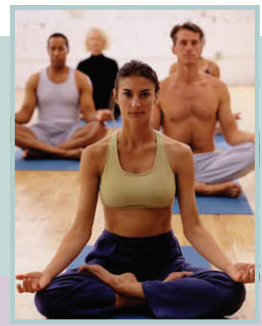


Body and Mind

Fall II 2009



Free Preview Classes

A great opportunity to experience our new Body/Mind classes!

Intro to Meditation Thursday, October 29 at 6:30 PM

Instructor: Sophie Couillard

Pilates Matwork Fundamentals Tuesday, October 27 at 6:30 PM. **Instructor: Ann Lawson**

Meet Your Instructors

Sophie Couillard, Yoga Instructor

Experience: 2 years

Certifications: YogaFit® Instructor—Levels I, II, III, & IV; YogaFit® Specialty Instructor—YogaFit® Kids!; YogaFit® Anatomy and Alignment

Tim Forster, Tai-Chi/Yoga Instructor

Experience: 4 years

Certifications: YogaFit® Instructor, World Tai Chi, Integrative Arts. ACE Personal Trainer and Group Fitness Instructor.

Ann Lawson, Pilates Instructor

Experience: 3 years

Certifications: FYB Certified Pilates Instructor - Mat Levels I & II; Reformer Level I & II

Joan Soeth, Yoga Instructor

Experience: 6 years

Certifications: YogaFit® Instructor—Levels I, II & III; YogaFit® Specialty Instructor—YogaFit® Senior

Kelly Wehrly, Fitness Instructor

Experience: 23 years

Certifications: SCW-EDU Pilates Matwork Fundamentals Instructor; AFAA—Group Exercise Instructor; Les Mills BODYPUMP® Instructor

Class Fees (per 6-week session)

AWC Members \$45 / Non-Members \$60

Reserve your spot with payment at the Aurora Wellness Center service desk. Complete your registration no later than one week prior to class start. Early registration ensures the running of your class. We reserve the right to cancel classes with low enrollment. Class transfers are not permitted. Refund and/or make-up classes will not be offered. Credit will be issued only on a pro-rated basis if participation ceases due to medical reasons.

Severe Weather

Please check WTMJ4 for class cancellation notices.

There will be no Body and Mind classes Thanksgiving week, November 23—28.

Yoga Basics

Guests of our Yoga Basics class will enjoy a variety of entry level fluid Yoga movements and poses. Designed to increase strength, balance and flexibility, the gentle movements performed are appropriate for all individuals. Emphasis on breathing and relaxation will help to decrease stress and tension. Modifications will be offered for entry level participants.

Mondays, 6:30-7:25 PM, November 2 — December 21 (No class November 16)

Instructor: Tim Forster

Yoga II

Yoga II is for the yoga enthusiast looking to take his-her yoga journey to the next level. More active than Yoga I, we'll flow at a quicker pace using advanced breathing techniques and work to perfect and hold our yoga postures. We'll heighten our overall experience of the body and mind connection through the healing power of the breath. *This is an intermediate level class; prior yoga experience is required.*

Tuesdays, 9:00-9:55 AM, November 3 —December 15

Instructor: Joan Soeth

Wednesdays, 5:15-6:10 PM, November 4 —December 16

Instructor: Joan Soeth

75-Minute Drop-In Yoga Class

Join us for 75-minute yoga classes designed for those looking to lengthen their total body and mind experience as well as for those unable to commit to a full 6-week session. Space is limited so reserve your spot with payment at the service desk. *This is an intermediate level class; prior yoga experience is required.*

Class Fee (per 75-minute class): AWC Members \$10 / Non-Members \$15

Saturdays, 8:00-9:15 AM, No class November 28, December 26 or January 2.

Instructor: Joan Soeth

Intro to Meditation

Just as art has many forms, so does meditation. During this 6 week class you will be introduced to: sitting, breath work and the forms of meditation including body scan or Nedra, affirmations, mantra, visualization, and the use of music and sound. This is a basic intro into the process of meditation.

Thursdays, 6:30—7:25 PM, November 5—December 17

Instructor: Sophie Couillard

Pilates Matwork Fundamentals

Pilates is a series of controlled movements engaging your body and mind. This system will consist of quality movement patterns emphasizing the development of core strength and stability. This class is appropriate for individuals of all ages and fitness abilities. Movement patterns will be adjusted to accommodate individuals with physical limitations. Everyone participating will improve muscular strength, endurance, flexibility, postural alignment, as well as emotional outlook.

Tuesdays, 6:30-7:25 PM, November 3—December 15

Instructor: Ann Lawson

Thursdays, 10:15-11:10 AM, November 5—December 17

Instructor: Kelly Wehrly

Tai-Chi/Yoga

Participants of this class will enjoy the fluid movements of Tai-Chi combined with gentle Yoga 1 style poses. Each class will begin with an accumulation of energy established by beginner level Tai-Chi movements which will gradually warm the body's muscles and joints. The class will then transition into deeper more comfortable Yoga 1 poses. With emphasis on deep breathing and mental imagery, Tai-Chi and Yoga integrate your mind with your body, effectively relieving stress, decreasing pain and increasing your overall wellness. This class is appropriate for beginners and advanced level participants.

*Mondays, 5:15-6:10 PM, November 2—December 21
(No class on November 16)*

Instructor: Tim Forster

