



## Yoga

Yoga is devoted to the development of strength, stamina, flexibility, balance focus and dedication with regard to each person's body and needs in mind. Bring your own Yoga mat, (2) yoga blocks and a strap. Monday Yoga classes have been taught by Yoga Teachers Group, Inc for over 10 years. Please wear comfortable clothing.

**AGES:** 13 and older  
**\$59 6 CLASSES (NO CLASS NO CLASS 5/31, 9/6)**  
**IOWA COMMUNITY CENTER**

FTN04-32	M	6-7 pm	Apr 26-Jun 7
FTN04-10	M	6-7 pm	Jul 26-Aug 30
FTN04-20	M	6-7 pm	Sep 13-Oct 18

## Yoga in the Park

There are so many benefits of yoga - whether you're looking for a form of exercise that won't make you hurt the next day, needing to work on balance and flexibility, or if you're a conditioned athlete wishing to balance your current workout routine. Join certified instructor Kimberly LaBounty for a Vinyasa Flow class. Kimberly teaches to all levels and will adapt accordingly. Bring some water and your yoga mat. You'll leave feeling stronger, calmer and more balanced! To learn more about Kimberly, visit [www.kimberlylabounty.yoga](http://www.kimberlylabounty.yoga).

**AGES:** 13 and older  
**CORTESI VETERANS MEMORIAL PARK**

**\$47 5 CLASSES**

FTN22-30	W	7-8 pm	May 5-Jun 2
FTN22-11	W	7-8 pm	Aug 4-Sept 1
FTN22-20	W	7-8 pm	Sept 8-Oct 6

**\$56 6 CLASSES**

FTN22-10	W	7-8 pm	Jun 16-Jul 21
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## T'ai Chi

T'ai Chi is practiced by millions of people every day, who consider it to be an integral part of their lives, giving them good health, a calm stress-free mind and a flexible body. T'ai chi has been firmly established as the exercise routine for balance. It is appropriate for participants of any age or fitness level, the exercises are characterized by slow, graceful movements. Through practice you can expect to improve posture, balance, coordination, flexibility & strength, reduce blood pressure, stress, release tension, and you can expect a feeling of positive energy to flow through your body.

**8 CLASSES**  
**IOWA COMMUNITY CENTER**

**AGES:** 13-59 \$88  
**SENIORS:** 60 and older \$68

**Beginner T'ai Chi**

FTN01-10	Tu	2-3 pm	Jun 1-Jul 20
FTN01-11	Tu	2-3 pm	Aug 3-Sep 21
FTN01-20	Tu	2-3 pm	Sep 28- Nov 16

## Continuing T'ai Chi

**8 CLASSES**

**AGES:** 13-59 \$108  
**SENIORS:** 60 and older \$80

FTN02-10	Tu	2-3:30 pm	Jun 1-Jul 20
FTN02-11	Tu	2-3:30 pm	Aug 3-Sep 21
FTN02-20	Tu	2-3:30 pm	Sep 28- Nov 16

## T'ai Chi Sword

Beyond the T'ai Chi form, lies the elegant and effective T'ai Chi Sword form. With its dramatic moves and turns, and its shining blade sweeping through the air and the tassels swirling about, it always captures the attention and imagination of young and old alike. T'ai Chi Sword students can expect to enhance their art and self-expression, and to further refine themselves. Through continued practice you can expect to improve posture, balance, coordination, flexibility & strength, reduce blood pressure, stress, release tension, and you can expect a feeling of positive energy to flow through your body.

**7 CLASSES**

**AGES:** 13-59 \$52  
**SENIORS:** 60 and older \$40  
**IOWA COMMUNITY CENTER**

FTN03-10	Tu	3:30-4 pm	Jun 1-Jul 20
FTN03-11	Tu	3:30-4 pm	Aug 3-Sep 21
FTN03-20	Tu	3:30-4 pm	Sep 28- Nov 16

