



# January 2019 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](mailto:dawn@freerangeyoga.us)**

**Reminder: With Dawn's pay as you go class card you can come to any of her classes!**

<b>Class cards</b>	5 classes = \$55	10 classes = \$100	20 classes = \$185	90-day expiration
--------------------	------------------	--------------------	--------------------	-------------------

- **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 Jan 1<sup>st</sup>.**
- **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! **\*No class Jan 2<sup>nd</sup>.**
- **NEW! Flow & Stretch** - 60 min. T/TH. 6:30pm. Great dynamic yoga class that blends building strength with improving mobility all while practicing ease. Join this all-new class. **\*Starts Jan 15<sup>th</sup>.**
- **NEW TIME! Yoga for All** - 60 min. T/TH 5:15pm. Very good class for beginners and for those with a current yoga practice. Performance-based yoga for all bodies. Learn to move well. Mat-based. Improve balance, strength, focus, breathing, and flexibility. **\*No class Jan 1<sup>st</sup>.**
- **NEW! Yoga and Qigong Class - Jan. 19<sup>th</sup> 10:00am - 12:00pm for \$15.** Combined Yoga and Qigong class to help you release stress, feel better, and move with ease. Mind, body, spirit will be refreshed. Join Dawn Piper and Bill Maakestad and feel amazing!

**Yoga Therapy** Improve how you move 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](mailto:annemdixon@hotmail.com)**

<b>Class cards</b>	5 classes = \$50	10 classes = \$80	90-day expiration	Private session \$40/hour
--------------------	------------------	-------------------	-------------------	---------------------------

- **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.
- **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 Jan 2<sup>nd</sup>.**
- **Body Works** - 50 min. Tue/Fri 9:00am. \$56 for January 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 Jan 1<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. 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** - \$84 for 2 classes per week. T/TH 7:00am. **\*No class Jan 1<sup>st</sup>.**

**Strength Blast - PM** - \$84 for 2 classes per week. 5:20pm M/W.

**Strength Blast - Saturday** - \$38 for 1 class per week. 8:00am Sat.

**Lunch Blast** - 30 min. \$45 for 2 classes/week. M/W 12:15 - 12:45pm.

- **Powerlifting** - 60 min. \$84 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.
- **Older Adult Strength Training + Fall Prevention** - 45 min. \$50 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.
- **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** – \$84 for 2 classes per week, 4:30pm T/Th. **\*No class Jan 1<sup>st</sup>.**
  - Cross Training – Lunch**– \$45 for 2 classes per week, 12:15 – 12:45pm T/Th. \$20 for 1 class per week, Fri 12:15 – 12:45pm. **\*No class Jan 1<sup>st</sup>.**

**Bill Maakestad – Tai Chi & Qigong - 309-255-8256 wj-maakestad@wiu.edu**

- **Chi Flow for Relaxation and Energy** - 55 min. Meets 10:30am Mon – Jan 7, 21, 28 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.
  - **\*No class Jan 14. Substitute Chi Flow, Wed Jan 16. 8:30am.**
- **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 – Jan 7, 21, 28. New and continuing warm-ups, exercises, meditations.
    - **\*No class Jan 14. Substitute Tai Chi/Qigong, Tues Jan 15. 12:05pm.**
  - Wednesday:** 12:05pm. Wed – Jan 9, 16, 23, 30. 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 4 Mon or Wed classes for \$32 (four sessions).
- **OPTION 2:** Any single class (four sessions) \$32, or any two classes (8 classes) \$56 (Best Value – 8 sessions includes one free class)
- **FREE! Tai Chi/Qigong Class** – Wed, Jan 2 at 12:05pm. Try Tai Chi/Qigong for free and help lower stress and increase your sense of well-being. Donations will be accepted for Loaves & Fishes Food Pantry.

**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**

- **NEW! Swing Dance Boot Camp/Date Night** – Saturday, Jan 12<sup>th</sup> at 5:00pm. \$8 per person. Come learn a variation of West Coast swing. Lessons will be followed by a 1-hour social dance. After the dance, we will step over to Chicks for dinner and a drink. Come on out and give swing dance a try. Meet some new friends. Bring your friends to class.

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

**Anne Ingersoll** (913) 832-3003

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