



Exercise & Fitness

Pilates & Other Core Training Classes

Basic Pilates

Develop body awareness through flowing and controlled exercises. Emphasis will be on increasing muscle flexibility and strength while engaging core muscles. The six basic Pilates principles - control, center, concentration, fluidity, precision and breath - will be utilized to improve the mind/body connection. Class will consist of mostly mat work.

Instructor: Liddie Murray

Location: Dole Center, Studio 2

Th, 8:15-9:10am

\$80/\$120

Jun 11 - Jul 30

#343080-02

of weeks: 8

Min 6/Max 16

LV Beginning/Continuing Pilates

Pilates utilizes a unique system of stretching and strengthening exercises which work the entire body. Pilates exercises help tone muscles, develop core stability, improve posture, increase flexibility and train the body and mind to work together to improve overall fitness.

Location: Dole Center, Studio 2

Instructor: Liddie Murray

Tu, 8:15-9:10am

\$80/\$120

Jun 9 - Jul 28

#343080-05

Instructor: Nell Wasserstrom

Th, 7:30-8:25pm

\$80/\$120

Jun 4 - Jul 23

#343080-03

Instructor: Nell Wasserstrom

Sa, 9:30-10:25am

\$80/\$120

Jun 6 - Jul 25

#343080-04

of weeks: 8

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

\$45/\$68

Jun 1 - Jul 6

#343050-13

Jul 20 - Aug 24

#343050-28

of weeks: 6

Min 6/Max 20

NEW! Magic Circle Pilates

LV

Spice up your mat class with the Pilates Magic Circle (aka Pilates Ring)! The Magic Circle provides light to moderate resistance in order to sculpt and tone your muscles while enhancing flexibility. It's a simple yet effective way to target specific areas of the body while improving upon the proper alignment and correct posture of each exercise. An exciting way to put a new twist on the traditional Pilates exercises. Great for all levels.

Instructor: Nell Wasserstrom

Location: Dole Center, Studio 3

Tu, 7:30-8:25pm

\$80/\$120

Jun 2-Jul 21

#343080-06

of weeks: 6

Min 6/Max 16

Body Sculpting

Body Sculpt/Fab Abs (Ages 16 & up)

LV

This class uses various types of resistance equipment for a muscle conditioning workout. We'll focus on the upper body, lower body, and core, working each muscle to exhaustion. Designed to meet your fitness goals, it is recommended to register for 1-3 sessions per week, giving your muscles at least one day to rest in between classes. Make up classes are permitted if a class has less than 14 students.

Location: Dole Center, Studio 1

Min 6/Max 14

Day/Time	Dates	Instructor	# of weeks	Fee	Code
M, 6-7:15am	Jun 1 - Jul 6	Enloe	6	\$45/\$68	#343050-01
M, 6-7:15am	Jul 20 - Aug 24 (No class 9/17)	Enloe	5	\$37/\$56	#343050-21
Tu, 9:30-10:45am	Jun 9 - Jul 28	Murray	8	\$60/\$90	#343050-03
Tu, 6:30-7:45pm	Jun 2 - Jul 7	Tischina	6	\$45/\$68	#343050-04
Tu, 6:30-7:45pm	Jul 21 - Aug 25	Tischina	6	\$45/\$68	#343050-23
Th, 6-7:15am	Jun 4 - Jul 9	Enloe	6	\$45/\$68	#343050-05
Th, 6-7:15am	Jul 23 - Aug 27 (No class 8/20)	Enloe	5	\$37/\$56	#343050-24
Th, 9:30-10:45am	Jun 11 - Jul 30	Murray	8	\$60/\$90	#343050-06
Th, 6:30-7:45pm	Jun 4 - Jul 9	Tischina	6	\$45/\$68	#343050-07
Th, 6:30-7:45pm	Jul 23 - Aug 27	Tischina	6	\$45/\$68	#343050-25
Sa, 7-8:15am	Jun 6 - Jul 11	Enloe	6	\$45/\$68	#343050-08
Sa, 7-8:15am	Jul 25 - Aug 29 (No class 8/22)	Enloe	5	\$37/\$56	#343050-26
Sa, 8:30-9:45am	Jun 13 - Aug 1	Murray	8	\$60/\$90	#343050-09
Sa, 8:30-9:45am	Aug 8 - Aug 30 (No class 8/22)	Enloe	3	\$23/\$34	#343050-27
Su, 8:30-9:45am	Jun 14 - Aug 2	Murray	8	\$60/\$90	#343050-10

LOTTERY!

