



August 2018 Class Descriptions

Free Range North and South Wings

Come drop in to any class for \$12! Save money when you register for the next month's series.

Dawn Piper, Free Range owner and E-RYT 200 - 309-333-5069 dawn@freerangeyoga.us

Reminder: Use Dawn's class card for any of her classes!

Class cards	5 classes = \$55	10 classes = \$100	20 classes = \$185	90-day expiration
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- **Chair Yoga** - 60 min. T/TH 10:00am. Improve strength, balance, flexibility, and overall health. Balance bars used for standing poses; may sit for all or part of class.
- **Mighty Yoga** - 60 min. W/F 10:00am. Build strength, balance, and flexibility. Challenge yourself without pain. Mat-based class; but up and down movement is limited.
- **Yoga for All** - 60 min. T/TH 5:00pm. Truly open for all bodies. Learn how to move well. Mat-based class. Improve balance, strength, focus, breathing, and flexibility. Modifications offered!
- **NEW TIME! Yoga Chill** - 60 min. Sat 9:30am. Take a well-deserved break from your demanding life, hard work outs, or to quiet your active or anxious mind. Move easily, release tension, breathe better, and enjoy a longer relaxation/guided meditation at the end of class. Renewed!

Yoga Therapy Learn to move better and feel better. Pain, tension, and stress go down when you move better! One-hour private session = \$65, 3 sessions = \$185, 8 sessions = \$480.

Online Yoga See <http://www.freerangeyoga.us/online-classes/> \$19.99/month for unlimited streaming. Yoga, breathing, balance, relaxation, and more. 70+ videos. Various levels.

Anne Dixon, MS Kinesiology - 309-333-1084 annemdixon@hotmail.com

Class cards	5 classes = \$50	10 classes = \$80	90-day expiration	Private session \$40/hour
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- **Zumba** - 50 min. Mon 5:30pm. Dance, laugh, and sweat! All levels.
- **Zumba Gold** - 50 min. Mon/Wed 9:00am. Dance to pop classics as you lose unwanted weight. This low impact dance party is full of easy cardio fun. All levels.
- **Body Works** - 50 min. Tue/Fri 9:00am. \$56 to register for August. Use circuit machines to tone all your muscles as you enjoy Anne's retro soundtracks.

Leann Stiles, 200 RYT, R-YFT - 614-905-7224 leannstiles6@gmail.com

- **YogaFaith** - 50 min. 8:45am Thur. \$32 for 4-class series or drop in for \$12. Centers around Christ while honoring the roots and traditions of yoga. Mat based. All levels welcome. ***Try your first class for free. No class August 9th.**
- **Yoga Revive** - 60 min. 4:00pm Wed. \$32 for 4-class series or drop in for \$12. Great class for teachers, those who get off early in the afternoon, or are retired! Find and maintain mobility, strength, and balance as a lifelong art. Mat based. All levels. ***Try your first class for free. No class on August 8th.**

Kindra Martin, MS Kinesiology coursework complete - 309-333-6703 kindramartin4@gmail.com

Personal Training - 60 min. \$30/hour for individual session or split a session with a friend for \$40/hour. Kindra will help you become your personal best based on your goals and needs! Packages available.

Group Fitness Training - supportive and safe group-setting helps you become YOUR best! Drop in for \$12 or sign up for series and make a commitment to yourself. You can change! Join us!

- **Strength Blast** - 60 min. Burn calories. Strengthen, tone, and trim! Define muscle. Small group weight training and cardio class.
 - Strength Blast - AM** - \$75 for 2 classes per week. T/TH 7:00am or \$65 for 2 classes a week T/Th 5:45am - 6:30am. ***No class August 9th.**
 - Strength Blast - PM** - \$84 for 2 classes per week. 5:20pm M/W.
 - Strength Blast - Saturday** - \$28 for 1 class per week. 8:00am Sat. ***No class August 11th.**
 - Lunch Blast** - 30 min. \$45 for 2 classes per week. M/W 12:15 - 12:45pm.

