

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
533341B1	Nov 8- 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
534326C1	Nov 2- Dec 21	Tu	9-10am	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 1st session will start out virtual only.

Instructor: Marla Lampert

Fee: \$60LM/\$80NM

Class#	Dates	Days	Time	Type
534312B1	Nov 2- Dec 14	Tu	9:30-10:15am	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
534305B1	Nov2- Dec 23	Tu, Th	10:30-11:30am	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
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
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
533314B1	Oct 30- Dec 18	Sat	10:30-11:30am	Virtual