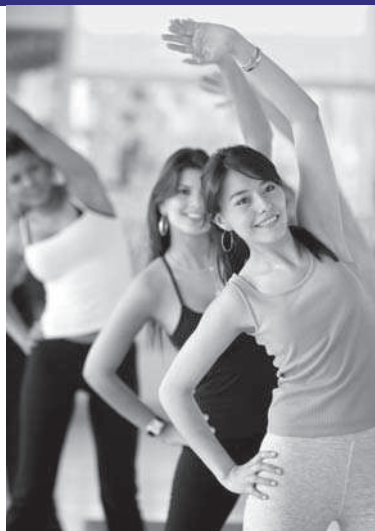


# ADULT FITNESS



## PiYo

**6 Weeks**

**Fee: \$30.00**

**2x per week \$45.00**

PIYO is a workout that combines the practices of yoga and pilates. It also incorporates stretching, strength training and dynamic movement to improve flexibility, balance and core stability. In addition, it relieves stress and provides a mild cardiovascular effect. With regular practice, participants can expect to increase strength, flexibility and balance while reducing stress and improving their overall fitness levels. This is a great addition to a training program for high school or club level athletes. Most professional athletes now include yoga and pilates in their workouts.

Instructor: Wendy Loveless

|             |          |        |             |
|-------------|----------|--------|-------------|
| January 10  | Tuesday  | 12+yrs | 6:00-7:00pm |
| January 12  | Thursday | 12+yrs | 6:30-7:30pm |
| February 28 | Tuesday  | 12+yrs | 6:00-7:00pm |
| March 1     | Thursday | 12+yrs | 6:30-7:30pm |

## Yoga

**6 Weeks**

**Fee: \$42.00**

Yoga is a system of stretching and breathing practices that tie together mind, body and spirit. Experience flexibility, strength and a sense of well being. Wear loose clothing and bring a yoga mat.

Instructor: Anahata Yoga

|            |          |        |             |
|------------|----------|--------|-------------|
| January 12 | Thursday | 16+yrs | 5:50-6:50pm |
| March 1    | Thursday | 16+yrs | 5:50-6:50pm |

## Ice Skating For Adults

**4 Weeks**

**Fee: \$37.00**

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10 p.m.) and three additional skating passes to be used during the four week session. Please arrive 15 minutes early to the first class and dress warm. Class held at WESTMINSTER ICE, 13071 Springdale, Westminster.

Instructor: Ice Arena Staff

|             |           |        |             |
|-------------|-----------|--------|-------------|
| January 18  | Wednesday | 17+yrs | 6:10-6:40pm |
| February 29 | Wednesday | 17+yrs | 6:10-6:40pm |

## Beginning Aikido

**7 Weeks**

**Fee: \$72.00**

The Japanese martial art of Aikido is a peaceful discipline, combining effective self-defense with a philosophy for living each day. Classes include stretching, instruction in safe rolling and falling, joint-lock and throwing techniques and etiquette. Students who qualify may test for rank of 7th kyu in the Aikido Association of America. Additional fees required for testing. Wear loose fitting sports clothing covering knees and elbows, or a karate or judo uniform with white belt. Minimum age is 10 years old. **\*NO CLASS FEBRUARY 20.**

Instructor: Black Belt Certified staff

|              |           |            |     |              |
|--------------|-----------|------------|-----|--------------|
| January 2    | Mon/Thurs | Beginning  | M/T | 6:30-7:30pm  |
|              |           | Open Class | Sat | 9:30-10:30am |
| *February 23 | Mon/Thurs | Beginning  | M/T | 6:30-7:30pm  |
|              |           | Open Class | Sat | 9:30-10:30am |

## Intermediate/Advanced Aikido

**7 Weeks**

**Fee: \$85.00**

Prior attendance in the Beginning Aikido class and instructor approval required for this class. This class focuses on requirements of 6th kyu and up for the Aikido Association of America. Students who qualify may test for ranks up to and including black belt. Additional fees required for testing. **\*NO CLASS FEBRUARY 20.**

Instructor: James Nakayama, 6th Dan

|              |           |            |     |              |
|--------------|-----------|------------|-----|--------------|
| January 2    | Mon/Thurs | Inter/Adv  | M/T | 7:30-8:30pm  |
|              | Wednesday | Inter/Adv  | Wed | 7:00-8:30pm  |
|              |           | Open Class | Sat | 9:30-10:30am |
| *February 23 | Mon/Thurs | Inter/Adv  | M/T | 7:30-8:30pm  |
|              | Wednesday | Inter/Adv  | Wed | 7:00-8:30pm  |
|              |           | Open Class | Sat | 9:30-10:30am |

## Iaido and Meditation

**7 Weeks**

**Fee: \$52.00**

Iaido (ee-eye-doe) is a Japanese non-fighting art that was created to preserve the sword skills of the samurai warriors. Iaido emphasizes awareness, calmness, centering, focus and precision, as well as traditional etiquette. Wear loose fitting sports clothing covering knees and elbows, or a karate or judo uniform with white belt. Bokken (wooden Japanese practice swords) will be provided. If you have an iaito (unsharpened Japanese practice sword) or hakama (traditional Japanese pants) you may use them in class. All personal weapons must be approved. Students who qualify may test for ranks up to and including black belt. Additional fees required for testing. Meditation based on Rinzaï Zen training. Minimum age is 12 years old.

Instructor: James Nakayama, Iaido 5th Dan

|             |          |            |             |
|-------------|----------|------------|-------------|
| January 7   | Saturday | All Levels | 8:00-9:30am |
| February 25 | Saturday | All Levels | 8:00-9:30am |