

# PLEASE JOIN US FOR OUR 2<sup>nd</sup> ANNUAL COMMUNITY APPRECIATION DAY!!

We want to thank you for your support over the last 11 years, praise you for your dedication to being healthy and fit and introduce and welcome new members and potential patients to



**Saturday January 28, 2012**  
**9:00am - 4:00pm**

- **Huge** discounts on Fitness Memberships
  - ◇ Personal Training Sessions
  - ◇ Group Fitness Classes
  - ◇ Pool Classes
  - ◇ Pool Sessions
  - ◇ SportsMetrics Program
  - ◇ GoLo GolfPerformance Program
- Free Group Fitness Classes (call for times and registration)
- Free T-shirts for the first 25 through the door
- Refreshments provided by: Meadow Mountain Catering
- Door Prizes throughout the day (you do not have to be present to win)
- WVAQ live remote Noon until 2:00pm

## **Free Classes Offered:**

**9:30- 9:50 CHAIR YOGA (Nicole)**

**10:00-10:20 HATHA YOGA (Nicole)**

**10:30-10:50 VINYASA FLOW YOGA (Nicole)**

**11:00-11:20 RESTORATIVE YOGA (Nicole)**

**CHAIR YOGA** is suitable for the person who has an injury or limitations and cannot get on and off the floor easily. Get all the benefits of Yoga on the chair!

**HATHA YOGA** is an introduction to a few classical Yoga poses along with their benefits and contraindications. The class will end with breathing/relaxation.

**VINYASA** is a sequence of poses linked together with the breath. The practice is strengthening and energizing!!! Ends with meditation.

**RESTORATIVE YOGA** uses props to support the body so that the nervous system can experience a deep release and rejuvenation. Requires that you can get down on the floor.

***ALL CLASSES ARE OPEN TO MEN AND WOMEN!!!!***