

MIND BODY PROGRAMMING

AromaYoga with Margo Teicher

Rejuvenate and balance your body and soul with this chakra cleansing experience. With Reiki, touch and essential oils your senses will be renewed and your stress released.

Saturdays Sept 24th • Oct 22nd • Nov 19th • Dec 17th

Time: 12:00 - 1:00 pm • Location: Kinesis Studio

Fee: Members \$20 per class, Non-Members \$25 per class

Sign up at the Front Desk. Max 20 participants.



Bodywork Yoga Ball Therapy Workshop

Louisa, Licensed Massage Therapist, Certified Personal Trainer and Yoga Instructor, will help you to identify and target areas of the body that are most overused, underused or misused. This 6 week class will help to heal damaged muscle, increase strength and establish healthy movement patterns. Previous yoga experience is not necessary and therapy balls will be provided for the workshop.

Wednesdays September 14 - October 19

Time: 9:00 - 10:00 am • Location: Kinesis Studio

Fee: Members \$120, Non-Members \$150, Drop-in \$25

Sign up at the Fitness Desk. Max 20 participants.

Instructor:
Louisa Rodriguez



Qi Gong with Melinda Applegate

Increase vitality and improve health with flowing movement that includes postures, breathing techniques, and meditation. This six week course will reestablish the body, mind and soul connection.

Thursdays

Sept 22nd • Oct 27th • Nov 3rd • Dec 8th

Time: 6:30 - 7:30 pm, Kinesis Studio

Sundays

Sept 25th • Oct 30th • Nov 6th • Dec 18th

Time: 9:00 - 10:00 am, Kinesis Studio

Fee: Members \$90 per (6) week session, Non-Members \$110 per (6) week session

Sign up at the Fitness Desk. Max 20 participants



Yoga & Sound Meditation Workshop

with Dalien AKA 13 Hands

Deepen your understanding of muscular energy flow, integrate various chakra relationships, explore ancient martial arts techniques like Qi Gong and cultivate a mindful approach to embrace and accept your body. Your experience will be enhanced with the soothing sounds of native instruments.

Saturdays Sept 10th • Oct 8th • Nov 12th • Decr 10th

Time: 11:00 am - 1:00 pm • Location: Kinesis Studio

Fee: Members \$40 per class, Non-Members \$45 per class // Sign up at the Front Desk. Max 20 participants.

