



Health and Fitness

Pilates

Mondays, Aug. 11 – Sept. 22 (6 weeks – no class on Sept. 1), 8:30 – 9:30 AM. Cost: \$52.
Registration and payment deadline: Wednesday, Aug. 6. Instructor: Sandy Larson. Sculpt your body, increase your flexibility and reduce your stress with Joseph Pilates' core workout. Pilates is an excellent conditioning format to tone your abdominals, strengthen your back and create long, lean muscles. Bring a mat, towel or blanket.

20/20/20

Thursdays, Aug. 14 – Sept. 25 (6 weeks – no class on Sept. 4), 9 – 10 AM. Cost: \$52.
Registration and payment deadline: Monday, Aug. 11. Instructor: Sandy Larson. Get your “total package” workout in one hour with 20 minutes of flexibility, 20 minutes of resistance exercise and 20 minutes of fat burning, low impact cardio. Dress comfortable and bring a mat, towel or blanket.

Yoga (Two Classes)

- I. Mondays, Sept. 8 – Sept. 22 (3 weeks), 7 - 8 PM.
- II. Tuesdays, Sept. 9 – Sept. 23 (3 weeks), 9 - 10 AM.

Cost: \$23 each class. Registration and payment deadline: Wednesday, Sept. 3. Instructor: Jaya Raines. Class includes the basics and beyond in yoga - stretching, posture and gentle positions. This is a great way to experience the health benefits of yoga which include increased flexibility, improved body strength, sharpened mental focus and much more. Wear loose, comfortable clothing and bring a mat or heavy quilt.