

CLASS DESCRIPTIONS

Yoga - This flow class is designed for beginners to experienced Yogi's looking for a balanced workout. Students will focus on linking conscious breath with vigorous and mindful flow. Improve strength, flexibility and concentration while cleansing the body and calming the mind.
Friday morning yoga will be held at the Rec Center.

Aqua Step - This water aerobics class will get your heart pumping and body moving! Using underwater steps and water dumbbells provide extra cardiovascular and muscle strengthening benefits with very low impact on your joints.

Zumba - This class is a fun and energetic dance workout. Burn calories and increase your cardio fitness as you dance along.

Aqua Dance - Very similar to Zumba but instead of dancing along on land... you're in the water!

Gentle Yoga - This class will focus on gentle postures to improve flexibility; balance; core strength and spine mobility. We will also work with our breath to calm the mind, to help with focus, mood and sleep quality. Ability to rise up from the ground using the mat is preferred. Regular gentle yoga will allow you to be able to do all the things you need to do everyday, with more ease and grace.

Strength Training - Work on toning muscles and building muscular endurance. Remember ladies - building muscle will NOT make you look "buff"!!

CLASS PACKAGES

4 Classes- \$20
8 Classes- \$37
12 Classes- \$48
16 Classes- \$54
20 Classes- \$60
Drop In (One Class) -\$7
Class packages expire 2 years
after purchase.

CLASS POLICY

If you owe 1 or more fitness classes you will NOT be able to take another class until you have paid. The instructor (at Dellwood) will be checking you in before class starts and will let you know how many classes you have left and/or if your package is expired. If your fitness class is at the Rec Center please check-in at the front desk for your class. You will NOT be allowed at class if you owe for a previous class/es.