



February 2021 Information

Free Range

Things you should know about Free Range:

1. **NO MEMBERSHIP FEES.** You only pay for what you use. 😊
2. You can start anytime.
3. **First class is FREE!** Try it first and see if you like it.
4. Some classes have class cards which is like a drop in, but you save a little money.
5. Want to save more money and/or make a commitment to a specific class? Register for the series: you buy a whole month of one class. Mid-month and new to a class? Ask to pro-rate.

VERY IMPORTANT:

- McDonough County has moved into Phase 4 of the Illinois Mitigation Plan.
- Free Range is once again offering both live “In-Studio” and “Zoom” streaming classes starting February 1st.
- Due to social distancing rules, only 50% occupancy can sign up for “in-studio” classes.
- During Phase 4, face coverings must be worn into and out of the fitness center, they do not have to be worn while exercising.
- You can still join Free Range from home! Zoom has been a wonderful option for all of use and is easy to use.
- My classes are also available to rent “On Demand” for \$10 – so if you can’t make class, you can take it later.
- You can also still hire me, Bill Maakestad, or Colby Edmonson to teach a private Zoom class, Personal Training session, or a private Zoom group class for your family, friends, or co-workers. We will all keep moving forward - together - getting stronger (and calmer) in our bodies, minds, and spirits. Here’s to being pure with the moment as it brings us new things to test our flexibility and resilience. Stay healthy! Dawn 😊

CLASSES: Join Dawn’s classes via Zoom or “On Demand” - all classes available online in January.

Dawn Piper, Free Range owner, Certified Yoga Therapist, and E-RYT 200 - 309-333-5069

dawn@freerangeyoga.us

How to pay: Register for the month (\$64), drop in \$12/class, or use Dawn’s class cards to pay as you go for any of her classes - can use class cards and go to any of her classes.

Class cards	5 classes = \$55	10 classes = \$100	20 classes = \$185	90-day expiration
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Dawn will be opening our classrooms 15 minutes before each class so you can mix and mingle with your classmates on Zoom.

- **Chair Yoga** - 60 min. T/TH 10:00am. Only offered on Zoom.

We do not get down on the floor in this class. This is a fun class to meet new friends; strengthen arms, legs, and core; plus improve balance and flexibility while improving your overall health. You can use a chair or the wall for standing poses; or sit for all or part of class. Great class for beginners and people healing from injuries who want to get their strength back.

- **Yoga for All** - 60 min. T/TH 5:15pm. Zoom and In Studio.

Yoga for everyone - and wherever you are. Slow down just enough so you move with awareness and notice how much better your body feels on and off the mat. Mat-based. Focus on ease, balance, strength, breathing, and flexibility. Excellent class for beginners as well as for those with a current yoga practice. All are welcome!

- **Mighty Yoga** - 60 min. W/F 10:00am. Zoom and In Studio.

See results - improve strength, balance, and better posture! This yoga class builds strength consistently. Make progress by moving well and paying attention to what your body needs. This class is tailored to give you as much challenge as you want, but without pain. It is functional strength building that will support whatever activities you enjoy.

Online Video Library: See <http://www.freerangeyoga.us/online-classes/> **Just \$10/month** for unlimited viewing. Yoga, breathing, balance, relaxation, and more. 70+ videos. Various levels.

Enrollment For The Month:

Contact Dawn to register for February (all classes are \$64 for month for the 8 classes) – details here – but contact Dawn directly to register:

In-Studio:

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-103&TG=120&VT=324&View=day&Loc=0&Trn=2&date=02/01/21>

Online Streamed Zoom:

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-103&TG=120&VT=325&View=day&Loc=0&Trn=2&date=02/01/21>

Enrollment For Individual Classes:

In-Studio:

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-7&TG=22&VT=309&View=week&Loc=0&date=02/01/21>

Online Streamed Zoom:

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-7&TG=22&VT=311&View=week&Loc=0&date=02/01/21>

Practice Yoga when it fits your schedule!

“On Demand” Classes: Practice Yoga - wherever you are!

Can't make it to class when it's offered? Or you LOVED a class because it made you feel SO GOOD and want to take it again? Or you want to try yoga but don't want anyone to see you practice?

Whatever your reasons – now you can take each of my classes for just \$10. Yoga on YOUR schedule. There are 50+ videos available now!

