

# Adult Fitness

## Gong Yoga Nidra

Gong Yoga Nidra uses voice and the sound of the gong along with breath and body awareness and guided meditation to achieve a deep state of relaxation. The guided meditation will segway into an extended gong sound bath. Gong Yoga Nidra can help assist with heightened awareness, relaxation, accelerating healing and therapeutic change within all levels of the physical body, energy body, emotional body, knowledge body and bliss body. Yoga Nidra participants are invited to relax on their back on yoga mats (please bring your own mat) and encouraged to bring a water bottle with closed lid, blankets, yoga props and pillows to keep the body comfortably still. Single day registration available please reach out to Tyler at [burnett@siviewpark.org](mailto:burnett@siviewpark.org) for information.

**29045 Gong Yoga Nidra**  
 Min: 4 Max: 10  
 Instructor: Aimee Arendsee  
 Location: Meadowbrook Farm

Age: 18+  
 T May 07-28  
 2:00PM-3:00PM  
 R: \$60.00 | NR: \$72.00

**29044 Gong Yoga Nidra**  
 Min: 4 Max: 10  
 Instructor: Aimee Arendsee  
 Location: Meadowbrook Farm

Age: 18+  
 T Jun 04-18  
 2:00PM-3:00PM  
 R: \$80.00 | NR: \$96.00

## Hips, Core, and Pelvic Floor

Are jumping jacks your arch nemesis after childbirth? Do you feel like you never really figured out how to use your core well after kids? Come to this course to learn how to optimize your pelvic health and re-learn how to use your core, all while getting a good workout! Each session will have an educational component directed at pelvic floor health (which includes core function!) as well as a workout focused on making gains in the hips, core, and pelvic floor. Exercises will draw from yoga, barre, and HIIT-type movements as well as gradually progressive impact. \*This course is appropriate for 10 weeks to many years postpartum. Please bring your own yoga mat.

**29420 Hips, Core, and Pelvic Floor**  
 Min: 2 Max: 12  
 Instructor: Linsey Tracy  
 Location: Meadowbrook Farm

Age: 18+  
 W May 08-Jun 12  
 4:30PM-5:30PM  
 R: \$120.00 | NR: \$144.00

**29527 Hips, Core, and Pelvic Floor**  
 Min: 2 Max: 12  
 Instructor: Linsey Tracy  
 Location: Meadowbrook Farm

Age: 18+  
 M May 06-Jun 17  
 10:00-11:00AM  
 R: \$120.00 | NR: \$144.00

## Tai Qi and Qi Gong

Tai Qi and Qi Gong are mind-body forms of movement originally derived from Chinese Martial Arts and are related to the Meridians and points used in Chinese Medicine. They are practiced for flexibility, grounding, increased strength and balance, coordination, more mindful breathing, and enhanced energy flow. The Qi Gong includes many movements based on The Animals which are delightful as they train the body and imagination. All of the movements will be standing and can be modified according to the needs of each individual. These forms are famous for cultivating a fluidity of movement that grows out of increasing our core strength.

**29046 Tai Qi and Qi Gong**  
 Min: 2 Max: 15  
 Instructor: Bonnie Lawlor  
 Location: Si View Community Center

Age: 18+  
 T,W May 01-Jun 12  
 10:00AM-11:00AM  
 R: \$70.00 | NR: \$84.00

## Sound Healing Sessions

Relax into deep meditation while bringing your mind, body and spirit into vibrational energetic balance through the sounds of crystal singing bowls, planetary tuned gongs, ocean drums, Koshi chimes and more. Sound healing has been shown to reduce stress, anxiety, depression and blood pressure while creating a deeper state of relaxation and meditation. It cleanses and balances the chakras and promotes mental and emotional balance. Studies have shown sound healing also stimulates and balances the immune, glandular, and nervous systems. Please bring a water bottle, yoga mat/sleeping pad, blanket and pillow (if desired). Doors open at 6:15pm. Doors close at 6:30pm for the start of the event.

