

***YIN AND YANG YOGA (12 REGISTERED MAX), INSTRUCTOR CECILE MERCER, TUESDAYS & THURSDAYS, 10-11 AM
BRING A MAT, BLOCKS OR SMALL PILLOWS, BLANKET, STRAPS***

Join Cecile Mercer for Yin Yoga. This class features 4 phases: Yin stretching, warm up, work, and cool down. Learn deep breathing and incorporate into calming your mind and relaxing your body. Yin and Yang is deep stretching done while muscles are cool. The work phase will strengthen your muscles and increase your endurance. The cool down will work on balance, deep stretching and final relaxation. **The cost to attend this class in June is \$45.00 for 9 classes. Yin and Yang Yoga will start on Tuesday, June 1st. Registration for this class opens on Wednesday, May 19th at 8 AM. Registration must be done in person at ARC. Payment is expected upon registration.**

ADVANCED LINE DANCE (12 MAX REGISTERED), INSTRUCTOR FLORENCE PETERSON, MONDAY & WEDNESDAY, 1:30-2:30

This class is for participants that have completed Line Dance I and II. Registration for this class is by phone only. Call ARC at 888-9099 to register for this class. You can also call ARC at 309-888-9099 to register. Registration for this program will open May 25th at 8 AM. Registration closes 1 hour prior to start time.

LINE DANCE II (15 MAX REGISTERED), INSTRUCTOR FLORENCE PETERSON, WEDNESDAY, 2:45-3:45 PM

This class is for participants that have completed Line Dance I. Register on ARC's website through the GymMaster Portal. You can also call ARC at 309-888-9099 to register. Registration for this program will open May 25th at 8 AM. Registration closes 1 hour prior to start time.

LINE DANCE I (15 REGISTERED MAX), INSTRUCTOR FLORENCE PETERSON, MONDAYS, 2:45-3:45 PM

This class is set up for new line dance students. Register on ARC's website through the GymMaster Portal. You can also call ARC at 309-888-9099. Registration for this program will open May 25th at 8 AM. Registration closes 1 hour prior to start time.

GENTLE YOGA (12 REGISTERED MAX), INSTRUCTOR ADA REDIGER, TUESDAYS, 9-10 AM (NO CLASS JUNE 29TH)

This one-hour class uses slow warm-ups, gentle asana (postures) guided by the breath (pranayama) and deep relaxation. It is for students interested in learning to relax and feel good in their body. During the class, the student will move from seated or lying on the mat to standing and back to the mat. Most classes will include: Opening/Centering using guided awareness and pranayama (breathwork), Gentle warm-ups and asanas (yoga postures) guided by the breath, mat work that is lying down, seated and/or standing, working on strength, stability, flexibility and balance, Relaxation, Closing by sharing the sound of OM or chanting. You will rejuvenate muscles, repair connective tissue, strengthen bones, improve joint function and balance. Modifications are offered and use of props is encouraged making the practice accessible. Recommended Props: yoga Mat, 2 yoga blocks, yoga Strap, blanket(s), bolster, straight back chair (No Wheels). **The cost to attend this class in June is \$40.00 for 4 classes. Gentle Yoga will start on Tuesday, June 1st. Registration for this class opens on Wednesday, May 19th at 8 AM. Registration must be done in person at ARC. Payment is expected upon registration.**

CHAIR YOGA (12 REGISTERED MAX), INSTRUCTOR ADA REDIGER, TUESDAYS, 10:15-11:15 AM (NO CLASS JUNE 29TH)

This one-hour class uses a chair as a prop for most postures. It is for students who are uncomfortable moving to the floor, students recovering from an injury, or students who are interested in a gentle practice from a different perspective. Most classes will include: opening/centering using guided awareness and pranayama (breathwork), gentle warm-ups and asanas (yoga postures) guided by the breath, seated and/or standing, working on strength, stability, flexibility and balance, relaxation, closing by sharing the sound of OM or chanting. Physically, you will rejuvenate muscles, repair connective tissue, improve joint function and balance. Additionally, your relaxation will give your body and mind time to integrate the results of your practice. Recommended Props: straight back Chair (No Wheels), yoga mat to place under chair or non-sliding surface under chair, 2 yoga blocks, yoga strap, blanket(s), bolster. **The cost to attend this class in June is \$40.00 for 4 classes. Gentle Yoga will start on Tuesday, June 1st. Registration for this class opens on Wednesday, May 19th at 8 AM. Registration must be done in person at ARC. Payment is expected upon registration.**

MODIFIED YOGA (12 REGISTERED), INSTRUCTOR CONNIE STEFL, MONDAYS & WEDNESDAYS, 10-11 AM

Modified Yoga uses restorative yoga, adaptations and a slower pace to help both men and women improve balance, flexibility, fitness and relaxation. This is a highly personalized class that is structured according to individual needs. It is ideal for, but not limited to, people with Multiple Sclerosis, Fibromyalgia, and/or any other health, age, or weight issue. **The cost to attend this class in June is \$54.00 for 9 classes. Modified Yoga will start on June 2nd. Registration for this class opens on Wednesday, May 19th at 8 AM. Registration must be done in person at ARC. Payment is expected upon registration.**

PEPS/BFIT VIDEO, MONDAYS & WEDNESDAYS & FRIDAYS, 9 AM

Join past Bfit and Peps participants in the exercise studio and workout to a fitness video. There is no instructor for this class. Register on ARC's website through the GymMaster Portal. You can also call ARC at 309-888-9099 to register. Registration for this program will open May 25th at 8 AM. Registration closes 1 hour prior to start time.