

Have you ever wanted to learn more about Pilates and a unique variety of Yoga classes? Now is your chance!

Instructor Jamie has come all the way from Phoenix, AZ and would love to share her talents with you! She has been teaching - over 20 different types of fitness classes - since 2007! Jamie has taught a wide variety of individuals, and prides herself on helping others stay active and injury free.

Iyengar Yoga - This style of yoga focuses on proper alignment through use of props, such as blocks, straps, bolsters, blankets, chairs and even the wall. (You do not need to bring these items.)

Yin Yoga - Holding easy poses (mostly seated) for long periods of time, stretching the ligaments, tendons, fascia and deep connective tissue.

Yoga Flow - Uses movement along with the breath to stretch the muscles, improve balance and build strength, stamina and flexibility.

Mat Pilates - A low impact exercise that lengthens and strengthens, while using the abdominals, back, hips and upper legs in a well-balanced sequence.

Yoga and Pilates Workshops

Date	Day	Time	Class
January 20	Saturday	10-11:15 a.m.	Yoga Flow
January 20	Saturday	11:30 a.m.-12:45 p.m.	Yin Yoga
February 10	Saturday	10-11 a.m.	Pilates
February 10	Saturday	11 a.m.-12:15 p.m.	Iyengar Yoga

Workshop Fees: \$20 Resident / \$25 Non-Resident
(Pre-registration is required. Must bring your own mat.)

Upcoming 6-Class Sessions (Saturdays)

Session 1: March 2, 9, 16, 23, 30, April 6 / **Session 2:** April 13, 20, 27, May 4, 11, 18

Time	Class	Session
10-11 a.m.	Yoga Flow	1
11 a.m.-12 p.m.	Yin Yoga	1
10-10:45 a.m.	Pilates	2
11 a.m.-12 p.m.	Iyengar Yoga	2

Class Fees (6 class session): Yoga - \$65 Resident / \$80 Non-Resident
Pilates- \$50 Resident / \$65 Non-Resident
(Pre-registration is required. Must bring your own mat.)

Location for all classes: Centralia Center Classroom A/B (220 3rd Avenue South, Wisconsin Rapids)
Park in the main lot, and enter doors under smaller blue canopy on the left side.



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