

Pleasant Ridge Community Center

Class Descriptions

Yoga with Carla Krzysiak

Classes meet on an on-going basis. Punch cards can be purchased at the Community Center.

Yoga Punch Card:

6 classes-\$60, 12 classes-\$100, 24 classes-\$180

Class Descriptions:

Hatha Yoga- concentrates on physical health and mental well-being. Hatha yoga uses bodily postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind. There are nearly 200 hatha yoga postures, with hundreds of variations, which work to make the spine supple and to promote circulation in all the organs, glands, and tissues. Hatha yoga postures also stretch and align the body, promoting balance and flexibility.

Classes meet on M/W 8:45am

Yoga with Meditation- We will spend 50 minutes on essential replenishing poses that promote health, strength and balance as well as plenty of stress relief. We will end class with a guided meditation that will help you with your own meditation at home.

Beginners are welcome.

TH 7pm

Gentle Yoga-This form of Hatha Yoga will create a safe and comfortable space incorporating numerous benefits such as strength, flexibility, improved circulation, stress relief and better sense of well being. Gentle yoga meets you at your level of fitness.

Modifications and chairs are available.

Class meets on Th 8:45am

Yoga with Michele O'Brien

Classes meet on an on-going basis. Punch cards can be purchased at the Community Center.

Punch Card:

6 classes-\$60, 12 classes-\$100, 24 classes-\$180

Morning Yoga-(all levels) Mon & Wednesday's at 6am

The perfect way to start your day! Class begins with breath awareness exercises and a few moments of quiet reflection. Some gentle stretching opens the way to a practice of yoga poses to build strength, flexibility, and awareness. A moderately demanding class.

Slow Flow-(all levels) Tuesday & Friday's at 2pm

You will be inspired to deepen your mind-body connection while building strength and flexibility. Whether you are a beginner wanting to learn the basic postures or a more

experienced student wanting a slower practice to explore each posture, this class is for you.

Kids yoga- Ages 5-7 Classes meet on Thursday at 4pm

Cooperative games, theme activities, storytelling, music, and art engage the natural energy and enthusiasm of the 5, 6 and 7-year old child. Classes explore yoga poses, breathing exercises, visual imagery and relaxation techniques while conveying lessons in self-expression, body image, social skills, positive thinking, and environmental awareness.

Pilates with Pam Kampf

Classes begin every seven weeks. You can also drop-in for a \$10 fee. Please call the Community Center for start dates. Sessions are 6-weeks.

Pilates Mat- Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity and improves all over function. *Ring and Roller will be used.

Class meets on Monday at 9am

Yoga Pilates Fusion-The benefits of yoga poses and postures improving mind and body awareness. Improves strength and flexibility and reduces stress. With the influence of Pilates influence. *Please bring a mat.

Class meets on Monday at 7pm

Pilates with a ball- Principles of Pilates as applied to the fitness ball. Improving strength and flexibility, and body awareness. *Please bring a mat and ball. For more information on equipment, please see Pam.

Class meets on Tuesday at 5pm

Sit and Get Fit Class with Victoria Dickinson

This class meets on an on-going basis. Meets Wednesday & Friday at 9am
\$20-10 visit punch card

Get a complete body workout using hand weights, resistance bands, and a small ball. These routines are designed to increase strength and improve balance, flexibility, and bone density.

Enjoy working out to music and meeting great people. Participants are responsible for providing their own exercise equipment.

CSF-Cardio-Strength-Flexibility Instructor: Melanie Sevald

Class sessions are 6 weeks. Class is offered on M, W, F at 10:30am (Sep-May) and W, F 9am (June-August). Please call the Community Center for start dates.

Incorporating the three components of fitness, cardio, strength and flexibility, this class will get you moving to raise your heart rate and improve cardiovascular fitness. We will use body weight and resistance tools to increase strength and combine yoga, stretching and relaxation techniques to complete your spirit, mind, body circle.

Beginning and experienced exercisers are welcome in this class which uses progressions to build challenges to create multiple levels of impact and intensity.