

“Sometimes
the most
productive
thing you
can do is
relax.”

MARK BLACK
-INSPIRATIONAL
SPEAKER

Class Dates/Times/Prices

Yoga

Mondays & Wednesdays, 8:00 - 9:00 AM
Cost: \$30, \$60

Modified Yoga

Mondays & Wednesdays, 10:00 - 11:00 AM
Cost: \$40, \$75

Chair Yoga

Tuesdays & Thursdays, 10:15-11:15 AM
Cost: \$36, \$72

Gentle Yoga

Tuesdays & Thursdays, 9:00 - 10:00 AM
Cost: \$36, \$72

Tai Chi Form

Mondays & Wednesdays, 10:30 AM
FREE

Mastering Your Energy

Fridays, 10:00 AM
Cost: 3 classes \$30, 6 classes \$60



Relaxation Fitness



YOGA

3 phases: warm up, work and cool down. In warm up, learn deep breathing and incorporate it into calming your mind and relaxing your body as well as warming your muscles. The work phase strengthen your muscles and increase your endurance. The cool down will work on balance, deep stretching and Final Relaxation. Class is one hour. Yoga mat will be needed.

Meet Your Instructor:
Cecile Mercer



MODIFIED YOGA

Uses restorative yoga, adaptations and a slower pace to improve balance, flexibility, fitness & relaxation. Highly personalized class that is structured according to individual needs. Ideal for, but not limited to, people with Multiple Sclerosis, Fibromyalgia and other health, age, or weight issues.

Meet Your Instructor:
Connie Stefl



CHAIR YOGA

This 45-minute class uses a chair as a prop for most postures. Good for students who are uncomfortable moving to the floor and those interested in a gentle practice from a different perspective. Includes a slow warm-up, gentle postures and relaxation using breath as a guide. You will rejuvenate muscles, repair connective tissues and improve joint function and balance.

Meet Your Instructor:
Ada Rediger



TAI CHI FORM

This class is for advanced Tai Chi participants. There will be no instructor, no fee and and sign-up required. Tai Chi From allows ARC to service more members who are Tai Chi beginners in the classes listed above.

GENTLE YOGA

One hour class includes slow warm ups, gentle postures and deep relaxation using the breath as a guide. Good for those who want to relax and feel good in their body. Rejuvenate muscles, repair connective tissue, strengthen bones, & improve joint function and balance. Modifications offered. A yoga mat and an open heart are required. Prerequisite: ability to get up and down off floor.

Meet Your Instructor:
Ada Rediger



MASTERING YOUR ENERGY

Become the master of your energy through awareness, movement, and sound, using your body, voice and the wisdom within as powerful instruments for health & wellness—practicing a fusion of Qigong, Tai Chi & Vocal Toning. Experience the benefits in body, mind and spirit—release stress, restore balance, strengthen vitality, boost immune system, and feel peace of mind.

Meet Your Instructor:
Laura Elliot

