



Free Range [January Registration](#) Runs 12/11 - 12/19

January Offerings – just contact the teacher to let them know you're interested in the class. We build January based on interest in these classes. Most classes will need 5-6 people registered (and paid) by 12/19 to make the January calendar, otherwise they'll get dropped from the schedule. Thanks!

Register for these classes by 12/19!

Anne Dixon, MS Kinesiology – Dance, Conditioning, Reflexology



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 January. Strengthen and slim - fast, and fun! Here's a fun workout you'll actually look forward to.

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

Bill Maakestad – Tai Chi & Qigong

NEW! Yoga and Qigong Class - January 19th 10:00am – 12:00pm

Try this combined Yoga and Qigong class to help you move better and feel amazing. Our class is designed to help you release stress, feel better, and move with ease. Mind, body, and spirit will be refreshed and invigorated - giving you more energy and lightness. All levels welcome!

Teachers: Dawn Piper and Bill Maakestad

Cost: \$15

Qigong ("energy work") is a mind-body practice that originated in China nearly 5000 years ago. By gently integrating posture, body movements, breathing and focused attention, it is designed to improve physical and mental health by reducing stress and increasing energy flow in the body. In is safe and suitable for virtually all ages and abilities.

Chi Flow for Relaxation and Energy – 55 minutes. Meets 10:30am Monday (January 7, 14, 21, 28). 4 classes for the month for \$32.

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 four Monday classes (January 7, 14, 21, 28) for \$32.

OPTION 2: All four Wednesday classes (January 9, 16, 23, 30) for \$32.

OPTION 3: any single class (four sessions) \$32, or any two classes (8 classes) \$56 (Best Value – 8 sessions includes one free class)

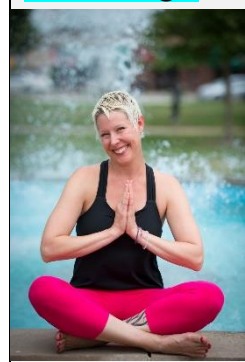
Happy NEW Year! Tai Chi & Qigong and Chi Flow classes will be FREE on Monday, December 31, and Wednesday, January 2. Donations welcomed for Loaves & Fishes food pantry!

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 classes January 1st and 2nd**

Chair Yoga – 60 minutes. Meets 10:00am T/Th. 9 classes for the month for \$72.



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.

NEW TIME! Yoga for All – 60 minutes. Meets 5:15pm T/Th. 9 classes for the month for \$72.

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!

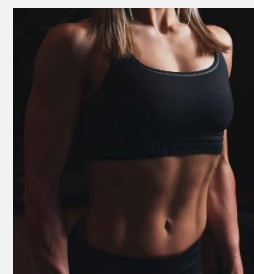
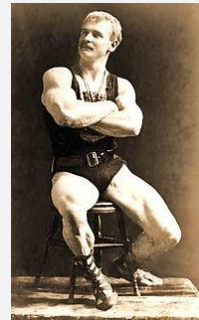
This yoga class invites all bodies to come and see how good movement, breath, and stillness can feel. It's simple enough for the beginner and yet individualized enough for someone who has practiced yoga for years to continue to advance in their own personal practice.

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.

NEW TIME! Yoga Shred – 60 minutes. Meets 6:30pm T/Th. 6 classes for the month for \$48. Class starts on January 15th.

Class is intense, but doable! Great for athletes and current yoga students. We move with good form and no pain. Get your heart rate up, burn fat, get strong, tone abs and glutes, and feel awesome!

If you want to work hard, and see/feel results, you'll LOVE it!



NEW! Yoga and Qigong Class - January 19th 10:00am – 12:00pm

Try this combined Yoga and Qigong class to help you move better and feel amazing. Our class is designed to help you release stress, feel better, and move with ease. Mind, body, and spirit will be refreshed and invigorated - giving you more energy and lightness. All levels welcome!

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- Register online at <https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-8&TG=90&View=day&Loc=0&Trn=2&date=01/01/19>
- 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

NEW! Dance Boot Camp/Date Night – Saturday, January 12th at 5:00pm. \$8 per person.

Come learn a variation of West Coast Swing, which is competed in all over the world. Lessons 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!



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

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

***No Class January 1st**

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

- **Strength Blast – AM** – \$84 for 2 classes a week T/Th 7:00am. ***No class January 1st**
- **Strength Blast – PM** – \$84 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. \$45 for 2 classes a week M/W 12:15pm – 12:45pm.



Powerlifting – 60 minutes. \$84 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.

Older Adult Strength Training + Fall Prevention – 45 minutes. \$50 for 1 class a week, Wednesday 10:30am. 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 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** - \$84 for 2 classes per week, 4:30pm T/Th. ***No class January 1st**
- **CT – 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 January 1st**

NEW! Strength 101 - \$75 for the month of January. Tues/Thurs 5:45pm - 6:30pm Are you looking to reach your 2019 fitness/health/wellness goals the right way? Are you new to exercise OR out of practice? This class will teach you proper lifting technique, exercises fit for your goals/needs/wants, and healthy eating advice. ***No class January 1st.**

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 and stay on target!

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

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!

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!



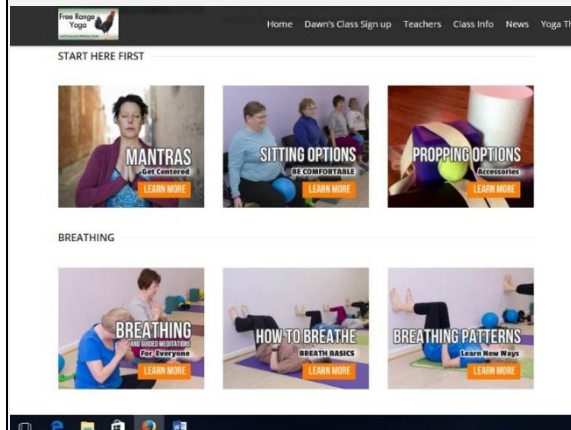
Yoga Your Way – Been to Yoga? Never been? Interested in sharing a class with five of your friends? Yoga Your Way allows you to choose the time and

day. All levels available. Contact Anne 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.

Online yoga classes! \$19.99/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.

Kick off your new year by finding something you love and doing something good for yourself!