Lottery Deadline is Noon, May 14.
Please read lottery info on page 81.





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.

Instructor: Tom Wilkens

Location: Dole Center, Studio 3

M, 6-7:15pm	\$92/\$138
<u>Jun 1 - Aug 10 (No class 6/22)</u>	<u>#343020-01</u>
W, 7:30-8:45pm	\$92/\$138
<u>Jun 3 - Aug 12 (No class 6/24)</u>	<u>#343020-02</u>
# of weeks: 10	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: Kathleen Furey, Julie Robling Griest, Tom Wilkens

M, 7:30-8:45pm	Wilkens	\$92/\$138
<u>Jun 1 - Aug 10 (No class 6/22)</u>		<u>#343020-03</u>
# of weeks: 10		
Tu, 9-10:15am	Robling Griest	\$92/\$138
<u>Jun 2 - Aug 4</u>		<u>#343020-05</u>
# of weeks: 10		
Tu, 4-5:15pm**	Furey	\$46/\$69
<u>Jun 2 - 30</u>		<u>#343020-06</u>
# of weeks: 5		
Th, 6-7:15pm	Wilkens	\$92/\$138
<u>Jun 4 - Aug 13 (No class 6/25)</u>		<u>#343020-08</u>
# of weeks: 10		
Sa, 7-8:15am**	Wilkens	\$87/\$130
<u>Jun 6 - Aug 15 (no class 6/27)</u>		<u>#343020-09</u>
# of weeks: 10		

Min 6/Max 24

**Dole Center, Studio 2

Prenatal Yoga

This gentle and safe prenatal yoga class will help release stiffness & 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 & learning how to maintain healthy posture during the weight gain of pregnancy. Participants should check with physician before 1st class.

Location: Dole Center, Studio 3

Instructor: Julia Robling Griest

Tu, 6-7:15pm	\$92/\$138
<u>Jun 2 - Aug 4</u>	<u>#343020-14</u>
# of weeks: 10	Min 6/Max 24
Sa, 8-9:15am	\$92/\$138
<u>Jun 6 - Aug 15 (No class 7/4)</u>	<u>#343020-15</u>
# of weeks: 10	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	\$55/\$82
<u>Jun 4 - Aug 6</u>	<u>#343020-04</u>
# of weeks: 10	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 re-energize, all in a supportive male environment. Discover for yourself the regenerating effects of this ancient physical, mental and spiritual practice.

Instructor: Tom Wilkens

Location: Dole Center, Studio 3

W, 6-7:15pm	\$92/\$138
<u>Jun 3 - Aug 12 (No class 6/24)</u>	<u>#343020-13</u>
# of weeks: 10	Min 6/Max 24

LOTTERY!

Lottery Deadline is Noon, May 14.
Please read lottery info on page 81.

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.

Instructor: Julia Robling Griest

Location: Dole Center, Studio 3

M, 9-10:15am	\$92/\$138
<u>Jun 1 - Aug 3</u>	<u>#343020-16</u>
# of weeks: 10	Min 6/Max 24

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.

Instructor: Julia Robling Griest

Location: Dole Center, Studio 3

Th, 9-10:15am	\$92/\$138
<u>Jun 4 - Aug 6</u>	<u>#343020-10</u>
# of weeks: 10	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 & Meditation make you radiant, peaceful and strong so that you can meet life's challenges and win!

Instructor: Tom Wilkens

Location: Dole Center, Studio 3

Th, 7:30-8:45pm	\$92/\$138
<u>Jun 4 - Aug 13 (No class 6/25)</u>	<u>#343020-12</u>
Sa, 9:30-10:45am	\$92/\$138
<u>Jun 6 - Aug 15 (No class 6/27)</u>	<u>#343020-11</u>
# of weeks: 10	Min 6/Max 24