

Pilates

8 weeks Instructor: Diana Beck
With controlled exercise movements, engage the mind and condition the total body. Balance strength and flexibility to improve posture and create long, lean muscles without bulking up. Various equipment incorporated.

Age(s): 13+	Fee: PH/NPH \$40/\$56		
Session #	Date(s)	Time	Day
330541-06	3/12-4/30	5:30-6:30 pm	MON
330541-07	3/14-5/2	7:00-8:00 pm	WED
330541-08	3/16-5/4	9:30-10:30 am	FRI
Location: Community Center Drop-in Fee: \$7/\$9			

Bridal Boot Camp

8 weeks Instructor: Diana Beck
Within a group setting work with a personal trainer to get you wedding-ready and into that dress! Or even if you're fearing swimsuit season, have no fear! Challenge your fitness through circuit training using stability balls, BOSU balls, weights, bands and more! You will be weighed, measured and have body fat % calculated and charted throughout this 8-week session to help achieve your fitness goals.

Age(s): 15+	Fee: PH/NPH \$40/\$56		
Session #	Date(s)	Time	Day
320541-05	3/15-5/3	5:40-6:40 pm	THU
Location: Community Center Drop-in Fee: \$7/\$9			

Yogilates

8 weeks Instructor: Suzanna Tyrrell
This class is the unifying essence of Yoga and the powerful, therapeutic value of Pilates fused together into one system. Yogilates gives a more balanced and complete workout than when either discipline is done separately. Previous Yoga experience required.

Age(s): 16+	Fee: PH/NPH \$80/\$96		
Session #	Date(s)	Time	Day
330541-09	3/17-5/5	9:30-10:30 am	SAT
Location: Community Center Drop-in Fee: \$11/\$13			

Tai Chi: Yang 24

8 weeks Instructor: Bonnie Lamarand
Tai Chi is a series of gentle movements that reduce stress as well as improve balance and flexibility. Additional benefits include improved posture and movement patterns, as well as blood pressure reduction.

Age(s): 18+	Fee: PH/NPH \$80/\$96		
Session #	Date(s)	Time	Day
330641-06	3/15-5/3	1:45-3:00 pm	THU
Location: Community Center Drop-in Fee: \$11/\$13			

Step 'N' Sculpt

8 weeks Instructor: Diana Beck
Get a great total body workout in just 60 minutes! Working first with a step that is best suited to your level and finish by using free weights, stability balls and more to tone your muscles.

Age(s): 15+	Fee: PH/NPH \$40/\$56		
Session #	Date(s)	Time	Day
320541-03	3/13-5/1	5:45-6:45 pm	TUE
Location: Community Center Drop-in Fee: \$7/\$9			

Prenatal & Post Natal Fitness

8 weeks Instructor: Kirsty Sayer
Prenatal Fitness classes are designed for expectant mothers at all stages of pregnancy and of all fitness levels. This fun and social class with ACOG approved exercises will safely enhance your health. Post-partum Fitness is designed for moms with babies up to one year old. With routines especially formulated for the post-partum body, this fun and social class can help you get back into better shape!

Age(s): 18+	Fee: PH/NPH \$80/\$96		
Session #	Date(s)	Time	Day
320641-04	3/12-4/30	6:45-7:45 pm	MON (PRE)
320641-05	3/14-5/2	5:45-6:45 pm	WED (POST)
Location: Community Center Drop-in Fee: \$11/\$13			

Yoga Programs

Yoga as a Healing Art

8 weeks Instructor: Megan Bell
For aspiring yoga students with joint pain, joint replacements, arthritis, back pain, and other concerns that prevent you from a typical yoga class. We will focus on improving range of motion, light strength training, learning correct alignment, and breathing practices.

Age(s): 18+ Fee: PH/NPH \$80/\$96

Session #	Date(s)	Time	Day
320643-16	3/15-5/3	10 am – 11am	THU

Location: Simpson Building Drop-in Fee: \$11/\$13

Morning Yoga

8 weeks Instructor: Megan Bell
This class will take your yoga to the next level! Must have at least 2 years of basic yoga class experience, and feel the call for a deeper practice. Asana and Pranayama will be taught in the style of Iyengar Yoga.

Age(s): 18+ Fee: PH/NPH \$80/\$96

Session #	Date(s)	Time	Day
320643-17	3/12-4/30	7:30-8:30 am	MON
320643-18	3/14-5/2	7:30-8:30 am	WED

Location: Simpson Building Drop-in Fee: \$11/\$13

Yoga Level 1

8 weeks Instructor: Megan Bell
Unite strength, flexibility and balance through Iyengar-style yoga in a relaxed and playful atmosphere. Peel away the layers of stress and tension to let the true self shine.

Age(s): 15+ Fee: PH/NPH \$80/\$96

Session #	Date(s)	Time	Day
320643-19	3/13-5/1	7:45-8:45 pm	TUE

Location: Simpson Building Drop-in Fee: \$11/\$13

Mature Adult Yoga

8 weeks Instructor: Connie Martin
Designed for those who hope to increase general health, feeling the rapid effects of aging, and have become convinced exercise is the key to more comfort and strength. Positions can be modified from being in a chair to working your way onto the mat.

Age(s): 45+ Fee: PH/NPH \$80/\$96

Session #	Date(s)	Time	Day
320643-20	3/15-5/3	1:00-2:15 pm	THU

Location: Simpson Building Drop-in Fee: \$11/\$13

Yoga Combo

8 weeks Instructor: Suzanna Tyrrell
This class is designed for students with a regular practice and an understanding of basic alignment principals. Have fun and relax while improving your strength and range of movement through vigorous sequencing.

Age(s): 13+ Fee: PH/NPH \$80/\$96

Session #	Date(s)	Time	Day
320643-21	3/14-5/2	5:30-6:30 pm	WED

Location: Simpson Building Drop-in Fee: \$11/\$13

Yoga: Mind, Body & Spirit

8 weeks Instructor: Connie Martin
Learn a series of postures that take you through a full range of motion, increasing flexibility and strength. Experienced yoga participants welcomed as well as beginners.

Age(s): 18+ Fee: PH/NPH \$80/\$96

Session #	Date(s)	Time	Day
320643-22	3/12-4/30	6:45-8:00 pm	MON
320643-23	3/14-5/2	6:45-8:00 pm	WED

Location: Simpson Building Drop-in Fee: \$11/\$13

Young Boomers Yoga

8 weeks Instructor: Connie Martin
For those who generally have been exercising through most of their adult life. Traditional programming options with modifications necessary given the factors of aging, less flexibility and possible weight gain. Class will progressively incorporate strength training using free weights.

Age(s): 35+ Fee: PH/NPH \$80/\$96

Session #	Date(s)	Time	Day
320643-24	3/13-5/1	1:00-2:15 pm	TUE

Location: Simpson Building Drop-in Fee: \$11/\$13

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OR

Fill out a registration form for the current year & receive your username and password!