



Try our NEW monthly Fitness Class Membership for \$50/month

MARCH CLASSES EDWARDS

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM						
10:00AM		Tai Chi Briony				
11:00AM		11am-11:30am Tai Chi Form Practice Briony				
12:00PM						
5:30pm		Strength & Fitness Kevin		Strength & Fitness Kevin		
6:45pm		Gentle Yoga Kevin		Gentle Yoga Kevin		

Beginning Tai Chi / Intro to Soft Movement: A practice of honoring yourself, your body and what it needs. We explore balance, comfort, agility, ease, efficiency, and movement that is natural and optimal. This class is both restorative and stimulating. We explore body alignment and keeping centered in stillness and in motion. This is a martial art as well as a self-care practice; both calming & powerful. The intent is to nourish and nurture the body, mind, and spirit. Students will learn to move using energy and breath, not only with muscles & strength. This is a practice of longevity. All levels welcome. Yang Style Tai Chi.

Form Practice Tai Chi: This 30-minute class gives you a chance to tighten up your form.

NEW!! Strength and Fitness: This fitness class focuses on a combination of strength training, cardiorespiratory training and core/balance work. This class will help you development a solid fitness foundation and will not only improve your fitness but also improve your mobility and day to day life.

NEW!!! Gentle Yoga: In this passive yoga class we will focus on proper body alignment, breathing (pranayama) techniques and the foundations of yoga. This class is mainly reclined and seated with a few vinyasa (flow) concepts. Open to all ages and ability levels.

NEW!!! Monthly Fitness Class Membership (\$50/month): We have heard your suggestions and are excited to announce our new Monthly Fitness Class membership at the Edwards Fieldhouse. This new membership gives members unlimited fitness classes for the month. This membership is separate from the facility use membership. Please inquire at the front desk for more information or feel free to contact health & wellness supervisor Kevin Ives at kives@mountainrec.org for more information.

For complete class descriptions please visit our website at MountainRec.org/program/gypsum-fitness-classes/