

Get fit in 2009! Attend any class anytime! Unlimited visits for \$29.99/month!

All Classes are held in the Activities Center Studio at Crandall Field

Stretch & Breathe for Flexibility: *A gentle combination of yoga and pilates movements designed to help strengthen and tone muscles as well as train your body to breathe and relax. Instructor KiKi Latimer has been teaching classes in the community for 15 years. Monday and Wednesday 5:30-6:30PM*

Vinyasa Flow Yoga: *A gentle flowing yoga class suitable for all levels! Building strength, increasing flexibility, and reducing the mental and physical effects of everyday stress is the focus of this class. Class Participants will be led through a variety of yoga positions and different types of yogic breathing. The focus will be on correct position alignment, which leads to better energy flow. Regular yoga practice enhances overall health and reduces the risk of everyday injuries by increasing muscle strength, increasing range of motion, and balancing the whole body enabling it to function more effectively. Please bring a yoga mat and blanket with you, and wear comfortable layered clothing. Instructor Anna Collis has over 20 years experience practicing and teaching yoga. Mondays 6:45-7:45PM*

Total Body Conditioning: *A full body workout utilizing various props to sculpt, tone, and condition your entire body. Instructor Iolanda Bardi is an AFFA certified fitness instructor and teaches at the YMCA and Luxe Gym. Thursdays 7:30PM*

NEW TIME! Cardio Blast: *One hour of high intensity to push yourself to your limit while having lots of fun! The hour includes a 45-minute cardiovascular workout with a 15-minute abdominal conditioning conclusion. Instructor Iolanda Bardi. Saturdays 8:30A-9:30A **beginning March 21st***

****Both of Iolanda's classes are appropriate for all fitness levels, beginner through intermediate. She will also demonstrate modifications for anyone with injuries. Please consult with your physician before beginning any fitness program.***

Yoga for Kids! *Yoga can bring a sense of calm and focus while building strength and agility in your child. This 6-week class will include teaching children basic yoga postures, breathing, and body awareness in a fun and easy environment. Sessions will be held on Saturday mornings beginning April 4th from 9:30-10:15AM in the Studio at Crandall Field. Instructor Amy Van Oot has been practicing Active Vinyasa Yoga for four years and enjoys mentoring young children towards a healthy and happy lifestyle. All kids in grades K-4 are welcome and are required to bring a yoga mat, water bottle and wear comfortable clothing with hair tied back. The fee is \$24 for residents of Hopkinton and \$28 for non-residents. Class size is limited to 12; families with more than one child attending will receive a discount. Call the recreation department for more information and to register.*

Attend one class per week for \$19.99/month