

ADULT HEALTH & WELLNESS



Intro to Yoga

Not flexible enough for yoga? This class is for you! Yoga will not only build your flexibility, it is also good for strengthening your muscles, bone density, stress reduction, and increasing oxygen in the body by learning to breathe properly. In this introduction class we will approach yoga from the very beginning with learning the proper way to breathe and then approaching the asana (poses) in a safe manner. Afterward you will have the opportunity of choosing to continue your yoga practice by choosing from a number of different styles of classes offered in my studio! I will offer modifications where needed.

Dates: Thursdays, March 12, 19, 26, April 2, 9, 16 (6 weeks) **Fee:** \$54
Time: 6:00-7:15pm **Class Code:** SP1054 **Min:** 6 **Max:** 12
Registration Deadline: Mar 5
Location: Holistic Health Options- 207- 1/2 Washburne Ave
Instructor: Dana Spates-Experienced Registered Yoga Teacher at the 500 Level.



Core Strengthening Yoga

Want to build Core Strength? While all yoga helps to strengthen the core, in this class we will focus on poses and breathing techniques specifically targeting core strength. While previous yoga experience may be helpful, it is not necessary for this class. Core Strength can be beneficial in supporting back health, helping with balance issues, as well as promoting good posture.



Dates: Thursdays, April 30, May 7, 14, 28 (no class May 21) **Time:** 6:00-7:00pm **Class Code:** SP1058
Registration Deadline: Apr 23 **Min:** 6 **Max:** 12 **Fee:** \$36
Location: Holistic Health Options Studio (207 1/2 Washburne Ave) **Instructor:** Dana Spates ERYT500

Water Aerobics for Men & Women

This strength and aerobic workout in the water is an excellent way to get and stay in shape. You will work on toning, tightening, trimming and having fun. Water workout is for Men and Women of all fitness levels and emphasis will be on aerobic fitness, flexibility, muscular strength and endurance. Water exercises are fun in a group setting especially when done to music.

Come join the FUN!

Paynesville Inn & Suites.



Dates: March 30, April 6, 13, 20, 27, May 4 (6 weeks)
Class Code: SP1011 **Time:** 5-6 p.m.
Registration Deadline: March 25
Fee: *Early Bird Rate* \$39 By Mar. 23/ \$44 Regular price
Min: 9 **Max:** 15
Instructors: Denise Beckstrand & Kathy Lura