



Free Range September Registration Runs 8/13 - 8/22

September Offerings – just contact the teacher to let them know you're interested in the class. We build September based on interest in these classes. Most classes will need 5-6 people registered (and paid) by 8/22 to make the September calendar, otherwise they'll get dropped from the schedule. Thanks!

Anne Ingersoll – Gentle and Flowing Yoga



Yoga Your Way – Been to Yoga? Never been? Interested in sharing a class with five of your friends? Yoga Your Way allows you to choose the time and day. All levels available. Contact Anne to check availability for a Yoga Your Way class or to schedule a private or semi-private session.

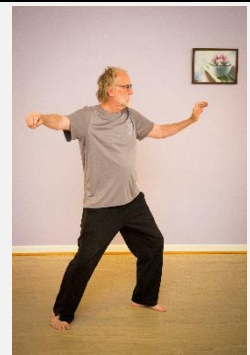
Contact Anne: anneingersoll@gmail.com or 309-421-0540.

Bill Maakestad – Tai Chi & Qigong

***No class September 3rd – 5th**

Chi Flow for Relaxation and Energy – 55 minutes. Meets 10:30am Monday (September 10, 17, 24). 3 classes for the month for \$24.

An approach to active relaxation designed to improve the flow of internal energy and mindfulness that anyone can do. These gentle stretches and exercises, adapted from the traditional Chinese practice of *qigong* (“energy work”), can reduce fatigue, improve concentration, and promote healing from within. *All movements may be done either sitting or standing.* Each class will close with a brief period of silent meditation for deep relaxation.



Tai Chi & Qigong - Classes Offered on Mondays and Wednesdays

Learn and experience the active, mindful relaxation that comes from these ancient forms of moving meditation. Based on Chinese martial arts, the slow, deliberate forms of Tai Chi & Qigong focus on breathing, movement, and meditation. All ages and abilities are welcome!

Classes will be held Monday and Wednesday from 12:05 – 1:00pm at Free Range (South Wing).

OPTION 1: All three Monday classes (September 10, 17, 24) for \$24.

OPTION 2: All three Wednesday classes (September 11, 18, 25) for \$24.

OPTION 3: 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!

Questions? Please feel free to email Bill at wj-maakestad@wiu.edu or call/text his cell at 309-255-8256.

Debbie Hunt, MA Counseling-Yoga and Mindfulness, Yoga for Healing - Innovative Treatment for Anxiety, Depression, And PTSD:



Restorative Yoga Workshop - 75 minutes. Saturday, September 8th. 10:45am – 12:00pm. Cost \$15.00 and class is limited to 5 people.

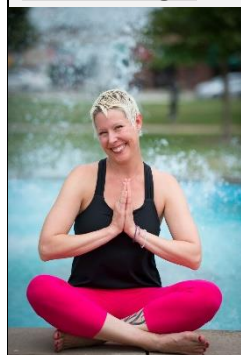
This class will consist of a warm-up, 4-5 yoga poses and conclude with a meditation. Props will be used and each pose will be held for 5-8 minutes to allow the body to completely relax and restore. You will leave this class feeling fantastic! Contact Debbie to register or sign-up at Free

Range.

Contact Debbie: debhunt56@yahoo.com or call 309-224-7445.

Dawn Piper, Free Range Yoga owner and E-RYT 200 – Yoga and Therapeutic Yoga, Online, Group and Private Sessions:

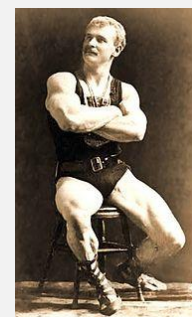
Chair Yoga – 60 minutes. Meets 10:00am T/Th. 8 classes for the month for \$64.



Come to Chair Yoga on a regular basis and improve your strength, balance, and flexibility. Join our fun community and make new friends! Balance bars used for optional standing poses. Class is as challenging as you want to make it. It is especially great for people who are building up their strength, healing something, or want to sit for all or part of a class. In this class, we build on functional movements that will benefit you in your daily life.

