


ADULT PROGRAMS

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
Min: 5 **Max:** 20
Age: 16+



ASHTANGA YOGA CLASS SCHEDULE					
Class	Day	Dates	Time	Cost R	NR
Gentle yoga	M	Sep 9-30	4:30PM-5:30PM	\$40	\$48
Gentle yoga	M	Oct 7-28	4:30PM-5:30PM	\$40	\$48
Gentle yoga	M	Nov 4-25	4:30PM-5:30PM	\$30	\$36
Gentle yoga	M	Dec 2-16	4:30PM-5:30PM	\$30	\$36
Gentle yoga	TH	Sep 5-26	4:30PM-5:30PM	\$40	\$48
Gentle yoga	TH	Oct 3-24	4:30PM-5:30PM	\$40	\$48
Gentle yoga	TH	Nov 7-21	4:30PM-5:30PM	\$30	\$36
Gentle yoga	TH	Dec 5-19	4:30PM-5:30PM	\$30	\$36
Intermediate yoga	TH	Sep 5-26	6:00PM-7:00PM	\$40	\$48
Intermediate yoga	TH	Oct 3-24	6:00PM-7:00PM	\$40	\$48
Intermediate yoga	TH	Nov 7-21	6:00PM-7:00PM	\$30	\$36
Intermediate yoga	TH	Dec 5-19	6:00PM-7:00PM	\$30	\$36
All level yoga	M	Sep 9-30	7:15PM-8:15PM	\$40	\$48
All level yoga	M	Oct 7-28	7:15PM-8:15PM	\$40	\$48
All level yoga	M	Nov 4-25	7:15PM-8:15PM	\$30	\$36
All level yoga	M	Dec 2-16	7:15PM-8:15PM	\$30	\$36
Beginner yoga	M	Sep 9-30	6:00PM-7:00PM	\$40	\$48
Beginner yoga	M	Oct 7-28	6:00PM-7:00PM	\$40	\$48
Beginner yoga	M	Nov 4-25	6:00PM-7:00PM	\$30	\$36
Beginner yoga	M	Dec 2-16	6:00PM-7:00PM	\$30	\$36

RELAX AND REPLENISH YOGA

Restorative yoga offers a simple way to practice relax, relieve discomfort, and re-energize. This restorative yoga class is suitable for all levels. We use props like blankets, towels, or pillows to support the body in poses and allow muscles and connective tissue to relax. Classes include guided meditations and gentle breathwork. Bring a yoga mat and any props you have available, like a blanket or large towel, a bolster or pillow.

Relax and Replenish (1)
Min: 4 **Max:** 12
Instructor: Alexandra Howson
Location: Si View Center
Age: 16+
M Oct 07- Nov 04
10:00AM-11:00AM
R: \$50 | NR: \$60

Relax and Replenish (2)
Min: 4 **Max:** 12
Instructor: Alexandra Howson
Location: Si View Center
Age: 16+
M Nov 18-Dec 16
10:00AM-11:00AM
R: \$50 | NR: \$60

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 Center
10 class pass, valid for 6 months
Age: 18+
T/TH Sep 03-Dec 19
6:00PM-7:00PM
R \$67.50 | NR \$92



HIPS, CORE, AND PELVIC FLOOR

Updated format! A weekly, progressive 45-minute total body HIIT and strength workout with a focus on optimal pelvic floor and core function. Each session is paired with a brief but empowering 15 minute chat covering various pelvic and women's health topics. Whether you have pelvic floor goals (be they jumping on the trampoline again or chasing toddlers without leakage), or just want to gain some general strength for maintenance and prevention, this class is for you! We will foster camaraderie and a positive environment while we work. A complimentary print-out of each week's exercises is provided for reference. Taught by a local doctor of physical therapy, exercises can be modified to accommodate various fitness levels. For those postpartum, it is recommended not to start until around 10 weeks after birth.

30546 Hips, Core, and Pelvic Floor
Min: 3 **Max:** 15
Instructor: Linsey Tracy
Location: Meadowbrook Farm
Age: 18+
W Sep 18-Oct 30
10:00AM-11:00AM
R: \$200 | NR: \$240

STRENGTH TRAINING FOR RECREATIONAL RUNNERS

This weekly, progressive class will focus on total body strength and stability to support runners who want to work toward running goals of any size with cross training. We will use body weight, resistance bands, and HIIT-style exercises to enhance performance and reduce the risk for running-related injuries. Participants should expect a supportive environment for runners of all levels.

30683 Strength Training
Min: 4 **Max:** 15
Instructor: Linsey Tracy
Location: Meadowbrook Farm
Age: 18+
W Sep 18-Nov 06
4:30PM-5:30PM
R: \$200 | NR: \$240

PADDLEBOARD YOGA AND FITNESS

Come build your SUP foundation with Lindsay Lambert of Paddling Yogini LLC in a warm, calm, safe pool environment before it's time to go outside on the lake, river or ocean. We will cover: Entering and exiting the water safely, fundamentals of yoga and fitness on a Stand Up Paddleboard, and progressions each week. No SUP experience required. Dress for a HOT yoga class. Paddleboards are provided by the instructor.

30545 Session 1
Min: 6 **Max:** 10
Instructor: Lindsay Lambert
Location: Si View Pool
Age: 12+
S Nov 03-17
4:00PM-5:00PM
R: \$90 | NR: \$108

30543 Session 2
Min: 4 **Max:** 10
Instructor: Lindsay Lambert
Location: Si View Pool
Age: 12+
S Dec 08-22
4:00PM-5:00PM
R: \$90 | NR: \$108

