

# NOVEMBER 2018



For more information call the Wellness Center 816 979-3090

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<sup>1</sup> Stretch & Strength 1p-2p Gentle Stretch/Strength 2p-3p Yoga 6p-7p	<sup>2</sup> Intermediate Yoga 1p-2p Gentle Yoga 2p-3p ReFit 6p-7p	<sup>3</sup>
4	<sup>5</sup> Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Yoga 6p-7p	<sup>6</sup> Stretch & Strength 1p-2p Gentle Stretch & Strength 2p-3p Circuit Training 6p-7p	<sup>7</sup> Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Restorative Yoga 6p-7p	<sup>8</sup> Stretch & Strength 1p-2p Gentle Stretch/Strength 2p-3p Yoga 6p-7p	<sup>9</sup> Intermediate Yoga 1p-2p Gentle Yoga 2p-3p ReFit 6p-7p	10
11	<sup>12</sup> Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Yoga 6p-7p	<sup>13</sup> Stretch & Strength 1p-2p Gentle Stretch & Strength 2p-3p Circuit Training 6p-7p	<sup>14</sup> Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Restorative Yoga 6p-7p	<sup>15</sup> Stretch & Strength 1p-2p Gentle Stretch/Strength 2p-3p Yoga 6p-7p	<sup>16</sup> Intermediate Yoga 1p-2p Gentle Yoga 2p-3p ReFit 6p-7p	17
18	<sup>19</sup> Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Yoga 6p-7p	<sup>20</sup> Stretch & Strength 1p-2p Gentle Stretch & Strength 2p-3p Circuit Training 6p-7p	<sup>21</sup> Intermediate Yoga 1p-2p Gentle Yoga 2p-3p <b>No Night Class</b>	<sup>22</sup> <b>Closed</b>	<sup>23</sup> <b>Closed</b>	24
25	<sup>26</sup> Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Yoga 6p-7p	<sup>27</sup> Stretch & Strength 1p-2p Gentle Stretch & Strength 2p-3p Circuit Training 6p-7p	<sup>28</sup> Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Restorative Yoga 6p-7p	<sup>29</sup> Stretch & Strength 1p-2p Gentle Stretch/Strength 2p-3p Yoga 6p-7p	<sup>30</sup> Intermediate Yoga 1p-2p Gentle Yoga 2p-3p ReFit 6p-7p	

**Happy Thanksgiving**

# DECEMBER 2018



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Yoga 6p-7p	Stretch & Strength 1p-2p Gentle Stretch & Strength 2p-3p Circuit Training 6p-7p	Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Restorative Yoga 6p-7p	Stretch & Strength 1p-2p Gentle Stretch & Strength 2p-3p Yoga 6p-7p	Intermediate Yoga 1p-2p Gentle Yoga 2p-3p	
9	10	11	12	13	14	15
	Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Yoga 6p-7p	Stretch & Strength 1p-2p Gentle Stretch & Strength 2p-3p Circuit Training 6p-7p	Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Restorative Yoga 6p-7p	Stretch & Strength 1p-2p Gentle Stretch & Strength 2p-3p Yoga 6p-7p	Intermediate Yoga 1p-2p Gentle Yoga 2p-3p	
16	17	18	19	20	21	22
	Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Yoga 6p-7p	Stretch & Strength 1p-2p Gentle Stretch & Strength 2p-3p Circuit Training 6p-7p	Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Restorative Yoga 6p-7p	Stretch & Strength 1p-2p Gentle Stretch & Strength 2p-3p Yoga 6p-7p	Intermediate Yoga 1p-2p Gentle Yoga 2p-3p	
23	24	25	26	27	28	29
	<b>Closed</b>	<b>Closed</b>	Intermediate Yoga 1p-2p Gentle Yoga 2p-3p Restorative Yoga 6p-7p	Stretch & Strength 1p-2p Gentle Stretch & Strength 2p-3p Yoga 6p-7p	Intermediate Yoga 1p-2p Gentle Yoga 2p-3p	
30	31	1				
	<b>Closed</b>	<b>Closed</b>				

# CLASS DESCRIPTIONS

## Intermediate Yoga

Intermediate Yoga is suitable for most levels. The instructor will guide beginner students through proper alignment and form, while encouraging more experienced practitioners to challenge themselves while building strength and flexibility. You will safely stretch and lengthen your body through a flow of supportive postures and breathing techniques, creating a calm mind, relaxed body and enhanced present moment awareness.

## Gentle Yoga

Gentle Yoga is a slow-paced, primarily seated class focusing on body awareness and breath. This class builds strength, endurance, flexibility and balance and supports personal safety. You will leave feeling refreshed and renewed in body, mind and spirit.

## Stretch and Strength

Stretch and Strength is designed for the active adult who wants to be challenged. It is a fun-filled class that enhances your flexibility, cardiovascular endurance, physical strength through ballet barre exercise and mat work.

## Gentle Stretch and Strength

Gentle Stretch and Strength is a gentler version of our stretch and strength class. Participants will mostly remain seated while using light weights and exercise tubing followed by a light workout at the ballet barre. You will always have the option to go to the mat or remain seated—whichever is appropriate for you at the time. This class is designed to build strength, flexibility and confidence.

## Restorative Yoga

The first half of this class works to build strength and endurance with time at the ballet barre. The second half of the class focuses on renewal through stretching and relaxation using bolsters and props while on the mat to calm the body, increase circulation and relax the mind.

## Circuit Training

Circuit Training class begins with alternating strength machines and cardio. Additional strengthening and endurance is enhanced by work at the ballet barre, hand weights and stability ball. This class is a great compliment to your yoga practice—keeping your core muscles strong and joints flexible.

## ReFIT®

Combines several elements of fitness into one power-packed hour. While the focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners.