



Albemarle County Parks & Recreation

Fall Exercise & Yoga Classes 2008

Alb. Co. Res. = Albemarle County Residents
NCR = Non County Residents

AEROBICS

Exercise for the mind, body and spirit!

Instructor: Jeanne Sheets

Location: Scottsville Community Center

Tuesdays & Thursdays 6:30-7:30pm

August 12 – October 16, 10 weeks

Cost: \$45

AEROBICS

This class will help you build stamina, increase endurance, and improve the cardiovascular system while burning fat.

Location: Crozet Elementary School

Monday & Thursday 6:30-7:30pm

Sept. 8 – Nov. 20

(No class Oct. 20 & Nov. 3)

\$45 Alb. Co. Res.\$68 NCR

EAST MEETS WEST:

Mat Science / Pilates

A comprehensive workout designed to develop integrated strength & flexibility for the entire body. Incorporates movements from a wide range of disciplines, including Pilates, yoga & aerobics. Includes some use of free apparatus. An excellent class for young & old, novice & expert.

Location: Broadus Wood Elementary

Monday & Wednesday 6:00-6:45pm

Sept. 8 – Nov. 19

(No class Oct. 20 & Nov. 3)

\$45 Alb. Co. Res.\$68 NCR

CARDIO CRAZE

Movement designed to condition, train and improve the cardiovascular system while burning fat. Includes some use of free apparatus. Classes alternate between hi-lo/circuit/body sculpting and step/interval step. Personal level of intensity can be adjusted to suit individual needs.

Location: Broadus Wood Elementary

Monday & Wednesday 6:50-7:45pm

Sept. 8 – Nov. 19

(No class Oct. 20 & Nov. 3)

\$45 Alb. Co. Res.\$68 NCR

SHAPE UP FOR SENIORS - Free

Stretching and Flexibility exercise for Seniors. Year around classes, you may join in at anytime.

Location: Meadows Community Center

Mondays, Wednesdays, & Fridays

3:00-4:00pm



YOGA

(All Yoga Classes are 10 sessions and cost: \$45 Alb. Co. Res. \$68 NCR)

Yoga is an ancient system of training the mind and body, leading to greater flexibility and relaxation. Please bring a yoga mat.

Location: County Office Bldg. 5th St.

1600 5th Street, Meeting Room A

Instructor: Carol Brown

Tuesdays 5:30pm - 6:45pm

Tuesdays 7:00pm – 8:15pm

September 9 – December 2

(No class Oct. 14, 21, & Nov. 4)

Location: Baker Butler Elementary

Class Room A-17

Instructor: Madhuri Mix

Thursdays 5:00 – 6:15pm

Thursdays 6:30 – 7:45pm

September 11 – November 13

Location: Sutherland Middle School

Instructor: Madhuri Mix

Mondays 4:30 – 5:45pm

September 8 – November 24

(No class Oct. 20 & Nov. 3)

YOGA CLASSES at Greenwood

Classes Taught by: Carol Brown
Class Location: Greenwood Community Center

\$45 Alb. Co. Res. \$68 NCR

(Please bring a yoga mat.)

Beginner Meditation & Breath Work

This class will consist of gentle Yoga stretches, meditation, and breath work. Stretching is to facilitate sitting in meditation (cushion or chair). A gentle loving approach is used in learning to meditate. By practicing basic breathing techniques we will be learning how our breath affects our body.

Mondays 12:00-1:15pm

September 15 – November 17

Advanced Beginner to Intermediate

Concentration will be on awareness of body, breath, and balance. We will be working on finding dynamic relaxation in each posture, to find our edge. Must have basic Yoga experience.

Mondays 1:30-2:45pm

September 15 – November 17

Beginner Yoga

Concentration is on awareness of body and breath. We will be working on proper alignment, finding our edge, and using our breath to assist us in a posture.

Thursdays 12:00-1:15pm

September 18 – November 20

Yoga for Seniors

Gentle, basic yoga postures. Concentrating on awareness of body and breath. This class is specifically designed for 50+ students. Must be comfortable with getting up/down on the mat. No experience necessary.

Thursdays 1:30-2:45pm

September 18 – November 20