Mighty Yoga – 60 minutes. Meets 10:00am W/F. 8 classes for the month for \$64.

Part mat-based, and part standing. This strength-based class is for anyone, young and old, from those just starting out in fitness to those who are fit, and everyone in between. You will find lots of challenge, but without pain. You don't have to already be mighty before you start this class - this class will meet you where you're at and help you gradually become increasingly mighty. Your balance, strength, and flexibility will improve as will your ability to sit one minute longer with challenges that you face.



Yoga for All – 60 minutes. Meets 5:00pm T/Th. 8 classes for the month for \$64.



This yoga class welcomes all bodies. It's simple enough for the beginner and yet individualized enough for someone who has practiced yoga for years to continue to advance in their own personal practice. Learn how to practice without tension, holding your breath, or compensating into old patterns. Options are given for more (or less) challenge and for people who may be healing knees, shoulders, wrists, etc. You'll improve balance, flexibility, and focus while developing strength and ease as you learn how to listen to your body and care for yourself better in and out of class.

Yoga Chill – 60 minutes. Meets 9:30 am Saturdays. 4 classes for the month for \$32. ***No class September 1st.**

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!



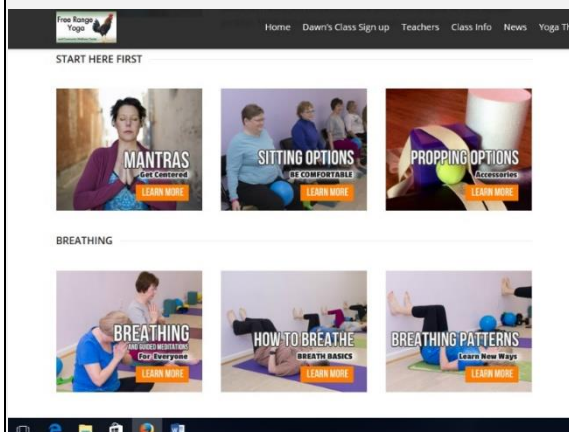
- Register online at

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-8&stG=85&sView=day&sLoc=0&sTrn=2&date=09/01/18>

- You can also register at the studio
- Email: dawn@freerangeyoga.us
- Call or text: 309-333-5069

Have a question about a class? Not sure if it's right for you? Just call or email the teacher and ask! We are happy to chat with you and help you find the best class for your needs.

Online yoga classes! Sign up for September - \$19.99 per month. Receive unlimited access all month with no long-term commitments.



Take class on the go. Get healthier and feel better with yoga, breathing, guided meditation, and more.

More information here:
<http://www.freerangeyoga.us/online-classes/>

Questions: dawn@freerangeyoga.us or 309-333-5069.

Julie Newell - Zumba

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.

September Special! Sign up for all Friday, Saturday, and Sunday classes for the month of September and pay only \$70.00! That's a total of 12 classes at \$8 a class with Sundays half-price at \$4. What a deal! If you paid the drop-in price for all those classes, it would be \$144! Wow!

Can't do all month? You can sign up for Fridays for \$32, Saturdays for \$32, or Sundays for \$32.

Remember, Julie's drop in prices increase to \$12 in September so you'll save \$16 per class by registering!

Contact Julie Newell: JulieneWell2009@gmail.com or 217-248-3134.

Karen Hostert, RYS 200, Certified Group Fitness Instructor

Class cards: 5 classes = \$55 and 10 classes = \$100. 90-day expiration, class card can be used on any of Karen's classes

PayPal payment: Text or email 309-259-0265 to let Karen know what class you are registering for and use phone number for PayPal payment.

Private and semi-private sessions available.
Contact Karen to register for classes below or set up private sessions.

