



December 2018 Class Descriptions

Free Range North and South Wings

At Free Range we NEVER require a membership - you pay for what you use. Drop in to any class for \$12! Want to save money? Pay for a whole month of classes in advance when you register for the series.

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

Reminder: With Dawn's class card you can come to 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 for standing poses; may sit for all or part of class. Lots of fun! ***No class Dec. 25th.**
- **Mighty Yoga** - 60 min. W/F 10:00am. Strength-based mat class for anyone, 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! And while breathing!
- **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. Very good class for beginners and those with a current yoga practice. ***No class Dec 25th.**
- **Shred Yoga** - 60 min. T/TH 6:15pm. 4-week class. \$64 for the series. Best for those who are fit or have a current yoga practice. This class will be intense, but still do-able and w/o pain. Ramp up your heart rate, burn fat, get strong, tone abs, and glutes, and feel awesome. Melt that snow!

Yoga Therapy Learn to move better and feel better. Pain, tension, and stress go down when you move with ease! 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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- **Reflexology** - 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. Jump start your Zumba moves for free. No obligation. Get in to Free Range and learn to dance. ***No class Dec 24th and 31st.**
- **Zumba** - 50 min. Mon/Wed 5:30pm. No registration for this class - buy a class card or drop in for \$12. Dance, laugh, and improve your cardio! All levels. ***No class Dec 24th and 31st.**
- **Body Works** – 50 min. Tue/Fri 9:00am. \$56 for December for two classes a week. Use circuit machines and tone all your muscles to Anne's retro tunes. Can drop in for \$12. ***No class Dec 25th.**
 - **Christmas Week** – Try Body Works at a special day and time during Christmas week. Join class on Wednesday, December 26th and Thursday, December 27th at 9:00am.

Kindra Waack, 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. Your body can change - we can help! Join us!

- **Strength Blast** - 60 min. Burn calories. Strengthen, tone, and trim! Define muscle. Small group weight training and cardio class.
 - Strength Blast - AM** – \$66 for 2 classes per week. T/TH 7:00am. ***No class Dec 25th.**
 - Strength Blast - PM** – \$56 for 2 classes per week. 5:20pm M/W. ***No class Dec 24th, 26th, 31st.**
 - Strength Blast - Saturday** - \$47 for 1 class per week. 8:00am Sat.
 - Lunch Blast** - 30 min. \$30 for 2 classes/week. M/W 12:15 - 12:45pm. ***No class Dec 24th, 26th, 31st**
- **Powerlifting** - 56 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 Dec 26th, 31st.**

- **Older Adult Strength Training + Fall Prevention** - 45 min. \$30 includes 10:30am Wed. Are you older or healing an injury or have a chronic illness? Maybe you just completed Physical Therapy and want to take the next step? Or you are new to training? Join this class to get stronger and prevent falls. Receive direct guidance and lots of support. ***No class Dec 26th.**
- **Cross Training** – 60 min. High-level, yet safe, class challenges your strength and endurance while building lean muscle mass. Each class includes a different and intense workout.
Cross Training – PM – \$66 for 2 classes per week, 4:30pm T/Th. ***No class Dec 25th.**
Cross Training – Lunch – \$35 for 2 classes per week, 12:15 – 12:45pm T/Th. \$20 for 1 class per week, Fri 12:15 – 12:45pm. ***No class Dec 24th – 26th.**
- **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 – Dec 3, 10, 17 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 – Dec 3, 10, 17. New and continuing warm-ups, exercises, meditations.
Wednesday: 12:05pm. Wed – Dec 5, 12, 19. 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)

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 - Intro** - 60 min. Meets 4:45pm Sun. \$36 per couple. \$18 per single. All levels and beginners are invited. Slower-paced dance based on walking. Come learn a variation of West Coast swing. Improve flexibility, build bone density, burn calories, sharpen your mind, meet new people, and have fun! ***No class Dec 23rd or 30th.**
- **NEW! Swing Dance – Level 2** - 60 min. Sundays at 6:00pm in December. \$36 per couple. \$18 per single. *Should have already taken Swing Dance - Intro before this class. This class adds to the basic movements and builds your moves for more fun on the dance floor. You'll learn the whip, the dip and the catch. Come on out and help us build a dance community in Western Illinois. ***No class Dec 23rd or 30th.**

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.

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? We'll just add mileage of \$.50 roundtrip. Contact one of our qualified instructors for more information:

Anne Ingersoll (913) 832-3003

Karen Hostert (309) 259-0265

Give a thoughtful present! Gift Certificates are available for any of our classes in any amount!