**29041 Sound Healing Session (1)**  
 Min: 2 Max: 20  
 Instructor: Aimee Arendsee  
 Location: Meadowbrook Farm

Age: 18+  
 T May 14  
 6:30PM-8:00PM  
 R: \$30.00 | NR: \$36.00

**29042 Sound Healing Session (2)**  
 Min: 2 Max: 20  
 Instructor: Aimee Arendsee  
 Location: Meadowbrook Farm

Age: 18+  
 T May 28  
 6:30PM-7:30PM  
 R: \$30.00 | NR: \$36.00

**29043 Sound Healing Session (3)**  
 Min: 2 Max: 20  
 Instructor: Aimee Arendsee  
 Location: Meadowbrook Farm

Age: 18+  
 T Jun 11  
 6:30PM-8:00PM  
 R: \$30.00 | NR: \$36.00

## Women's Boot Camp

Come join an 8-week women's-only bodyweight circuit class series designed to build strength and improve cardiovascular endurance. This fun and dynamic group class will keep you motivated and help you reach your summer fitness goals in a supportive, judgment-free environment. Whether you're a seasoned gym-goer, a new mom returning to a fitness routine, or a brand new participant, this series is for you. All fitness levels are welcome, modifications will be provided.

**Women's Boot Camp**  
 Min: 6 Max: 10  
 Instructor: Hayley Shevlyagin  
 Location: Si View Park

Age: 18+  
 W Jul 03-Aug 21  
 7:30AM-8:15AM  
 R: \$90.00 | NR: \$108.00



## Fitmates

Are you game for a challenge? Come workout with the Fitmates group! We will be torching calories, toning muscles, and building endurance; all in an energetic setting with a challenge by choice approach. Fitmates will keep you motivated and coming back for more!

Min: 3 Max: 10  
 Instructor: Michael Gaudio  
 Location: Si View Community Center  
 10 punch passes, valid for 6 months

Age: 18+  
 T/TH May 02-Aug 29  
 6:00PM-7:00PM  
 R \$67.50 | NR \$92.00



## Ashtanga Yoga

Ashtanga Yoga, the "Eight Limbs of Yoga" is a slow flow, meditative physical practice (3rd limb) infused with breath work (4th limb), yoga philosophy (limbs 1 and 2) and the various levels of meditation (limbs 5-8). Yoga is a way of life which complements your belief system whether you are atheist, agnostic, spiritual or religious. The goals of this practice are to feel more relaxed and centered, flexible and strong and better able to take on all that your life entails. Practicing yoga together builds a strong support system and sense of belonging. The class levels are adapted to suit your experience with yoga, general health and conditioning. The instructor is happy to assist you with deciding on the particular practice to join. Yoga mat required; other props recommended but not necessary.

Instructor: Judy Baldwin  
 Location: Meadowbrook Farm

Age: 18+  
 Min: 4 Max: 15

Ashtanga Yoga Class Schedule				
Class	Day	Dates	Time	Cost R   NR
Gentle yoga	M	May 06-20	4:30PM-5:30PM	\$30   \$36
Gentle yoga	M	Jun 03-17	4:30PM-5:30PM	\$30   \$36
Beginner yoga	M	May 06-20	6:00PM-7:00PM	\$30   \$36
Beginner yoga	M	Jun 03-17	6:00PM-7:00PM	\$30   \$36
Mat/Chair yoga	TH	May 02-30	4:30PM-5:30PM	\$50   \$60
Mat/Chair yoga	TH	Jun 06-13	4:30PM-5:30PM	\$20   \$24
Intermediate yoga	TH	May 02-30	6:00PM-7:00PM	\$50   \$60
Intermediate yoga	TH	Jun 06-13	6:00PM-7:00PM	\$20   \$24
All level yoga	M	May 06-20	7:15PM-8:15PM	\$30   \$36
All level yoga	M	Jun 03-17	7:15PM-8:15PM	\$30   \$36
All level yoga	M	Jul 01-29	4:30PM-5:30PM	\$50   \$60
All level yoga	M	Jul 01-29	6:00PM-7:00PM	\$50   \$60
All level yoga	M	Jul 01-29	7:15PM-8:15PM	\$50   \$60
All level yoga	M	Aug 05-26	4:30PM-5:30PM	\$40   \$48
All level yoga	M	Aug 05-26	6:00PM-7:00PM	\$40   \$48
All level yoga	M	Aug 05-26	7:15PM-8:15PM	\$40   \$48

See Outdoor Programs on page 17 for more activities!