Course Code: 19275 Course Code: 19276

\$7.50 non-students (non-resident)