



Exercise & Mind/Body Fitness

Classical Pilates

Classical Pilates Technique

LV

The Mat Workout for Men & Women

The Pilates method of body conditioning incorporates Eastern and Western philosophies of physical and mental conditioning which focus on repatterning, realigning, clarifying, and defining the body without adding bulk. Skeletal alignment and muscle efficiency harmonize in lengthening the body to a balanced whole. Optimize range of motion, balance, coordination, physical and mental endurance. For best results, 2-3 sessions per week are recommended. Bring a towel!

Location: Dole Center, Studio 2

Instructor: Nancy Trock, ACE & Pilates certified Instructor

All classes are 6 weeks.

Gentle Pilates For those preferring a less vigorous, less physically demanding, more therapeutic approach to the benefits of Pilates. Self-awareness leads to self-improvement through slow, gentle movement in the simple, classical tradition.

Beginning Pilates Doesn't mean easy (even elite athletes start in the beginner system)! Concentration is key as you work within your range to initiate movement from the center of your body while learning these challenging yet enjoyable movements. Abundant modifications and progressions ensure amazing individual opportunities to discover, organize, recruit and build new muscles.

Continuing Pilates Build upon your control and mastery of the basic skills. A stronger, faster class for experienced Pilates enthusiasts ready to step up to the challenges of the traditional mat workout.

Day, Time	Dates	Fee	Code
Gentle Pilates			
W, 6:30-7:25pm	Sep 10 - Oct 15 Oct 29 - Dec 10 (No class 11/26)	\$70/\$105 \$70/\$105	#443080-08 #443080-19
Th, 9-9:55am	Sep 11 - Oct 16 Oct 30 - Dec 11 (No class 11/27)	\$70/\$105 \$70/\$105	#443080-02 #443080-13
Sa, 8:30-9:25am	Sep 13 - Oct 18 Nov 1 - Dec 13 (No class 11/29)	\$70/\$105 \$70/\$105	#443080-09 #443080-20
Beginning Pilates			
M, 9:30-10:25am	Sep 8 - Oct 13 Oct 27 - Dec 8 (No class 11/24)	\$70/\$105 \$70/\$105	#443080-01 #443080-12
Th, 7:30-8:25pm	Sep 11 - Oct 16 Oct 30 - Dec 11 (No class 11/27)	\$70/\$105 \$70/\$105	#443080-03 #443080-14
Sa, 9:30-10:25am	Sep 13 - Oct 18 Nov 1 - Dec 13 (No class 11/29)	\$70/\$105 \$70/\$105	#443080-04 #443080-15
Continuing Pilates			
Tu, 7-7:55pm	Sep 9 - Oct 14 Oct 28 - Dec 9 (No class 11/25)	\$70/\$105 \$70/\$105	#443080-05 #443080-16
Th, 8:45-9:40pm	Sep 11 - Oct 6 Oct 30 - Dec 11 (No class 11/27)	\$70/\$105 \$70/\$105	#443080-06 #443080-17
F, 9:30-10:25am	Sep 12 - Oct 17 Oct 31 - Dec 12 (No class 11/28)	\$70/\$105 \$70/\$105	#443080-07 #443080-18

Pilates & Other Core

Pilates Fusion

LV

Primarily this is a Pilates mat class with other exercise methods included in order to develop a strong core. The focus will be to lengthen and strengthen all muscles, especially the abdominal muscles. Various equipment may be used including thera-bands and resist-a-balls.

Location: Dole Center, Studio 2

Instructor: Liddie Murray, Certified Pilates Instructor

Tu, 8:30-9:15am \$52/\$78

Sep 9 - Oct 14 #443080-10

Oct 28 - Dec 9 (No class 11/25) #443080-21

of weeks: 6 Min 6/Max 16

Vertical Pilates

LV

This class utilizes Pilates principles to stretch and strengthen muscles. Rhythmic movements combine balance and coordination while emphasizing core stability. The class will consist of both standing movements and traditional matwork.

Instructor: Liddie Murray

Location: Dole Center, Studio 2

Th, 8-8:45am \$52/\$78

Sep 11 - Oct 16 #443080-11

Oct 30 - Dec 11 (No class 11/27) #443080-22

of weeks: 6 Min 6/Max 16

Core Power

LV

Learn to strengthen and lengthen while concentrating on the large muscles in the center of the body, the abdominals, the lower back and the buttocks. Through a series of mat and standing exercises, you will learn to move from your center and recover the body shape and tone that you desire.

Instructor: Al Tischina

Location: Dole Center, Studio 2

M, 7:45-8:45pm \$43/\$65

Sep 8 - Oct 13 #443120-01

Oct 27 - Dec 8 (No class 11/24) #443120-03

Location: Dole Center, Studio 1

W, 7:45-8:45pm \$43/\$65

Sep 10 - Oct 15 #443120-02

Oct 29 - Dec 10 (No class 11/26) #443120-04

of weeks: 6 Min 6/Max 20

**Registering Online?
Sign Up Today!**

Online registration closes two days before a class begins. Remember to sign up early to ensure your spot.



Yoga

Absolute Beginner's Yoga

This class is a fundamental class for those who have never practiced yoga, or for those preferring a less vigorous, less physically demanding style. Each class begins with a slow warm-up and gentle stretching. Emphasis is on proper breathing and coordinating breath with movement. A variety of lying mat poses and simple standing poses are taught.

