



Fitness

Come join one of WPRD'S active classes to get into shape! Try Aikido, a self-defense class and learn new and effective ways to keep safe. Try one of our new fitness classes to keep active or a yoga class to keep calm and balanced.

Curvy Yoga (Ages 18+)

Activity #: 627135-01 & 02 & 03

Date: Mondays & Thursdays (5/2-6/13 no class 5/30) or (6/27-8/8 no class 7/4) or (8/22-10/3 no class 9/5)

Time: 5:30-6:30pm

Fee: \$46 R \$49 NR

Location: Arts & Crafts & Lord Fairfax Room

Register by: (4/25), (6/20), (8/15)

Curvy Yoga (Ages 18+)

Activity #: 627135-04 & 05 & 06

Date: Thursdays (5/5-6/9) or (6/30-8/4) or (8/25-9/29)

Time: 5:30-6:30pm

Fee: \$23 R \$26 NR

Location: Lord Fairfax Room

Register by: (4/28), (6/23), (8/18)

Students of all experience levels are welcome in this class, including beginners, where the focus is on proper alignment and modifications for plus size bodies. Embracing, loving, and honoring those bodies is Jessi who creates classes that are accessible to and accepting of anyone who attends. Please bring a thick yoga mat to class.

Instructor: Jessi Edwards

Pilates (Ages 18+)

Activity #: 627135-09 & 10

Date: Mondays (6/20-8/1 no class 7/4) or (8/15-9/26 no class 9/5)

Time: 9:00-10:00am

Fee: \$23 R \$26 NR

Location: Lord Fairfax Room

Register by: (6/13) or (8/8)

"Strength Yoga" Total body conditioning to improve balance, increase flexibility and strength, improve posture and Core strength-focused. Please bring a mat to class!

Instructor: Myla Annis

Strength & Tone (Ages 18+)

Activity #: 627135-11 & 12

Date: Wednesdays (6/22-7/27) or (8/10-9/14)

Time: 9:00-10:00am

Fee: \$23 R \$26 NR

Location: Lord Fairfax Room

Register by: (6/15) or (8/3)

Increase muscular strength, and endurance while burning calories through various exercises using internal resistance, free weights, resistance tubing, and mat work. Improve muscular tone, posture, and quality of life with easy to follow techniques guided by a certified instructor.

Instructor: Myla Annis.

Ki-Aikido (Ages 15+)

Activity #: 627117-29 & 30 & 31

Date: Mon. (5/2-5/23), (6/6-6/27), (8/8-8/29)

Time: 6:00-7:00pm

Fee: \$20 R \$23 NR

Location: Recreation Room

Register by: (4/25), (5/27), (8/1)

Aikido offers dynamic self-defense on a physical level and also, by extension, crisis/conflict resolution skills useful in the emotional and psychological context of daily life. Aikido is a soft form of the art; power comes from rhythm and timing within an aware relationship. Aikido can be an extremely effective method of self-defense, and is used as a basis of many police/correctional restraint and control courses.

Instructor: Jim Vogt

Member Fitness

Zumba (Ages 12+)

Mon/Thurs, 6:30-7:30pm

Fee: Included in the Facility Membership

Drop-In: \$5 R, \$5.50 NR.

Location: Social Hall at the War Memorial Building. *No Class July 30-August 6

Zumba is the hottest dance party workout today! You will not even feel like you are working out while you Zumba. It is a total body workout using the most popular music that makes you feel good. Zumba utilizes fitness, burns calories, tones muscles, and improves balance and incorporates a full range of motion.

Instructor: Amanda Floyd.

Yoga

Tuesdays, 5/31-6/28 (class resumes 8/16)

Time: 8-9am

Fee: Included in the Facility Membership

Drop-In: \$5 R, \$5.50 NR.

Restoration, rejuvenation, renewal! Imagine your body cradled and fully supported by blankets, pillows and bolsters. Imagine quiet breathing, soft music, guided meditation as deep calm and stillness washes over you. This is called restorative yoga. Now imagine inviting the mind into a conscious form of deep sleep called yoga Nidra, a deep meditation. This class is intended to induce full body relaxation. Tuesdays in the Recreation Room at the War Memorial Building.

Instructor: Jeff Hollar.

