

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

**OCTOBER CLASSES  
EDWARDS**

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM						
10:00AM		<b>Tai Chi</b> Briony				
11:00AM		<b>11am-11:30am</b> <b>Tai Chi Form</b> <b>Practice</b> Briony				
12:00PM						
4:00pm						
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/](http://MountainRec.org/program/gypsum-fitness-classes/)*

*Stay tuned for the following classes coming to Edwards Fieldhouse starting November 1<sup>st</sup>:*

<i>Stretch and Relax</i>	<i>Monday &amp; Thursday 530p-630p</i>
<i>Meditation</i>	<i>Monday &amp; Thursday 645p-730p</i>
<i>Fury</i>	<i>Tuesday &amp; Thursday 530p-630p</i>
<i>Dance Over 50</i>	<i>Wednesday 530p-630p</i>