Friday Morning Yoga: Rise & Shine – 60 minutes. All Fridays in September. 6:00 A.M. \$32 for the month. Minimum of 3 registrations to make class. 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.

Yoga Flow – 60 minutes. All Tuesdays in September. 6:15 P.M. \$32 for the month. Minimum of 5 registrations to make class. Class will include warm up, instruction and practice in standing poses. Our practice will culminate in using poses in a yoga flow. Class will conclude with restorative poses and brief meditation.

Yoga Your Way – Been to Yoga? Never been? Interested in sharing a class with five of your friends? Yoga Your Way allows you to choose the time and



day. All levels available. Contact Karen to check availability for a Yoga Your Way class or to schedule a private or semi-private session.

Contact Karen Hostert: khostert@gmail.com or [309-259-0265](tel:309-259-0265).

Kindra Martin, MS Kinesiology – Personal Training, Strength Training, Walk/Run Training, and Nutrition Education:

***No class September 1st & 3rd**

Strength Blast – 60 minutes. Burn calories, strengthen, tone, and trim! Define muscle. Small group weight training and cardio class.

- **Strength Blast – AM** – \$75 for 2 classes a week T/Th 7:00am or \$65 for 2 classes a week T/Th 5:45am – 6:30am.
- **Strength Blast – PM** – \$66 for 2 classes a week M/W 5:20pm.
- **Strength Blast – Saturday** – \$38 for 1 class a week, 8:00am Saturday.
- **Lunch Blast** – 30 minutes. \$35 for 2 classes a week M/W 12:15pm – 12:45pm.



Powerlifting – 60 minutes. \$66 for 2 classes per week includes M/W 6:30pm. Strength class with an individualized program. All levels welcome. Focus on the three lifts: squat, bench press, and deadlift – train for yourself or get ready for a competition.

Functional Strength Training – 45 minutes. \$50 for 1 class a week, Wednesday 10:30am. Healing from surgery/injury/stroke/heart attack/other issue? New to training? Want to improve balance and reduce your risk for falls? Very low impact. Work at your own pace with guidance and support. Exercise with body weight and/or light weights to replicate movements found in activities of daily living (ADL's). Get stronger!

Cross-Training – 60 minutes. Getting bored in the weight room? This high-level class is designed to challenge and improve your strength and endurance, while building lean muscle. A variety of equipment is used so you can target all muscle groups. Each class includes a different and intense workout. Do you have what it takes to be at the top of your game? Prove it to yourself!

- **CT – PM** - \$75 for 2 classes per week, 4:30pm T/Th.
- **CT – 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. Here's to healthy eating and being your best! Receive tips and recipes and share triumphs and joys! Support yourself with clean eating! Become successful at living a healthy lifestyle and learning how to "eat to live"! Contact Kindra to join this private Facebook page today!

Bonus! With each of Kindra's series classes, you can receive a FREE measurement and body fat percentage, so you can track your progress each month. Totally optional, but it's a great way to see how you're doing!

Is Personal Training right for you?

Do you:

- Want to lift weights or exercise, but feel intimidated or embarrassed joining a class?
- Want to work learn the basics of how to do certain exercises?
- Want to get hands-on training from someone who can keep you safe and help you get stronger faster?
- Want an individualized class based on your fitness level, your goals, and your needs so you can really tailor your results?
- Have a wedding or reunion (yours or someone else's) to get ready for?

Personal Training with Kindra – 60-minute sessions/appointment only.

Three options

Personal Training: \$30/session (one on one with Kindra)

Personal Training for you and a friend: \$40/session (\$20 per person!)

Build-a-Class (5 or more people): \$15 per person/session

Kindra will introduce you to exercise in a fun and relaxed manner, by showing you the benefits of strength training and cardio exercise. She will design an exercise program for you that anyone ready for change can master! Packages available for your ultimate success.

Kindra has her Bachelor's Degree and Master's Degree (all but thesis) in Exercise Science, so she has the education and training to help you succeed!

