

WINTER 2009-2010 FITNESS CLASSES BY STACEY

	SUNDAY	MONDAY	WEDNESDAY	THURSDAY	FRIDAY
am					
7			HATHA YOGA 7-8:30		
7:30	WATER AEROBICS 7:30-8:30	PILATES 7:30-8:30		RANGELEY CLASSES RETURNING SOON!	
8					WATER AEROBICS 8-9:00
8:45	RESTORATIVE YOGA 8:45-9:45	BE YOUR BEST 8:45-9:45	PILATES 8:45-9:45		
9:15					RESTORATIVE YOGA 9:15-10:15
10:30	HATHA YOGA 10:30-noon				

Classes in yellow held @ the Anti-Gravity Complex 237-5566
\$10/class or 10 classes for \$70 pay instructor

Classes in blue held @ the Sugarloaf Sports and Fitness Center 237-2000
\$10 non-members \$7 members pay @ desk

Classes in red held @ the Rangeley Region Health and Wellness Pavillion 864-4900
\$10 non-members \$7 members pay @ desk
rangeleyhealth.org for weekly schedule updates

ALL CLASSES TAUGHT BY CERTIFIED INSTRUCTOR STACEY KEENE 246-2400

CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

CLASS DESCRIPTIONS

Water Aerobics – A full body resistance workout in the pool. Aerobic exercises are performed in shallow water in an interactive environment. Great for any level, water workouts create less impact on joints and bones than traditional styles, speed up metabolism and improve fitness levels as well as athletic performance. Please wear a functional swim suit.

Be Your BEST – Balance, Endurance and Strength Training uses mat work, steps, weights, balls, disks and other exercise tools to help individuals work towards a state of peak performance. All levels welcome. If you love to exercise, but get bored easily then this is the class for you. Please wear gym clothes and sneakers and bring water.

Hatha Yoga – A time tested method of uniting the body and mind using asanas (poses) and pranayama (breathing). The Yoga styles of Iyengar, Ashtanga, Sivavanda, Kundalini and Kipalu will be represented. This 90 minute class is designed for intermediate students, though all abilities are welcome. Please wear comfortable clothing that will move with you. No shoes needed. Bring a warm shirt with you for Savasana.

Pilates - Tried and true for over 90 years, Pilates is the system of stretching and strengthening exercises which together create a strong and streamlined body. The core workout! Whether you're an extreme athlete or sit at desk all day, this class will keep you strong and flexible. Please wear comfortable clothing. No shoes needed.

Restorative Yoga – A 60 minute Hatha Yoga class designed to refresh and rejuvenate. Asanas and pranayama will focus on lengthening muscles, opening energy blocks and releasing tension. Some fitness required for poses that keep our core temperature up. Please wear comfortable clothing that moves with you. No shoes needed. Bring a warm shirt for Savasana.

PLEASE BE ON TIME AND STAY FOR ENTIRE CLASS TO ENSURE PROPER WARM UP AND WARM DOWN.

PLEASE BRING WATER AND WEAR APPROPRIATE CLOTHING AND FOOTWEAR.

PLEASE NOTIFY INSTRUCTOR OF ANY INJURIES, DISABILITIES OR CONDITIONS.