- **Powerlifting** - 60 min. \$84 for 2 classes per week includes 6:30pm M/W. Individualized strength class. Three key lifts: squat, bench press, and dead lift. All levels welcome.
- **Functional Strength Training** - 45 min. \$50 includes 10:30am Wed. New to training? Get stronger! Very low impact. Guidance and support. Body weight and light weights used.
- **Cross Training** – 60 min. High-level, yet safe, class challenges strength and endurance and builds lean muscle mass. Each class includes a different and intense workout.
Cross Training – PM – \$75 for 2 classes per week, 4:30pm T/Th. ***No class August 9th.**
Cross Training – Lunch – \$40 for 2 classes per week, 12:15 – 12:45pm T/Th. \$20 for 1 class per week, Fri 12:15 – 12:45pm. ***No class August 9th and 10th.**
- **Clean Your Plate - ONLINE Facebook group** - \$20/mo. Don't know where to start on your journey to healthy eating? Receive and share tips, recipes, triumphs, and successes! Learn how to "eat to live."

Bill Maakestad – Tai Chi & Qigong - 309-255-8256 wj-maakestad@wiu.edu

- **Chi Flow for Relaxation and Energy** - 55 min. Meets 10:30am Mon – August 6, 13, 20, 27 for \$32. Gentle exercises of qigong ("energy work"), reduce fatigue, improve concentration, and promote healing from within. May be done sitting or standing. Brief meditation included.
- **Tai Chi & Qigong** - 55 min. Focus on breathing, movement, balance, and meditation. Lower stress, reduce anxiety, restore your balance, and increase your sense of well-being.
Monday: 12:05pm. Mon – August 6, 13, 20, 27. New and continuing warm-ups, exercises, meditations.
Wednesday: 12:05pm. Wed – August 8, 15, 22, 29. Refine and continue to develop the Yang style Tai Chi form with special attention given to early stage Tai Chi and Qigong students.
- **OPTION 1:** All 4 Mon or Wed classes for \$32 (four sessions). **OPTION 2:** Best Value – any two classes for \$56 (Best Value, includes one free class). Note: You can mix and match Chi Flow and Tai Chi/Qigong classes!
- **Summer Special!** – **FREE! class on Wednesday, August 1st!** Try Tai Chi & Qigong at 12:05pm. Class is free with a food or cash donation to Loaves & Fishes Food Pantry.

Julie Newell – 217-248-3134 Julienewell2009@gmail.com

- **NEW! Zumba with Julie** – 45 minutes. Meets **Friday - 5:00pm, Saturday - 12:30pm, Sunday - 1:00pm.** HIIT based dance workout to help you get your cardio in within a very welcoming environment. Come dance on the weekends with Julie and have fun moving to a variety of world music.
- **Special pricing:** Julie is a new teacher and wants to grow her skills and her classes! For August, your first class is free and each class after that is just \$5. Bring a friend and have a great time as you let go of the fear of getting it right and just have fun dancing and getting healthier.

Yoga Your Way

Looking for a fun activity for you and 5 (or more) of your friends? Choose time/day/location to practice yoga. All levels and classes available. Contact one of our qualified instructors for more information:

Anne Ingersoll (913) 832-3003

Leann Stiles (614) 905-7224

Karen Hostert (309) 259-0265

Mason Reed – 309-712-9571 masonreed35@gmail.com

Personal Training – 60 minutes. \$30/hour for a private session or bring a friend and split the cost at \$40/hour. Creating unique and individual routines to help you reach your personal goals!

Karen Hostert – 309-259-0265 khostert@gmail.com

Private yoga sessions available – Contact Karen for more information. \$40/hour

Erin Jacobs – Licensed Massage Therapist – 605-695-8041 erinjacobsmt@outlook.com

- **Massage Therapy** – Available Tues - Thurs. 6:00pm – 9:00pm. Sat 10am – 3pm. Friday afternoon appointments may be available by request.
- 30 min massage (\$30), 60 min (\$55), 90 min (\$85). To schedule call/text Erin at 605-695-8041 or book online at www.massagebook.com/erinjacobsmt.
- Gift Certificates are also available.