



Happy Holidays from Free Range!

Free Range December Registration Runs 11/12 - 11/21

December Offerings – just contact the teacher to let them know you're interested in the class. We build December based on interest in these classes. Most classes will need 5-6 people registered (and paid) by 11/21 to make the December calendar, otherwise they'll get dropped from the schedule. Thanks!

Register for these classes by 11/21

Anne Dixon, MS Kinesiology – Dance, Conditioning, Reflexology

***No Class December 24th, 25th, 31st**



Body Works - Use our circuit machines to tone all your muscles to our retro soundtracks! Tuesday/Friday 9:00am - 9:50am. \$56 to register for December. Strengthen, slim, fast, and fun! Here's a fun workout you'll actually look forward to.

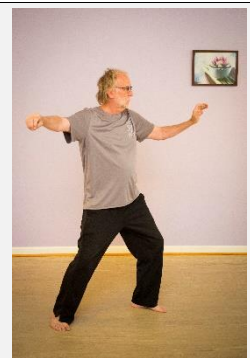
Christmas Week! Try Body Works at a special day and time during Christmas week. Join class on Wednesday, December 26th and Thursday, December 27th at 9:00am.

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

Bill Maakestad – Tai Chi & Qigong

Chi Flow for Relaxation and Energy – 55 minutes. Meets 10:30am Monday (December 4, 11, 18). 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 (December 4, 11, 18) for \$24.

OPTION 2: All three Wednesday classes (December 6, 13, 20) for \$24.

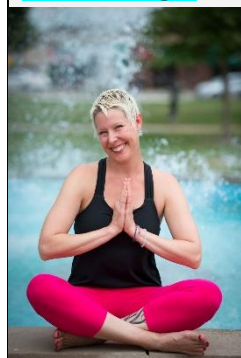
OPTION 3: any single class (three sessions) \$24, or any two classes (6 classes) \$40 (Best Value – 6 sessions includes one free class)

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

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

***No Class December 25th**

Chair Yoga – 60 minutes. Meets 10:00am T/Th. 7 classes for the month for \$56.



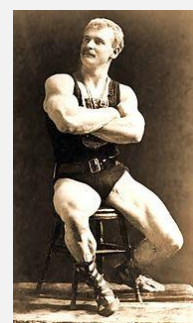
***No class December 25th.**

Come to Chair Yoga consistently and you will improve your strength, balance, and flexibility. I see it happen each month!

Join our fun community and make new friends! Balance bars are 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.

Mighty AWESOME! Mighty FUN! No kidding! We use every prop in the studio for this blend of mat-based and standing postures. 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 here's the key - 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. 7 classes for the month for \$56.

***No class December 25th.**



Performance-based yoga serving those who are deconditioned, those with chronic conditions and/or pain, those who are healthy, AND athletes - it's all about moving well and finding more ease. And it's about moving well in your body so that YOU FEEL BETTER and are stronger after you leave. Without pain/strain/tension. Amazing! Really!

This yoga class invites all bodies to come and see how good movement, breath, and stillness can feel. 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.

- Register online at <https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-8&TG=89&View=day&Loc=0&Trn=2&date=12/01/18>
- 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.

Jeremiah and Amy Simmons, Swing Dance Instructors

***No class December 23rd or 30th**

NEW! Swing Dance – Level 2 - 60 minutes. Sundays at 6:00pm in December. \$36 per couple. \$18 per single.

*Should have already taken Swing Dance Level 1.

Slower paced dance based on walking. Come learn a variation of West Coast Swing. This class will add to the basic movements and build your set of moves for fun on the dance floor. Dance moves to be included, the whip, the dip and the catch.

Improve flexibility, build bone density, burn calories, sharpen your mind, meet new people, and come on out and help us build a dance community in Western Illinois.



Swing Dance – Level 1 - 60 minutes. Sundays at 4:45pm in December. \$36 per couple. \$18 per single.

All beginners are invited. Come join Jeremiah and Amy for this fun couples' social dance, singles are welcome! All levels and beginners are invited. This is a slower-paced dance based on walking. Come learn a variation of West Coast Swing, which is competed in all over the world. This class will focus on the five basic patterns of west coast swing and help you build your rhythm for dancing.

Improve flexibility, build bone density, burn calories, sharpen your mind, meet new people, and have fun!

Minimum of 6 couples or 12 people to run. NO partner needed.