Contact Kindra: 309-333-6703 or kindramartin4@gmail.com.

Leann Stiles, 200RYT, R-YFT:



Yoga Revive – 60 minutes. Meets 4:00pm Wednesdays. \$32 includes 4 classes for the month or pay \$12 to drop in.

Get ready to improve your vitality and well-being and gain strength, flexibility, balance, and agility. This class is for anyone, at any age who wants to look and feel great. Move with more ease while practicing breathing exercises, relaxation techniques, and meditation to relieve stress. Feel more vitality and relaxed at the same time!

YogaFaith – 60 minutes. Meets 8:45am Thursdays. \$32 includes 4 classes for the month or pay \$12 to drop in.

Such a good opportunity to pray with every fiber of your being. Your body is your temple and YogaFaith is a prayerful way to practice gratitude for the body you've been given. Excellent class for our Christian friends who want to get inspired and deepen their faith in a new way! YogaFaith centers around Christ and His Word while honoring the roots and traditions of yoga. Move and flow to inspiring Christian music as you live and breathe the beauty of prayer in motion. Feel God flowing through you as you find more energy, increased awareness, and a deeper relationship to Him. Are you ready for a deeper relationship with God? Try YogaFaith and praise God with your whole being.

Yoga Your Way – Been to Yoga? Never been? Interested in sharing a class with five of your friends? Yoga Your Way allows you to choose the time and day. All levels available. Contact Leann to check availability for a Yoga Your Way class or to schedule a private or semi-private session.

- **September Special! – FREE CLASS FOR NEW STUDENTS!!!: Wednesday, September 12th. Try Yoga Revive at 4:00pm.**
- Leann's classes are mat-based (ability to get down and up from the floor), any age, body shape, and level welcome.
- Private and semi-private sessions available.
- Yoga Your Way!
- Payment options: Cash, check, or PayPal payment: Text or email 614-905-7224 to let Leann know what class you are registering for and use phone number for PayPal payment.
- Bring a friend or try your first class for free!

Contact Leann: leannstiles6@gmail.com or call 614-905-7224.

Anne Dixon, MS Kinesiology – Dance and Conditioning



ZumbaGold - Monday and Wednesday 9:00-9:50am. \$50 for 5 classes, \$80 for 10 classes. Get ready to dance to pop classics as you lose unwanted weight. This low impact dance party is full of easy cardio fun.

Body Works - Use our circuit machines to tone all your muscles to our retro soundtracks! Tuesday and Friday 9:00am-9:50am. \$56 to register for September. Strengthen, slimming, fast, and fun! Here's a no boredom workout you'll love to come back to.

Zumba – 50 minutes. Meets Monday at 5:30pm. \$50 for 5 classes, \$80 for 10 classes.

Low impact dance moves that increase cardiovascular health, full body muscle tone (may use optional hand weights for increased arm strength), and brain health.

Zumba Circuit – 50 minutes. Meets Wednesday at 5:30pm. \$50 for 5 classes, \$80 for 10 classes.

Zumba Circuit is the dance party you already know and love mixed with an upper & lower body free weight workout! We provide the equipment and dance mixes and you get a fabulous cardio and muscle toning class in under an hour! Let's get ready for Summer with this fresh mix of body shaping fun!

Contact Anne: annemdixon@hotmail.com or 309-333-1084.

Erin Jacobs - Massage Therapy

MASSAGE HOURS - Relax after a rough day!

Tuesdays 6pm - 9pm

Wednesdays 6pm - 9pm

Thursdays 6pm - 9pm

Saturdays 10am - 3pm

(Friday afternoon appointments also available per request)



30 minute massage (\$30), 60 minute (\$55), and 90 minute (\$85) can be scheduled by calling or texting Erin at [\(605\) 695-8041](tel:6056958041) or schedule online at www.massagebook.com/erinjacobsimt

Gift certificates are also available!

Free Range - be your best!