

\$10 per Drop In or \$180 for 20 visits

SEPTEMBER CLASSES

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM						
10:00AM		Tai Chi Briony	Mat Pilates Kira			
11:00AM		11am-11:30am Tai Chi Form Practice Briony				
12:00PM						
4:00pm			Tai Chi Briony 5pm-5:30pm Tai Chi Form Practice Briony			
5:00pm						

Beginning Tai Chi / Intro to Soft Movement: A practice of honoring yourself, your body and what it needs. We explore balance, comfort, agility, ease, efficiency, and movement that is natural and optimal. This class is both restorative and stimulating. We explore body alignment and keeping centered in stillness and in motion. This is a martial art as well as a self-care practice; both calming & powerful. The intent is to nourish and nurture the body, mind, and spirit. Students will learn to move using energy and breath, not only with muscles & strength. This is a practice of longevity. All levels welcome. Yang Style Tai Chi.

Form Practice Tai Chi: This 30-minute class gives you a chance to tighten up your form.

For complete class descriptions please visit our website at MountainRec.org/program/gypsum-fitness-classes/

Stay tuned for more classes at Mountain Recreation Edwards Fieldhouse starting October 1st!