



September 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 – not flowing.
- **Yoga for All** - 60 min. T/TH 5:00pm. Performance-based yoga. Truly open for all bodies. Learn to move well. Mat-based. Improve balance, strength, focus, breathing, and flexibility.

Yoga Therapy Learn to move better and feel better. Pain, tension, and stress go down when you move better!

Dawn has completed her 2-year International Yoga Therapy program and is now a Certified Yoga Therapist, so pricing has changed slightly. Starting September 1st: One-hour private session = \$68, 3 sessions = \$195, 8 sessions = \$500.

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 AM and NOW PM!** – 50 min. Tue/Fri 9:00am and Tues/Thurs 6:30pm. \$56 for September - any two classes. Use circuit machines and tone all your muscles to Anne's retro tunes. Mix and match between am/pm sessions for more opportunities to get fit! Can drop in \$12.
- **Zumba Circuit** – 50 min. Wed 5:30pm. Dance party you already know and love mixed with an upper & lower body free weight workout! Blast calories and lose weight!

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

- **YogaFaith** - 60 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.
- **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.

Yoga Revive - FREE CLASS for new students Wednesday, September 12th at 4:00pm. Don't miss it!

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.

Strength Blast - PM – \$66 for 2 classes per week. 5:20pm M/W. ***No class September 3rd.**

Strength Blast - Saturday - \$28 for 1 class per week. 8:00am Sat. *No class September 1st or 29th.

Lunch Blast - 30 min. \$30 for 2 classes/week. M/W 12:15 - 12:45pm. *No class September 3rd or 17th.

- **Powerlifting** - 60 min. \$66 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. *No class September 3rd.
- **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.
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.
- **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 - September 10, 17, 24 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 - Sept 10, 17, 24. New and continuing warm-ups, exercises, meditations.
Wednesday: 12:05pm. Wed - Sept 12, 19, 26. 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 3 Mon or Wed classes for \$24 (three sessions).
- **OPTION 2:** Best Value - any two classes for \$40 (Best Value, includes one free class). Note: You can mix and match Chi Flow and Tai Chi/Qigong classes!

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

Friday Morning Yoga: Rise & Shine - 60 min. All Fridays in Sept. 6:00am. \$32 for the month or \$12 to drop in. Start your Fridays with a gentle warm up to get the body warm - and move into active poses to energize for the day! All levels and beginners welcome. Modifications and progression offered.

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!

Erin Jacobs - Licensed Massage Therapist - 605-695-8041 erinjacobsimt@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/erinjacobsimt.
- Gift Certificates are also available.

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. \$15 per person, minimum of six. Out of Macomb? This is still doable, we'll just add mileage of \$.50 roundtrip. Contact one of our qualified instructors for more information:

Anne Ingersoll (913) 832-3003

Leann Stiles (614) 905-7224

Karen Hostert (309) 259-0265