



2024

Winter Fitness Classes

HATHA YOGA

When: Mondays

Time: 6pm-7pm

Where: Community Center

- A. Jan. 8-29 (4 classes, \$36)
- B. Feb. 5-12 (2 classes, \$18)
- C. Mar. 4-18 (3 classes, \$27)
- D. Apr. 1-29 (5 classes, \$45)

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. 8-29 (4 classes, \$36)
- B. Feb. 5-12 (2 classes, \$18)
- C. Mar. 4-18 (3 classes, \$27)
- D. Apr. 1-29 (5 classes, \$45)

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. 9-30 (4 classes, \$34)
- B. Feb. 6-27 (3 classes, \$25.50) *omit Feb. 20
- C. Mar. 5-19 (3 classes, \$25.50)
- D. Apr. 2-30 (5 classes, \$42.50)

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.

BARRE FUSION

When: Tuesdays

Time: 7pm-8pm

Where: Community Center

- A. Jan. 23 - Mar. 5 (6 classes, \$66) *omit Feb. 27
- B. Mar. 19 - Apr. 30 (6 classes, \$66) *omit Mar. 26

Barre Fusion is a totally unique approach to barre workouts as you've seen them. Fusing the best of Pilates, yoga, aerobics, and elements of strengthening exercises dancers do. Barre Fusion delivers a result driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape! Please bring a mat. Inst. Renee 8 min./20 max.



Parks & Recreation

Register Here

248-624-2850

www.wixomgov.org