



4

FALL COED SLOW - PITCH SOFTBALL LEAGUE

Monday & Wednesday evenings, Memorial Park

Adults ages 18 and older are invited to participate in the third year of this thrilling fall softball league. League runs from September to November. Individuals, partial teams, and full teams are invited to participate. **REGISTRATION DEADLINE IS AUGUST 28th.**
 FEES: \$40 per player / Team Sponsorship (\$250).



PILATES

Wednesdays from 6:30 to 7:30 pm starting September 23rd to November 11th (8 Sessions) and/or a Holiday Shape-Up Session from December 2nd to December 16th (3 Sessions)

Instructor: Beth Buckwalter AAAI/ISMA. Pilates is a method of body conditioning that combines stretching and strengthening exercises to tone muscles, improve posture, and increase flexibility by training your mind and body to work together. This class will teach you a series of controlled movements to strengthen your core muscles: abs, back, hips and thighs. Most movements are done on the floor, so bring a mat and dress comfortably in yoga pants, bike shorts, etc. FEE for 8-week session is \$55 per person / Holiday Shape-Up Class Fee is \$20 per person. (Or register for both programs for a discount - \$70 per person!!) Pre-Registration required - Space is Limited and Classes fill quickly!

YOGA

Pre-Registration required

Space is Limited! Instructor: Christine Kortze. This class will take you from learning to center and breathe into your postures to poses done seated, supine, on the belly, and all fours. You will experience proper alignment, elongation of the spine, and serenity all in this 60 minute class that is great for beginners, first timers that are physically fit, those with back problems, inflexibility, weak abdominal or back muscles, stress, fatigue, overweight, depression, AND experienced yogis that just want to go back to the basics. The focus: general health, stress release, understanding basic alignment, loosening tightened areas of the body, developing firmer core muscles, balance work and serenity. Please bring a yoga mat, an old tie, & a blanket. Sessions are geared towards the beginner, unless otherwise noted.

Restorative Yoga is a calm, restful practice in which simple postures are deepened and intensified with time and breathing. A typical 90 minute Restorative class will utilize only ten postures, permitting students to let their breathing help gravity deeply open stubborn areas of tension or long-term pain. This class is ideal class for seniors. It's also a great class for every yoga student who just wants to relax, be still, and let the body find its own suppleness and peace. Please bring a yoga mat, an old tie, & a blanket.



SESSION #	DAY	TIME	START DATE	# OF WEEKS	FEE
Gentle Yoga	Thursdays	6:30 to 7:30 pm	September 10th	8	\$55
Restorative Yoga	Saturdays	8:30 to 9:30 am	September 12th	8	\$55
Gentle Yoga Holiday Shape-Up!	Thursdays	6:30 to 7:30 pm	November 5 th (No class Nov. 26 th)	6	\$45



NEW! TOUCH DRAWING CLASS *Classes Begin Saturday, November 7th (No class November 28th)*

Facilitator: Christine Kortze, \$45 for this four-week session. Get ready to see what you are feeling and discover your subconscious. Each 1 1/2 hour session will take you on a journey into you. With the use of your fingers and a special technique termed 'Touch Drawing', you will explore hidden as well as conscious emotions.

"Through this direct drawing process, even the least confident artist can experience interior images coming alive on the page. The hands become organic extensions of the soul, moving freely in response to the sensations of the moment. In a medium as immediate and transparent as Touch Drawing, previously unused channels of expression are opened, enabling uncensored feelings to flow forth. The act of creating with these feelings provides more than cathartic release: it unleashes vibrant healing forces which guide the psyche toward wholeness. Touch Drawing is a practice of creative, psychological and spiritual integration."