

Fitness

Programs are offered for residents and non-residents, Hempfield Rec Center members and non-members.

MIND/BODY CLASSES

“The pursuit of inner stillness is enhanced by periods of physical activity.” Supplement your current fitness program with one of our unique yoga offerings. These mindful practices will cultivate breath and movement in order to improve mobility, stability, flexibility, strength, and power. These energizing practices are available to anybody seeking to elevate their flexibility, balance and strength to a whole new level.

NEW! TRX-YOGA FUSION

The TRX suspension system will both support and challenge the whole body. TRX is “all core, all the time.” As the ultimate yoga prop, the TRX will allow the participant to work deeper into their core muscles.

Instructor: Jane Grice, RYT-200, NSCA-CSCS

Wednesdays, 7–8 p.m.

#15114 Jan. 13–Feb. 17

#15115 March 2–April 6

#15116 April 20–May 25

Dance Studio

Fee: \$52R/\$62NR per session

\$94R/\$114NR per session*

*(IRON YOGA SYNERGY AND TRX YOGA FUSION 2 classes a week per session)

NEW! IRON YOGA SYNERGY

Lightweight dumbbells offer resistance to build whole body strength as we work through a series of power yoga positions. Breath, range of motion, and static holds work harmoniously to create this powerful practice.

Instructor: Jane Grice, RYT-200, NSCA-CSCS

Mondays, 5–6 p.m.

#15117 Jan. 11–Feb. 15

#15118 Feb. 29–April 4

#15119 April 18–May 23

Dance Studio

Fee: \$52R/\$62 NR per session

\$94R/\$114NR per session*

(IRON YOGA SYNERGY AND TRX YOGA FUSION 2 classes a week per session)



MEDITATION AND RELAXATION TO CULTIVATE HEALTH AND WELLNESS

This class series offer us the opportunity to slow down and rest in a pace we are comfort with. We will engage in gentle rejuvenating exercises through breath work, qigong and yoga, guided imagery and meditation techniques. All exercises are structured to aid us in sitting in stillness. Below are some benefits of meditation:

- Lowers blood pressure
- Decreases any tension-related pain, such as headaches, ulcers, insomnia, muscle and joint problems
- Increases serotonin production—improving mood
- Improves the immune system
- Increases energy levels

Instructor: Carolyn Whitt, Kripalu Yoga Teacher, 3HO Kundalini Instructor

Thursdays, 1–2 p.m.

#15120 Jan. 14–Feb. 18

#15121 March 3–April 14

Aerobic Studio

Fee: \$65R/\$75NR per session