



# Winter Fitness Classes

## HATHA YOGA

**When: Mondays**

**Time: 6pm-7pm**

**Where: Community Center**

- A. Jan. 9-30 (4 classes, \$32)
- B. Feb. 6-27 (3 classes, \$24)  
\*omit Feb. 20
- C. Mar. 6-20 (3 classes, \$24)
- D. Apr. 3-24 (4 classes, \$32)

Hatha Yoga provides poses for stretching and strengthening while using the breath to calm and energize body and mind. A great class for new and experienced yogis and everyone in between.

## SLOW FLOW YOGA

**When: Mondays**

**Time: 7:15pm-8:15pm**

**Where: Community Center**

- A. Jan. 9-30 (4 classes, \$32)
- B. Feb. 6-27 (3 classes, \$24)  
\*omit Feb. 20
- C. Mar. 6-20 (3 classes, \$24)
- D. Apr. 3-24 (4 classes, \$32)

Looking for more of a challenge in your yoga practice? Slow Flow is a slightly quicker paced class than Hatha. We will focus on connecting breath with movement as we flow through a series of poses. Class will balance strengthening and stretching.

## HATHA/YIN FUSION

**When: Tuesdays**

**Time: 7pm-8pm**

**Where: Via Zoom**

- A. Jan. 3-31 (5 classes, \$37.50)
- B. Feb. 7-28 (3 classes, \$22.50)  
\*omit Feb. 21
- C. Mar. 7-21 (3 classes, \$22.50)
- D. Apr. 4-25 (4 classes, \$30)

This class combines two types of yoga to get you moving and help you relax! The first half of the class will focus on movement, balancing and gentle strengthening. Then we'll slow it down, focusing on stretching deeply into the muscles and relaxing the body and mind.

## PiYo STRENGTH LIVE!

**When: Tuesdays**

**Time: 7pm-8pm**

**Where: Community Center**

- A. Jan. 10 - Feb. 14 (6 classes, \$60)
- B. Feb. 28 - Apr. 11 (5 classes, \$50)  
\*omit Mar. 14 & Mar. 28
- C. April 18 - May 23 (6 classes, \$60)

PiYo combines muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of Yoga. PiYo speeds everything up by introducing you to dynamic flowing sequences that burn calories at the same time as they lengthen and tone your muscles and increase your flexibility. Please bring a mat. Inst: Kristen & Renee 8 min./15 max.



**Parks & Recreation**

**Register Here**

**248-624-2850**

**www.wixomgov.org**