



FITNESS

WHAT IS YOGA? Need to de-stress from your day, gain more flexibility and reconnect with yourself? Yoga helps achieve these through different postures and breathing techniques. Bring a mat, water and a towel. All levels are welcome to experience these types of Yoga:

RESTORATIVE YOGA: Slow moving and static poses, along with breath control are used to promote flexibility in the body, peace in the mind and love in the heart. Restorative yoga classes include: **Zen Yoga** and **Relaxation Yoga**.

VINYASA FLOW YOGA: Linking each breath to a movement. Flow from pose to pose, engage different muscles, promote flexibility and distress the body. Vinyasa flow classes include **Hour of Power**, **Early Bird Flow Yoga** and **Sunrise Yoga**.

NOW AVAILABLE FOR ADULTS! *Want to have the flexibility to jump between classes or come and go as you please? Punch cards are available directly through the instructor!*

*All Yoga participants must bring a yoga mat. In the case that the instructor needs to cancel a class, make-ups will be scheduled. Contact Leah Richards, leah@360yoga.net, with any questions.

Zumba

Are you looking for a monthly morning workout? Rocky's Dojo and Gym offers Zumba on Monday, Wednesday and Friday mornings at the Dojo. No class on 12/25.

Code	Age	Day	Date	Time	Deadline
370507-01	18+	M/W/F	11/1-11/29	11:00-12:00pm	10/29
370507-02	18+	M/W/F	12/1-12/29	11:00-12:00pm	11/26
370507-03	18+	M/W/F	1/1-1/31	11:00-12:00pm	12/27
370507-04	18+	M/W/F	2/2-2/28	11:00-12:00pm	1/30

Fee: \$60
Class Size: Minimum 1/Maximum 10
Instructor: Victoria Stapleton
Location: Rocky's DoJo and Gym

Early Bird Flow Yoga

Start your morning bright and early with yoga. Early Bird Flow Yoga is designed to awaken the mind and body, while building and toning muscles and promoting flexibility. Be prepared to work the core, legs, arms, shoulders and knees during the hour of flow. *

Code	Age	Day	Date	Time	Deadline
370115-01	18+	Sa	11/11-12/16	6:45-7:45am	11/8
370115-02	18+	Sa	1/6-2/3	6:45-7:45am	1/3
370115-03	18+	Sa	2/10-3/10	6:45-7:45am	2/7

Fee: \$50
Class Size: Minimum 2/Maximum 30
Instructor: Leah Richards
Location: Sugar Grove Township Building

Sunrise Yoga

In Sunrise Yoga, we are flowing and engaging the body with each pose. Breath control is used to transition and target specific muscles in the body during each posture.* No class on 11/25.

Code	Age	Day	Date	Time	Deadline
370119-01	18+	Sa	11/11-12/16	8:00-9:00am	11/8
370119-02	18+	Sa	1/6-2/3	8:00-9:00am	1/3
370119-03	18+	Sa	2/10-3/10	8:00-9:00am	2/7

Fee: \$50
Class Size: Minimum 2/Maximum 30
Instructor: Leah Richards
Location: Sugar Grove Township Building

Relaxation Yoga

Bend, zen and stretch the body out with specific postures to promote flexibility and softly energize the body. With a combination of static and slow moving postures, the muscles and connective tissue stretch and relax.* No class on 11/25.

Code	Age	Day	Date	Time	Deadline
370118-01	18+	Sa	11/11-12/16	9:15-10:15am	11/8
370118-02	18+	Sa	1/6-2/3	9:15-10:15am	1/3
370118-03	18+	Sa	2/10-3/10	9:15-10:15am	2/7

Fee: \$50

Class Size: Minimum 2/Maximum 30

Instructor: Leah Richards

Location: Sugar Grove Township Building

Zen Yoga

Zen Yoga restores the body, calms the mind and promotes flexibility. Static poses are held for 1-3 minutes. Breathing is used to de-stress the entire body, clear the mind and create happiness in soul.*

Code	Age	Day	Date	Time	Deadline
370120-01	18+	M	11/13-12/11	7:00-8:00pm	11/8
370120-02	18+	M	1/8-2/5	7:00-8:00pm	1/3
370120-03	18+	M	2/12-3/12	7:00-8:00pm	2/7

Fee: \$50

Class Size: Minimum 2/Maximum 30

Instructor: Leah Richards

Location: Sugar Grove Township Building

Hour Of Power Yoga

Get ready to work the muscles, increase the heart rate and melt away all the stress in the body. Hour of Power Yoga is all about engaging the muscles, flowing from pose to pose with each inhale and exhale while using your own body as resistance. Feel the power and energy surge through the body with each and every pose.* No class on 11/25.

Code	Age	Day	Date	Time	Deadline
370117-01	18+	Tu	11/21-12/19	4:30-5:30pm	11/9
370117-02	18+	Tu	1/9-2/6	4:30-5:30pm	1/4
370117-03	18+	Tu	2/13-3/13	4:30-5:30pm	2/8

Fee: \$50

Class Size: Minimum 2/Maximum 30

Instructor: Leah Richards

Location: Sugar Grove Township Building

Teen Yoga **NEW!**

Middle schoolers need their own place to work on body awareness, flexibility, confidence, compassion, focus and effective breathing. Here they can exercise their minds and bodies through various activities incorporating poses, dance, interactive games, crafts and relaxation. All materials are provided.

Code	Grade	Day	Date	Time	Deadline
360806-01	6-8	W	1/24-3/14	4:30-5:30pm	1/21

Fee: \$85

Class Size: Minimum 6/Maximum 20

Instructor: Megan Filip

Location: Harter Middle School - Community Room

FREE YOGA

One day only!

Check out any one yoga class for free on Saturday, December 30.

Monetary donations go to **Between Friends Food Pantry** supporting Sugar Grove residents.

Saturday, December 30

- 6:45-7:45am Early Bird Flow Yoga
- 8:00-9:00am Sunrise Yoga
- 9:15-10:15am Relaxation Yoga

Fee: Donation only
Instructor: Leah Richards
Location: Sugar Grove Township Building

Schedule a private yoga session.

Get any questions answered, break down basic poses, work on difficult poses and gain flexibility through 30- or 60-minute sessions.

- \$30** 30 Minutes
- \$40** 60 Minutes

Contact Leah Richards, leah@360yoga.net, to learn more and schedule your private session.

Leah