

Spring Classes 2019

Yancey School Community Center

Sponsored by Albemarle County Parks & Recreation

Yoga Classes

Kundalini yoga is an ancient system of training the mind and body, leading to flexibility, strength, self-awareness, spiritual awareness, and relaxation.

Instructor: Vivian Feggans, Certified Kundalini Yoga Instructor

Dates: Tuesdays, March 19 – May 18, 6:30-8pm
(Every Tuesday)

Saturdays, March 23, April 6 & 20, May 4 & 18, 9:30-11am
(Every other Saturday)

Location: Yancey School Community Center

Fee: \$48



Aerobic Classes

Follow along at your own pace Exercise routines on DVD with Frances Feggans. 2lb & 3lb weights and exercise bands provided. Please bring a Yoga Mat.

Dates: Saturdays 11-12noon & Sundays 3-4pm
March 23 – May 18

Location: Yancey School Community Center

Fee: no charge



Rehab/Core Movement Classes

Many have heard that a body in motion tends to stay in motion, while a body at rest tends to stay at rest. Therein, to simply maintain, much more to increase, the functioning of your body you must move it, and move it properly. Having studied and taught human movement for over 30 years, I am able to provide a multitude of exercises that allow those in need to access rehabilitative techniques unknown and/or unavailable through traditional methods. Some of these movements will appear common, while others unique and rare. Using these various exercises ranging from very simple and gentle to the more complex and physically challenging, I have successfully helped those suffering pain and disability achieve relief and recover previously not thought possible.

Instructor: Thorin Blanco: I have studied, taught, and applied martial arts in real world experiences for over 40 years. I have also been a massage therapist for 25 years, all of which has enabled me to combine multiple systems from many worldwide arts and develop methods that are simple to learn and practical in real life.

Dates: Mondays 6:30-7:30pm, March 18 – May 20

Location: Yancey School Community Center

Fee: \$40

Open Gym Basketball

Albemarle County Parks and Recreation is sponsoring a **FREE** Open Gym Basketball Program. The gym will be open for supervised free play for all ages.

Dates: Sat & Sun, March 16 – 24

Dates: Saturdays, April 6, 13, 20, 27 and May 11 & 18

Time: 1:00 – 5:00pm



Please visit the Albemarle County Parks & Recreation website to REGISTER FOR CLASSES

www.albemarle.org/parks