

SPORTS AND FITNESS

TAI CHI FOR STRESS BUSTING (Adults)

Learn Part 1 of a 3-part exercise set designed by a medical doctor to be easy on your joints. Adult beginners of all ages are welcome. Instructor: Debra Brown. 8 sessions.

Activity #113280A \$25/Res; \$37/Non-Res
10/1-11/12 Thu 6:15-7:15 pm Gier



BASIC TAI CHI FOR EVERY BODY (Adults)

Tai chi is a very easy to follow exercise which gently works most of the muscles in your body using powerful and healing motion and breathing techniques. You may perform the tai chi exercises from a standing or seated position. It is ideal for people of all activity levels; even people with limited mobility. Tai chi helps to improve your level of relaxation, and increases your flexibility and balance. After doing tai chi, you will be relaxed, refreshed and rejuvenated. Using a step-by-step approach, we will learn a portion of the tai chi form during each of our five classes. And we will also learn a qi gong exercise that you can use as a warm up routine. No prerequisite for this class. Please wear comfortable clothing and shoes. 5 weeks; Cathy Stewart, Certified Tai Chi Instructor, taichiwithcathy@yahoo.com

Activity #116531A \$35/Res; \$52/Non-Res
10/5-11/2 Mon 6:30-7:30 pm Southside (Hill)

Activity #116531B \$35/Res; \$52/Non-Res
11/9-12/7 Mon 6:30-7:30 pm Southside (Hill)



INTERMEDIATE TAI CHI FOR EVERY BODY (Adults)

In this intermediate tai chi class, we will continue to improve on previously learned steps and advance to additional steps of the tai chi form. We will also explore some of the essential tai chi principles and learn to incorporate them into our tai chi practice. To take this class, it is necessary to have completed the Basic Tai Chi for Every Body class. Please wear comfortable clothing and shoes. 5 weeks; Cathy Stewart, Certified Tai Chi Instructor, taichiwithcathy@yahoo.com

Activity #116532B \$35/Res; \$52/Non-Res
11/9-12/7 Mon 7:45-8:45 pm Southside (Hill)



BEGINNING YOGA (Adults)

A complete, balanced, and restorative mind-body workout. Using breath and movement, this class will help improve core strength and stability, increase flexibility, and reduce stress. All fitness levels welcome. Instructor: Kristi Garcia. Drop-in fee \$4 at the door.

Activity #116540A \$21/Res; \$31/Non-Res
10/9-11/20 Fri 7-8 pm Southside (Hill)



YOGA FLEX AND FLOW (Adults)

Beginner to intermediate workout that fuses strength training with total body stretching. Poses that strengthen and tone are combined with fluid and smooth movements to provide your body with challenge and release. Instructor: Kristi Garcia. Drop-in fee \$4 at the door.

Activity #116541A \$27/Res; \$40/Non-Res
10/5-12/7 Mon 12-1 pm Southside (Hill)

THERAPEUTIC YOGA (Adults)

Body movement/stretching, breathing practices, and visualization integrated together produce relaxation and an overall sense of well being. This is an ongoing activity associated with the Yogic Sciences Research Foundation and is a drop-in program; pay at the door, no registration necessary. Instructor: Pete Bernardo/Ania Kwaitkowski, Rose Cross, Rob Eschbach. No class 11/26, 11/27.

10/5-12/14 Mon 5:30-6:30 pm \$1/at the door Foster

10/1-12/17 Thu 6-7 pm \$1/at the door Foster

10/2-12/18 Fri 6-7 pm \$1/at the door Foster

10/2-12/18 Fri 10-11 am \$1/at the door Foster



WALKING FOR THE HEALTH OF IT (Ages 50+)

A low to moderate level health fitness class for older adults with warm-up stretches and the option of (1) walking for 30 minutes or (2) combining walking and 10 strength exercise stations. A cool down stretch will follow the walking portion of the session. Maps of outdoor walking courses will be provided for those preferring to walk outside. Advance registration required. Funded by Tri-County Office on Aging through Michigan Services to the Aging. Instructor: Jane Braatz. No class 11/11, 11/27.

10/2-12/18 Mon-Wed-Fri 8:45-9:45 am Free Foster

Martial Arts

KARATE

A wonderful family activity or study opportunity for any individual. Taught on an individual basis to build self confidence and teach stress management, composure, and self defense through the art of Sanchin-Ryu; where each person will advance at their own pace. Instructor: Sanchin Systems. 10 sessions. No class 11/11, 11/25, 11/26

JR. KARATE (Ages 5-13)

Activity #112775A \$20/Res; \$25/Non-Res
10/6-12/8 Tue 6-7 pm Foster

Activity #113113A \$20/Res; \$25/Non-Res
9/30-12/16 Wed 6-7 pm Gier

Activity #114110D \$20/Res; \$25/Non-Res
10/8-12/17 Thu 6-7 pm Letts

KARATE FOR THE FAMILY

Activity #112776A Per family: \$70/Res; \$75/Non-Res
10/6-12/8 Tue 7-8:45 pm Foster

Activity #113114A Per family: \$70/Res; \$75/Non-Res
9/30-12/16 Wed 7-8:45 pm Gier

Activity #114110A Per family: \$70/Res; \$75/Non-Res
10/8-12/17 Thu 7-8:45 pm Letts

INDIVIDUAL KARATE (All Ages - Under age 5 must be accompanied by a parent)

Activity #112777A (Ages 5-17) \$35/Res; \$40/Non-Res
10/6-12/8 Tue 7-8:45 pm Foster

Activity #113115A (Ages 5-17) \$35/Res; \$40/Non-Res
9/30-12/16 Wed 6-7 pm Gier

Activity #114110C (Ages 3-17) \$35/Res; \$40/Non-Res
10/8-12/17 Thu 7-8:45 pm Letts

Activity #112777B (Adult) \$35/Res; \$53/Non-Res
10/6-12/8 Tue 7-8:45 pm Foster

Activity #114110B (Adult) \$35/Res; \$53/Non-Res
10/8-12/17 Thu 7-8:45 pm Letts

Activity #113115B (Adult) \$35/Res; \$53/Non-Res
9/30-12/16 Wed 7-8:45 pm Gier

TAEKWONDO (Ages 7-17)

Enjoy the benefits of the Korean form of martial arts and traditional values. Learn basic blocking, kicking, and punching techniques along with appropriate forms and the responsibilities that apply to these techniques. Organization membership and uniforms are optional but not included in class fee. Instructor: Sr. Master, Sidney Singer. 10/13 sessions. No class 9/24, 10/29, 11/19, 11/26. ** 50% discount on fees for each additional immediate family member (sibling) **

Beginning & white belt students

Activity #112779A \$25/Res; \$30/Non-Res
9/17-10/22 Mon/Thu 6:45-7:45 pm Foster

Advance students (yellow belt thru black belt)

Activity #112779B \$50/Res/ \$55/Non-Res
9/17-10/22 Mon/Thu 6:45-8:45 pm Foster

Beginning & white belt students

Activity #112779C \$33/Res; \$38/Non-Res
10/26-12/17 Mon/Thu 6:45-7:45 pm Foster

Advance students (yellow belt thru black belt)

Activity #112779D \$65/Res; \$70/Non-Res
10/26-12/17 Mon/Thu 6:45-8:45 pm Foster