Location: Dole Center, Studio 3

Instructor: Tom Wilkens

M, 6-7:15pm \$52/\$78

Sep 8 - Oct 13 #443020-01

Oct 27 - Dec 8 (No class 11/24) #443020-17

W, 7:30-8:45pm \$52/\$78

Sep 10 - Oct 15 #443020-02

Oct 29 - Dec 10 (No class 11/26) #443020-18

of weeks: 6 Min 6/Max 24

Beginning/Continuing Yoga

These classes are designed for those who have begun their exploration of yoga and would like to learn more challenging poses. We will cover more complicated mat poses, abdominal and core training, and basic standing postures. As various poses are mastered, the student's awareness of the body grows, resulting in a centered and calm state of consciousness.

Location: Dole Center, Studio 3 (except where noted)

Instructors: Kathey Furey, Julia Robling Griest,

Tom Wilkens

M, 7:30-8:45pm Wilkens \$52/\$78

Sep 8 - Oct 13 #443020-03

Oct 27 - Dec 8 (No class 11/24) #443020-19

Tu, 9-10:15am Robling Griest \$52/\$78

Sep 9 - Oct 14 #443020-04

Oct 28 - Dec 9 (No class 11/25) #443020-20

Tu, 4-5:15pm** Furey \$52/\$78

Sep 9 - Oct 14 #443020-05

Oct 28 - Dec 9 (No class 11/25) #443020-21

Th, 6-7:15pm Wilkens \$52/\$78

Sep 11 - Oct 16 #443020-07

Oct 30 - Dec 11 (No class 11/27) #443020-23

Sa, 7-8:15am** Wilkens \$52/\$78

Sep 13 - Oct 18 #443020-08

Nov 1 - Dec 13 (No class 11/29) #443020-24

of weeks: 6 Min 6/Max 24

**Dole Center, Studio 2

LV Beginning/Continuing Hatha Yoga & Meditation

The physical poses are just one part of the yoga tradition. Broaden your practice by learning how to meditate. Breath-based mindfulness techniques will be taught along with yoga poses chosen specifically for their ability to facilitate meditation.

Location: Dole Center, Studio 3

Instructor: Pat Gloor

Th, 9-10:15am \$52/\$78

Sep 11 - Oct 16 #443020-09

Oct 30 - Dec 11 (No class 11/27) #443020-25

of weeks: 6 Min 6/Max 24

Chair Yoga

Stretch the spine, strengthen the core, deepen the breath, and calm the mind by practicing yoga while seated comfortably in a chair. This class is great for anyone who wants to practice yoga but feels uncomfortable in a traditional mat class. Do not underestimate your power to access the benefits of yoga while sitting in a chair!

Instructor: Julia Robling Griest

Location: Dole Center, Studio 3

Th, 10:30-11:45am \$52/\$78

Sep 11 - Oct 16 #443020-12

Oct 30 - Dec 11 (No class 11/27) #443020-28

of weeks: 6 Min 6/Max 20

Prenatal Yoga

This gentle and safe prenatal yoga class will help release stiffness and tension throughout the entire body while focusing on toning muscles, especially those important to giving birth. Attention is also given to increasing mobility of the pelvis and learning how to maintain healthy posture during the weight gain of pregnancy. Participants should check with physician before first class.

Location: Dole Center, Studio 3

Instructor: Julia Robling Griest

Tu, 6-7:15pm \$52/\$78

Sep 9 - Oct 14 #443020-14

Oct 28 - Dec 9 (No class 11/25) #443020-30

Sa, 8-9:15am \$52/\$78

Sep 13 - Oct 18 #443020-15

Nov 1 - Dec 13 (No class 11/29) #443020-31

of weeks: 6 Min 6/Max 24

Yoga for Men

We're looking for a few good men to learn a variety of yoga postures for strength and flexibility. Learn to stretch, breathe, relax, wind down, open up, recharge and reenergize, all in a supportive male environment. Discover for yourself the regenerating effects of this ancient physical, mental and spiritual practice.

Location: Dole Center, Studio 3

Instructor: Tom Wilkens

W, 6-7:15pm \$52/\$78

Sep 10 - Oct 15 #443020-13

Oct 29 - Dec 10 (No class 11/26) #443020-29

of weeks: 6 Min 6/Max 24

Kundalini Yoga

Energize and uplift yourself with Kundalini yoga and meditation! You'll build a healthier body, reduce stress and make contact with your infinite self. Each class uses postures, breath work, chanting and meditation to provide you with the experience of your innate inner wisdom and joy. Kundalini yoga and meditation make you radiant, peaceful and strong so that you can meet life's challenges and win!

Location: Dole Center, Studio 3

Instructor: Tom Wilkens

Th, 7:30-8:45pm \$52/\$78

Sep 11 - Oct 16 #443020-11

Oct 30 - Dec 11 (No class 11/27) #443020-27

Sa, 9:30-10:45am \$52/\$78

Sep 13 - Oct 18 #443020-10

Nov 1 - Dec 13 (No class 11/29) #443020-26

of weeks: 6 Min 6/Max 24

Post Partum Yoga: Babies Welcome! LV

Begin to develop the firm foundation of a regular yoga practice while focusing on the needs of a new mom. We will be strengthening all the major muscle groups and discussing proper posture and the mechanics of lifting and carrying. This will not only help mom firm up after pregnancy and childbirth, but it will also help her be healthy, vigorous, and strong. Check with your physician before attending. Babies welcome.

Location: Dole Center, Studio 3

Instructor: Julia Robling Griest

M, 9-10:15am \$52/\$78

Sep 8 - Oct 13 #443020-16

Oct 27 - Dec 8 (No class 11/24) #443020-32

of weeks: 6 Min 6/Max 24