

### Intermediate/Relaxation Yoga

This class is recommended for those who have prior experience and are able to sustain a higher level of effort. Relax in a non-competitive atmosphere while practicing activities leading to flexibility, strength and balance and meditation techniques. This class will be held in-person only

**Instructor:** Emily Williams-Guthrie

**Fee:** \$60 LM/ \$80 NM

Class#	Dates	Day	Time	Type
533341A1	Sept 13- Oct 25	M	6-7:30pm	In-Person
533341B1	Nov 15- Dec 20	M	6-7:30pm	In-Person

### Beginning Yoga for Seniors

Discover the benefits of yoga postures and controlled breathing – you'll improve the flexibility of your body and mind! You must be able to easily transfer from standing to sitting and lying down. No previous yoga experience necessary, just an open mind to explore new experiences. Please wear non-binding clothing; shoes are not needed for class. No class on Nov 25. Tuesday will be Virtual Only and Thursday will be both in-person and virtual.

**Instructor:** Betsy Murphy, RN (Tue)/ Shauna Babcock (Thu)

**Fee:** \$60LM/\$80NM

Class#	Dates	Days	Time	Type
534326A1	Sept 7- Oct 26	Tu	9:30-10:30am	Virtual
534326B1	Sept 9- Oct 21	Thu	9-10am	In-person/Virtual
534326C1	Nov 2- Dec 21	Tu	9:30-10:30am	Virtual
534326D1	Oct 28- Dec 16	Thu	9-10am	In-person/Virtual

### Pilates/Sculpt

Pilates work centers on strengthening the core. This class will improve flexibility, physical strength and enhance mental awareness. We will lengthen, strengthen and sculpt the entire body. This workout includes floor work with optional light hand weights. The 1<sup>st</sup> session will start out virtual only.

**Instructor:** Marla Lampert

**Fee:** \$60LM/\$80NM

Class#	Dates	Days	Time	Type
534312A1	Sept 7- Oct 26	Tu	9:30-10:15am	Virtual
534312B1	Nov 2- Dec 14	Tu	9:30-10:15am	In-Person/Virtual

### Gentle Chair Yoga for Seniors (This class is a 2 day a week class on Tuesdays & Thursdays)

If you are interested in exploring yoga, but are less ambulatory or not able to transfer easily, join this class! No experience necessary, all are welcome. We will explore the mind body practices of yoga seated in a chair or using the chair for support in standing poses. Learn yoga movement,

breathing and relaxation practices to increase flexibility of mind and body. Please wear comfortable clothing. This class will be held virtually only

**Instructor:** Betsy Murphy, RN

**Fee:** \$100 LM/ \$120 NM

Class#	Dates	Days	Time	Type
534305A1	Sept 7- Oct 28	Tu, Th	10:45-11:45am	Virtual
534305B1	Nov2- Dec 23	Tu, Th	10:45-11:45am	Virtual

### **Beginning Yoga – Teen/Adult**

This is a “sampler” class of over 60 yoga poses. You will experience relaxation and meditation techniques, along with strengthening and flexibility poses in a non-competitive atmosphere. Please wear loose clothing and avoid food for two hours before sessions. No Class on 11/24

**Instructor:** Emily Williams-Guthrie

**Location:** Levy Center

**Age Level:** 12 yrs. and up

**Fee:** \$60 LM/ \$80 NM

**Length:** 7 sessions

Class #	Dates	Day	Time	Type
533340A1	Sept 8- Oct 20	W	6:30-8pm	In-Person
533340B1	Nov 10- Dec 22	W	6:30-8pm	In-Person

### **Yoga to Heal**

Integrate the healing power of Yoga into your strategy to get well and stay cancer free. Use breath, guided meditation, mudras and movement to improve your peace of mind while recovering strength and energy. This class will be held both virtually and in-person. No class on Nov 27

**Instructor:** Shauna Babcock

**Fee:** \$60 LM/ \$80 NM

Class#	Dates	Day	Time	Type
533315A1	Sept 11- Oct 23	Sat	9-10am	In-Person/Virtual
533315B1	Oct 30- Dec 18	Sat	9-10am	In-Person/Virtual

### **Pilates/Yoga Fusion**

This class blends the best of both disciplines to provide participants with a strong core, flexibility and overall strength. This class will be held virtually only. No class on November 27

**Instructor:** Amanda Hart

**Fee:** \$60 LM/ \$80 NM

Class#	Dates	Day	Time	Type
533314A1	Sept 11- Oct 23	Sat	10:30-11:30am	Virtual
533314B1	Oct 30- Dec 18	Sat	10:30-11:30am	Virtual