



NEW ADULT PROGRAMS



SPRING 2018

Yoga Fusion—(Ages 16+)

A moderate blend of vinyasa yoga and plyometrics that combines cardio, strength, and stretching. Instructor: Leigh Ann Lusk.

*Participants will need to bring a mat to each class.

Cost: \$30.00 (\$18.00 MAC Members)

Times: Wednesdays 6:00 p.m.—7:00 p.m.

Location: MAC

Dates: Wednesdays, March 14 – April 25 (No class April 4)

Floor Hatha Yoga Class (Ages 16+)

A gentle yoga practice utilizing breathing techniques and controlled movement to stimulate muscles while protecting joint structures. This class is designed to move from the floor to standing to ending with floor exercises that lead into a supine meditation. Chairs, blocks, blankets, balls, and straps will be utilized. This class is designed for the exercise beginner to the moderate athlete desiring stress reduction and an overall feeling of harmony. (Debbie Mckinnon – Instructor)

Cost: \$30.00 (\$18.00 MAC Members)

Times: Mondays 6:30 p.m.—7:30 p.m.

Location: MAC Studio B

Dates: Mondays, March 12 —April 23 (No class April 2)

REGISTRATION

Drop off or Mail registration form and fee to Meade Activity Center 493 Lawrence St, Brandenburg, KY 40108

***REGISTRATION DEADLINE:** 2 days prior to start date for all programs (space permitting).

Registration is accepted on a first-come/first-served basis. Programs will fill quickly, so please register early.

Name: _____ Age: _____ Date of Birth: ____/____/____ M/F: _____

E-Mail Address: _____ Race/Ethnicity: _____

Address: _____ City: _____ Zip: _____

Primary Phone: _____ Secondary Phone: _____

*Financial Assistance is available for those who qualify, call the MAC Office for details.

_____ **Floor Hatha Yoga – Monday (\$18/\$30)** _____ **Yoga Fusion – Wednesday (\$18/\$30)**