

FITNESS CLASSES

A Breath of Energy: T'ai Chi Ch'uan- For Continuing & Advanced Students

This class will continue expanding lessons using quiet, supple movements involving the entire body performed in a calm and peaceful manner, and cultivating the spirit and the body. The principles of T'ai Chi movement, Qigong exercises and part of the new Chen Long form will be taught.

6 Tues., June 16, 30, July 14, 28, August 11, 25

No Friday Classes

Time: 9:00-9:50 am Instructor: Deb Solis

Course Fee: \$6.00/class or \$30.00 for all 6 classes

A Breath of Energy: T'ai Chi Ch'uan- Beginner

An ancient Chinese health exercise. Quiet, supple movements involving the entire body are performed in a calm and peaceful manner, cultivating the spirit and the body. The principles of T'ai Chi movement, Qigong exercises and part of the new Chen form will be taught.

6 Tues., June 16, 30, July 14, 28, August 11, 25

3 Fridays, June 19, July 17, August 21

Tuesday Time: 10:00-10:50 am

Friday Time: 10:45-11:35 am

Instructor: Deb Solis

Course Fee: \$6.00/class or \$30.00 for all 6 classes

Gentle Chair Yoga

This is the practice of integrating mindful movement with the breath. The focus of improving balance, strength, flexibility and calm will all be addressed utilizing a chair whenever necessary.

Wear comfortable clothing and bring a beach towel or a yoga mat. CFE coupons cannot be applied.

Min 7, Max 18

Summer I: 4 Wednesdays, June 3-24

Summer II: 5 Wednesdays, July 1-29

Time: 10:00-10:50 am

Instructor: Michelle Kreiter

**Course Fee: Summer I: \$24.00 Summer II: \$30.00
or all 9 Sessions: \$50.00**

Intermediate Yoga

Yoga is a practice that can promote strength, balance and flexibility. It can also bring calm to the mind and balance to the whole body through poses, breathing and mindfulness.

We will review basic yoga positions and learn new poses and breathing techniques. Bring a towel or floor mat and wear comfortable clothing. CFE coupons cannot be applied. Min 7, Max 12

Summer I: 4 Wednesdays, June 3-24

Summer II: 5 Wednesdays, July 1-29

Time: 11:00-11:50 am

Instructor: Michelle Kreiter

**Course Fee: Summer I: \$24.00 Summer II: \$30.00
or all 9 Sessions: \$50.00**

AQUATIC FITNESS

Each aqua fitness class is targeted for different fitness levels. Participants are encouraged to work at their own pace. No swimming skills are required.

Please bring your own towel, swimsuit and lock. Water Shoes are strongly recommended. Center for Enrichment is not responsible for lost, damaged, or stolen items. No food nor drink (other than water) in the locker rooms and pool area.

Warm Water Pool-temperature between 85-88.

Center for Enrichment member coupons cannot be applied to water exercise classes.

Therapeutic Aqua Walking

March and walk through the water to create resistance and improve your cardiovascular fitness, muscular endurance, and flexibility. This class has no instructor and is at your own pace. Min. 4, Max. 12

Summer I

6 Mondays, June 8-July 13

6 Wednesdays, June 10-July 15

Summer II

6 Mondays, July 27-August 31

6 Wednesdays, July 29-September 2

Time: 8:30-9:30 am

Instructor: Self Led

Course Fee: \$20.00/6 week Session

Aqua Fit I-Low Intensity Make the most of water's natural resistance that helps increase your flexibility and muscle strength. Low level, non-aerobic workout is safe and fun without impact to the joints. Even people with arthritis may want to give these classes a try! Min. 6, Max. 12

1 Class option-note dates below

Aqua Fit II-Moderate Intensity This is the perfect environment to stretch your muscles, get in some cardio workout and flex your joints. Movements are tailored for moderate speed, power, agility and strength. Geared to making you more fit without stressing your body. Min. 6, Max. 12

3 Class options-note dates below

Summer I

6 Tuesdays, June 9-July 14

6 Thursdays, June 11-July 16

Summer II

6 Tuesdays, July 28-September 1

6 Thursdays, July 30-September 3

Tuesdays

Time: 10:00-11:00 am - Moderate Intensity

Time: 11:00 am-Noon - Moderate Intensity

Time: Noon to 1:00 pm - Low Intensity

Thursdays

Time: 10:00-11:00 am - Low Intensity

Time: 11:00 am-Noon - Moderate Intensity

Instructor: Laura Haas

Course Fee: \$36.00/6 week class

Note term, day and time on registration form