

# 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

<b>Early Registration:</b>	Session I: Before May 1 \$65 per session I (resident) \$75 per session II (resident)	Session II: Before July 1 \$97.50 per session I (non-resident) \$112.50 per session II (non-resident)
<b>Registration:</b>	Session I: Beginning May 1 \$70 per session I (resident) \$80 per session II (resident)	Session II: Beginning July 1 \$105 per session I (non-resident) \$120 per session II (non-resident)
<b>Drop-In:</b>	\$14 (resident)	\$21 (non-resident)

Save 20% when you register for two Session I classes 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 Course Code: 19255

**\*No Class on Tuesday, May 28**

Session II: July 9 – August 27 Course Code: 19256

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

**Age:** 16 & Older

**Location:** Activities House

## **WEDNESDAY INTRO TO ASHTANGA YOGA**

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

**Day:** Wednesday

**Date:** Session I: May 8 – June 26 Course Code: 19257

**\*No class on Wednesday May 29**

Session II: July 10 – August 28 Course Code: 19258

**Time:** 6:00 p.m. - 7:00 p.m.

**Age:** 16 & Older

**Location:** Activities House

## **ASHTANGA FULL PRIMARY SERIES MYSORE STYLE**

**Day:** Friday

**Date:** Session I: May 10 – June 28 Course Code: 19259

**\*No class on Friday May 31**

Session II: July 12 – August 30 Course Code: 19260

**Time:** 8:45 a.m. - 10:15 a.m.

**Age:** 16 & Older

**Location:** Activities House



PHYSICAL FITNESS

## 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 many more.

### WEEKLY PM CLASS

**Day:** Monday  
**Date:** Session I: April 29 – May 20 Course Code: 19261  
 Session II: June 3 – June 24 Course Code: 19262  
 Session III: July 8 – July 29 Course Code: 19263  
 Session IV: August 5 – August 26 Course Code: 19264  
**Time:** Beginner: 6:30 p.m. – 7:30 p.m.  
 Intermediate: 7:30 p.m. – 8:30 p.m.  
**Fee:** \$30 per session (resident) \$45 per session (non-resident)  
**Age:** Adult  
**Location:** Kiwanis Center



### SENIOR/BEGINNER CLASS

**Day:** Monday  
**Date:** Session I: April 29 – May 20 Course Code: 19265  
 Session II: June 3 – June 24 Course Code: 19266  
 Session III: July 8 – July 29 Course Code: 19267  
 Session IV: August 5 – August 26 Course Code: 19268  
**Time:** 4:00 p.m. – 5:00 p.m.  
**Fee:** \$30 per session (resident) \$45 per session (non-resident)  
**Age:** Adult  
**Location:** Kiwanis Center

### WEEKLY AM CLASS

**Day:** Tuesday  
**Date:** Session I: April 30 – May 21 Course Code: 19269  
 Session II: June 4 – June 25 Course Code: 19270  
 Session III: July 9 – July 30 Course Code: 19271  
 Session IV: August 6 – August 27 Course Code: 19272  
**Time:** Beginner: 10:00 a.m. – 11:00 a.m.  
**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 Course Code: 19273  
 Session II: June 21 Course Code: 19274  
 Session III: July 19 Course Code: 19275  
 Session IV: August 16 Course Code: 19276  
**Time:** 7:30 p.m. – 10:30 p.m.  
**Fee:** \$5 non-students (resident) \$7.50 non-students (non-resident)  
**Age:** Adult  
**Location:** Kiwanis Center