



### **Battle Ropes**

Join a certified instructor in a fitness class that allows you to get fit using exercising ropes.

### **Easy Does It Yoga**

This class is designed for students new to yoga, but once you register, you'll be hooked and back session after session. This exercise will help ease joint pain, and improve arthritis, breathing and circulation. This class will also make you more alert and aware. Participants are asked to please bring a small roll up exercise mat to class each time. The class will be held in the Crestview gym.

### **Gentle Yoga**

Join us for a relaxing start to your weekday morning. You will be taken through a yoga routine that will increase your energy and put a smile on your face.

### **Hip Hop Workout**

Join a certified instructor in a class that incorporates your favorite music into cardio and aerobic workouts.

### **Hypno Yoga**

Take a break from your day to relax your mind and stretch your body with gentle yoga poses. Increase flexibility and strength. "Drain" your stress and tension with meditative guidance. Relaxing, yet energizing guided meditation at the end of class.

### **Yoga**

Have fun and relax with this evening yoga class for all levels. The class will be held at Shawnee North Community center.

### **Weekend Yoga**

Yoga for the person who is too busy during the week to participate in an evening class. Mimi will provide instruction in easing joint pain, arthritis and other techniques. This is a great class. Space is limited.

### **Zumba**

Come join the party! Zumba is a Latin dance inspired fitness program incorporating exotic rhythms set to high-energy Latin beats. It is exhilarating, effective, and easy to follow. Zumba Fitness has become the world's largest and most successful dance-fitness program. Best of all, no dance experience required!

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