





**Strong For Life (LI-3)**

Through simple, safe and effective exercises set to motivating music, you will build strong, functional muscles. The class uses dumbbells and other equipment to develop balanced strength and power throughout the body. You will become stronger, for a better, longer life.

*Monday with Kevin*

**Tai Chi - Mixed Class**

Tai Chi is an ancient Chinese practice that has been linked to myriad health benefits and can be a positive part of an overall approach to improving wellness. This class is great for people who have a very basic understanding of Tai Chi or you wish to continue to develop your internal balance, and find your harmony with body, mind and spirit.

*Monday with Jarvis*

**Stretch 'n Tone(LI-3)**

This popular class will allow you to work at your level, increase your core strength and improve your balance and flexibility while having fun at the same time!

*Tuesday and Thursday with Martha*

**Aquacize (LI—L3)**

Work out in the water. Aquacize is easy on the body and great for all fitness levels.

\*All class participants are asked to arrive with bathing suits on and enter the pool area via the door off the hallway. There will be no access to the change rooms until after class.

*Monday & Wednesday with Martha & Friday with Vito*

**Yin (Gentle) Yoga (LI-3)**

Gentle Yoga is a synergistic blend of Restorative and Yin Yoga, incorporating props such as bolsters, straps, blocks and blankets. The props provide a supportive environment for total relaxation of the body, allowing for both healing and rejuvenation to take place. **\*\*\*\*Please bring your own equipment**

*Tuesday with Beverly*

**Pilates (LI-3)**

Pilates moves are combined with the use of the Swiss stability ball method for a complete full body workout. Pilates incorporates breath with movement to lengthen, strengthen and tone the body. **\*\*\*Please bring your own equipment**

*Wednesday with Beverly*

**Gentle Flow Yoga (LI-3)**

This gentle yet in-depth practice consists of a sequence of asanas that increases flexibility and strengthens your entire body, releasing the chronic tension that can dull vitality. Good for all levels of experience and flexibility

**\*\*Please bring your own equipment**

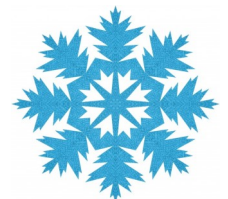
*Sunday with Miranda*

**Hatha Yoga (LI-3)**

Hatha is for every body ! This class is gentle and slow making it great for new students or those who are looking for a more relaxing yoga class. Gentle Hatha focuses on breathing and brings longer holds in each pose to allow students to experience the fullness of the pose. There are many benefits of yoga such as increasing balance, range of motion, coordination, boosting the immune system while managing pain and lowering stress. **\*\*\*Please bring your own equipment**

*Friday with Miranda*

*We are wishing you 12 months of success,  
52 weeks of laughter, 365 days of fun, 8760 hours of joy, 525600  
minutes of good luck & 31536000 seconds of happiness!*



**GUIDE TO LEVELS**

**Level 1**

Easy to follow, low Intensity

**Level 2**

Moderately Challenging

**Level 3**

Challenging

\* Class times and dates subject to change without notice