

SPIRIT, MIND AND BODY

HATHA YOGA

Reduced fee for Yoga--members only

Drop-in Yoga will be offered for classes that have not filled. Call the Member Service Desk at 508-879-4420 for class availability.

\$11 members/ \$21 non-members per class

Gentle Hatha Yoga Monday, Wednesday with Debra, Thursday with TBD

Reconnect to your body, become centered, and learn to relax, by moving through gentle yet strengthening postures and breathing exercises.

\$25 members/\$130 non-members

Monday	7:15 - 8:30 pm	01201-11
Wednesday	7:50 - 9:05 pm	01201-31
Thursday	5:00 - 6:00 pm	01201-41

Simply Yoga

Monday with Joe

Want to try yoga, but not sure which kind? Try Simple Yoga, this yoga class will open doors to various types of yoga and help you to relax and rejuvenate.



Class \$25 members / \$130 non-members

Monday	12:00 - 1:00 pm	01201-10
--------	-----------------	----------

Power Yoga, with Joe

An athletic form of yoga that sculpts strong healthy bodies, allowing students to tap into their core strength and realize their full potential on all levels. The perfect blend of sweat and serenity. Come ignite your spirit. **\$25 members/ \$130 non-members**



Wednesday	12:00 - 1:00 pm	01201-33
-----------	-----------------	----------

Sunday Slow Flow Yoga, with Daphne

Postures focusing on balance and flexibility through providing students with correct alignment instructor for safety, energy flow, mental and physical well being. All Levels Welcome! **\$25 members/ \$130 non-members**

Sunday	8:15 - 9:30 am	01201-71
--------	----------------	----------

Yoga for the Back, with Daphne

Eight out of ten people will experience back pain at some time in their lives. Learn a set of yoga tools to treat back pain, using yoga sequences for the low back, sacrum, hips, knees, and ankles. You will take home a practical and proven approach to healing back pain. **\$25 members/ \$130 non-members**

Tuesday	10:30 - 11:30 am	01201-21
---------	------------------	----------

Yoga and Mindfulness (YAM) in Everyday Life, with Daphne

Enjoy slow flow yoga and mindfulness while learning to combine breathing with movement, and explore different ways of incorporating mindfulness in our everyday life. **\$25 members/ \$130 non-members**

Monday	9:15 - 10:30 am	01201-19
--------	-----------------	----------



Gentle Flow yoga with Daphne

A gentle yet invigorating yoga practice which combines flowing yoga poses with alignment and an open heart. Appropriate for all levels. **\$25 members/ \$130 non-members**

Thursday	10:30 - 11:30 am	01201-42
----------	------------------	----------

SPIRIT MIND BODY

CORE DYNAMICS w/ JANE

Take your core work off the mat and into a vertical position. A combination of Standing Pilates exercises and dynamic flowing sequences will challenge your core and lower body musculature, as well as balance. Leave your workout shoes at home; this class will be done barefoot! Appropriate for all fitness levels. This class can help anyone improve their balance from the "unbalanced" to athletes! **Free to members/ \$108 members**

Tuesday	7:45 - 8:45 pm	01302-23
Saturday	8:00 - 8:50 am	01302-61

Tai Chi and Meditation with Lee Taylor

Tai Chi is a series of slow, graceful movements designed to release tension and improve the flow of energy through the body. Combined with deep breathing and mindfulness, tai chi practice unifies the mind, body and spirit – promoting good health and creating a deep sense of relaxation and well being. This class will include 1 hour of instruction and will close with 15 minutes of meditation. Both classes will meditate from 7:15-7:30pm

Classes: \$54 members/\$108 non-members

Level 1

Thursday	6:15 - 7:30 pm	01206-41
----------	----------------	----------

Level 2&3

Thursday	7:15 - 8:30 pm	01206-42
----------	----------------	----------

NUTRITION COUNSELING FOR MEMBERS ONLY

Nutrition by Appointment

Conducted by Lisa Brown PhD, RD (registered dietitian). To schedule an appointment, please stop by the Member Service Desk or call 508-879-4420.

Comprehensive Nutritional Evaluation

Includes an 1 hour initial consultation and 1 hour follow-up. Your evaluation includes nutrition assessment, food record analysis and individual goal setting.

Consultation & 1 hour follow-up: \$77 members

Additional Follow-up

For the member who would like continued one-on-one support for their nutritional and weight management.

Food Record Analysis: \$22/ 1/2 hr Follow-up Visit: \$22

SENIOR WELLNESS

Senior Nautilus

For eight consecutive weeks, you will have personalized instruction in the Nautilus/Cardiovascular Center. You will meet once or twice each week with a trainer on the use of the strength training circuit. To schedule a consultation, please call 508-879-4420. **First 8-week session is FREE to members!**

SUPER Senior Fitness!

A group program designed for seniors consisting of low impact aerobics and exercise to maintain flexibility, balance, muscle strength and endurance. Register for both or just, but come have fun with friends! Classes will be in the Aerobics room, and Friday is Zumba Gold.

Free for members/ \$108 non-members

Tues/Thurs	10:30 - 11:30 am	01102-21
Friday	10:45 - 11:45 am	01102-31