



# November 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](mailto:dawn@freerangeyoga.us)**

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

<b>Class cards</b>	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 are used for standing poses; may sit for all or part of class. **\*No class Nov. 22<sup>nd</sup>.**
- **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. Get ready to get stronger little by little and class by class. **\*No class Nov. 23<sup>rd</sup>.**
- **Yoga for All** - 60 min. T/TH 5:00pm. Performance-based yoga. Perfect for all bodies. Learn to move well and then build strength on top. Mat-based. Improve balance, strength, focus, breathing, and flexibility. **\*No class Nov. 22<sup>nd</sup>.**

**Yoga Therapy** Learn to move better and feel better. Pain, tension, and stress go down when you move better! 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](mailto:annemdixon@hotmail.com)**

<b>Class cards</b>	5 classes = \$50	10 classes = \$80	90-day expiration	Private session \$40/hour
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- **Reflexology sessions** - 60 min. Thurs/Fri 12:00pm – 5:00pm and Sat/Sun 10:00am – 5:00pm. Hands and/or feet massage and acupressure for the introductory price of \$45. Save \$10!
- **FREE! Zumba 10-minute mini lessons** – 10-minutes. Mon 5:20pm. Get a jump start on your Zumba moves. Totally free. No obligation. Get in to Free Range and learn to dance.
- **Zumba** - 50 min. Mon/Wed 5:30pm. \$50 for 5 class card, \$80 for 10 class card. Dance, laugh, and sweat! All levels.
- **Body Works** – 50 min. Tue/Fri 9:00am. \$64 for November - two classes per week. Use circuit machines and tone all your muscles to Anne's retro tunes. Can drop in \$12. **\*No class Nov. 23<sup>rd</sup>.**

### **Leann Stiles, 200 RYT, R-YFT – 614-905-7224 [leannstiles6@gmail.com](mailto: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. **\*No class Nov 22<sup>nd</sup>.**
- **Yoga Revive** – 60 min. 4:15pm Wed. \$24 for 3-class series or drop in for \$12. Find and maintain mobility, strength, and balance as a lifelong art. Mat based. All levels. **\*No class Nov 21<sup>st</sup>.**

### **Kindra Waack, MS Kinesiology coursework complete - 309-333-6703 [kindramartin4@gmail.com](mailto: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. **\*No class Nov 22<sup>nd</sup>.**
  - Strength Blast - PM** – \$66 for 2 classes per week. 5:20pm M/W. **\*No class Nov 21<sup>st</sup>.**
  - Strength Blast - Saturday** - \$28 for 1 class per week. 8:00am Sat. **\*No class Nov 24<sup>th</sup>.**
  - Lunch Blast** - 30 min. \$35 for 2 classes/week. M/W 12:15 - 12:45pm. **\*No class Nov 21<sup>st</sup>.**
- **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 Nov 21<sup>st</sup>.**

- **Functional Strength Training for Older Adults and Fall Prevention** - 45 min. \$30 includes 10:30am Wed. New to training? Get stronger! Very low impact. Guidance and support. Body weight and light weights used. **\*No class Nov 21<sup>st</sup>.**
- **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 Nov 22<sup>nd</sup>.**
  - 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 Nov 22<sup>nd</sup> and 23<sup>rd</sup>.**
- **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 – November 5, 12, 26 for \$24. 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 – Nov 5, 12, 26. New and continuing warm-ups, exercises, meditations.
  - Wednesday:** 12:05pm. Wed – Nov 7, 14, 28. 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:** Any single class (three sessions) \$24, or any two classes (6 classes) \$40 (Best Value – 6 sessions includes one free class)
- **Thanksgiving Week Special!** - Both classes on Monday, November 19, will be FREE for all current students! (Friends and family welcome, too!) Just bring a small food or cash donation for Loaves & Fishes Food Pantry.
- **FREE! "Taste of Tai Chi" Workshop!** - Saturday, November 17 10:00-11:00am Accepting food or cash donations for Loaves & Fishes Food Pantry. Have you been wanting to try Tai Chi, but want to start out with a bite-sized tidbit? Bill is offering a short form of Tai Chi that offers many health benefits.

**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!

**Jeremiah and Amy Simmons – Swing Dance - 309-313-2348 simmonsdeeres@yahoo.com**

**Swing Dance Class** - 60 min. Meets 6:00pm Sun. \$48 per couple. \$24 per single. All levels and beginners are invited. Slower-paced dance based on walking. Come learn a variation of West Coast swing which is competed in all over the world. Improve flexibility, build bone density, burn calories, sharpen your mind, meet new people, and have fun!

**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](http://www.massagebook.com/erinjacobsmt).
- 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 do-able, 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