Contact Jeremiah: 309-313-2348 or simmonsdeeres@yahoo.com

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

***No Classes December 22nd, 24th – 26th, 31st**

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

- **Strength Blast – AM** – \$66 for 2 classes a week T/Th 7:00am. ***No class December 25th**
- **Strength Blast – PM** – \$56 for 2 classes a week M/W 5:20pm. ***No class December 24th, 26th, 31st**
- **Strength Blast – Saturday** – \$38 for 1 class a week, 8:00am Saturday. ***No class December 22nd.**
- **Lunch Blast** – 30 minutes. \$30 for 2 classes a week M/W 12:15pm – 12:45pm. ***No class December 24th, 26th, 31st.**



Powerlifting – 60 minutes. \$56 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. ***No class December 26th and 31st.**

Functional Strength Training for Older Adults and Fall Prevention – 45 minutes. \$30 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! ***No class December 25th.**

Cross-Training – 60 minutes. Getting bored in the weight room? Not anymore! 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** - \$66 for 2 classes per week, 4:30pm T/Th. ***No class December 25th.**
- **CT – 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 December 24th – 26th**

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!

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

Leann Stiles, 200RYT, R-YFT:



Yoga Revive – 60 minutes. Meets 4:15pm Wednesdays. \$16 includes 2 classes for the month or pay \$12 to drop in. ***No class on December 12th and 26th.**

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. \$16 includes 2 classes for the month or pay \$12 to drop in. ***No class December 13th and 27th.**

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.

- 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.

OTHER OFFERINGS to help you be your best!

Anne Dixon, MS Kinesiology – Dance, Conditioning, Reflexology

Relax/Rejuvenate Reflexology - One hour for hands and/or feet therapy treatment \$45.

- Tues/Thurs/Fri. Appointments available 12 - 5pm.
- Sat/Sun. Appointments 10am - 5pm.

Call Anne at 309-333-1084 to schedule your hour of bliss today!

Zumba – 50 minutes. No registration needed. Meets Monday and Wednesday 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.



FREE! Zumba 10-minute mini Lessons – 10 minutes. Mondays 5:20pm.

Want to try Zumba but don't know where to start?

Try Anne's "Back to Basics Mini"
FREE 10-minute Zumba lesson!
Mondays 5:20pm
 Only at Free Range - 118 N Lafayette St.
 on the Macomb Square!
FREE FUN - GET OUT THERE AND DANCE! MACOMB!

- Get a jump start on your Zumba moves.
- Totally free.
- No obligation.
- Get in to Free Range and learn to dance!

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

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

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

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?

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!

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!

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

Erin Jacobs - Massage Therapy

MASSAGE – Get Ready to Relax!

Tuesdays 6pm - 9pm

Wednesdays 6pm - 9pm

Thursdays 6pm - 9pm

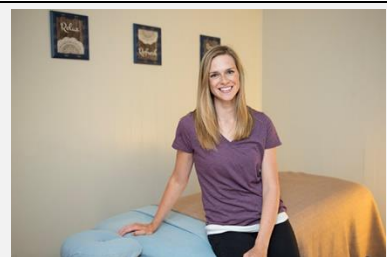
Saturdays 10am - 3pm

(Friday afternoon appointments also available per request)

30-minute = \$30

60-minute = \$55

90-minute = \$85



Call or text Erin at [\(605\) 695-8041](tel:6056958041) or schedule online at www.massagebook.com/erinjacobsmt

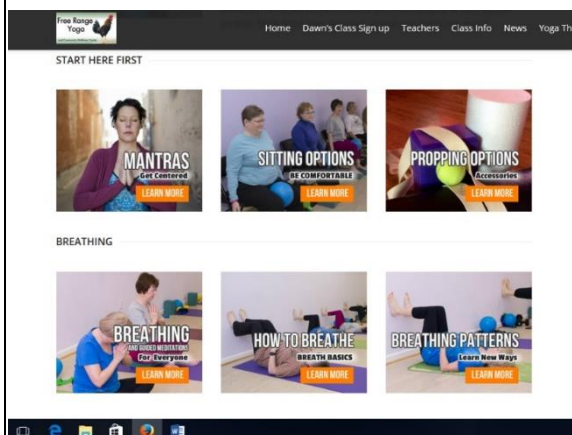
Gift certificates make awesome presents for someone you want to show your appreciation and love! They will love you for it!

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 and Leann 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.

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

Online yoga classes! Sign up for December - \$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.

End the year strong! Find something you love and do something good for yourself!