Just go here: <https://vimeo.com/ondemand/freerangeyoga>

- **NEW! Your Best Life Yoga4Teens** – 7:00pm Monday (February 1, 8, 15, 22). **This class is FREE during the month of February.**

This class is available in-person at Free Range South Wing and online. Limited space available for in-person classes. All COVID-19 safety guidelines will be followed.

Do you know a teen who needs calm and focus? Or, an athlete who needs more strength or flexibility? A musician desiring more breath control? YBLY4T is for every BODY! We will practice acceptance without competition and ego. Please note, those younger than 18 will require a parent signature. YBLY4T is a beginner level.

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

- **Chi Flow for Relaxation and Energy** – 55 min. 10:30am – 11:25am Monday (February 1, 8, 15, 22) \$32 for four classes in February. **All February classes will be available in-person or online.**

In-person: No drop-ins. Maximum 7 students in person at Free Range South Wing. All COVID-19 guidelines will be followed.

Online: All February classes will also be available on Zoom!

This active relaxation class will improve your energy. Become more mindful with movements anyone can do. Gentle stretches and exercises, adapted from the traditional Chinese practice of qigong (“energy work”), reduce fatigue, improve concentration, and promote healing from within. All movements may be done either sitting or standing. Each class closes with a brief period of silent meditation for deep relaxation and centering.

- **Tai Chi & Qigong** – 55 min. 12:05pm – 1:00pm Monday (February 1, 8, 15, 22) \$32 for four classes in February. **All February classes will be available in-person or online.**

In-person: No drop-ins. Maximum 5 students in person at Free Range South Wing. All COVID-19 guidelines will be followed.

Online: All February classes will also be available on Zoom!

Do you want to increase your mindfulness and get stronger as you improve your posture and balance? 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!

Colby Edmonson – Strength Coach - 309-331-3247 cedmo82@gmail.com – North Wing

- **High Intensity Interval Training (HIIT)** – 60 min. 5:30pm – 6:30pm. Tuesday/Thursdays. \$80 for eight classes in February. Classes held in Free Range North Wing.

Do you feel like you're spinning your wheels and not making progress with your strength training? Get ready to see and feel results with this total body workout that combines alternating high and low intensity movements. Improve strength, balance, flexibility, and conditioning. From jumping jacks to sit-ups and squats to jump lunges, this challenging workout will take your strength and cardiovascular fitness to the next level.

- **Strength Training** – 60 min. 5:30pm – 6:30pm. Mondays/Wednesdays. \$80 for 8 classes in February. Classes held in Free Range North Wing.

Colby's Group Strength class will combine the benefit of an individualized program based on your interests and goals with the fun of a group fitness class to keep you motivated and wanting to come back. You'll safely build muscle, burn fat, and get stronger regardless of your experience level! Join this small group weight training class and find your optimal performance!

- **Personal Training and Private Group Classes Available – In Studio and on Zoom!**
Contact Colby for an individual in-studio session or an online Zoom session.

\$30 for one person for a Personal Training Session or online Zoom session (or if you get a group together, Colby can build a class for you or \$10 each additional person – on Zoom or In Studio).

PRIVATE YOGA, YOGA THERAPY, MEDITATION, YOGA NIDRA, AND BREATHWORK:

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

In Studio Sessions

- Private in person class rates are \$68 per hour for one person.
- Session Packages: 3 sessions = \$195 and 8 sessions = \$500
- Private in person Group Classes are \$68 per hour plus \$10 each for additional person. Can be paid online or on Venmo.

Online Sessions

- Private class rates are \$50 per hour for one person.
- Private Group Classes are \$50 per hour plus \$10 each for additional person. Can be paid online or on Venmo.
- Sessions are held on Zoom so you can gather a group from anywhere in the world.

Contact Dawn for the link. 309-333-5069 or dawn@freerangeyoga.us



Reiki

Due to the high number of cases of COVID in our area, Gloria will return to Reiki in person at a later date. If you are one of her Reiki clients, contact her to inquire about a long-distance session.

Gloria Barr



Reiki - 60 minutes. \$55/hour for a private session. 30 minutes. \$30 for a private session.

Reiki is an ancient natural healing treatment used to assist in healing and promoting overall balance within the body. It is administered by a Certified Reiki Practitioner by using gentle, noninvasive touch to influence and support the body's natural energy flow. Reiki is offered to a fully-clothed client through hands off, or hands on, gentle touch. Clients have reported less anxiety and pain plus more energy and restful sleep. Reiki does not replace medical treatment but can be a good complement to healing and stress relief.



Contact Gloria: gabreiki@gmail.com or 309-221-2089