



# Fall I Fitness Classes

## YOGA/PILATES

10 week session  
Mondays; 6 – 7: pm  
September 8 – November 10

Yoga is a scientific system of physical and mental practices that originated in India more than three thousand years ago. Its purpose is to help each one of us achieve our highest potential and to experience enduring health and happiness. With Yoga, we can extend our healthy, productive years far beyond the accepted norm and, at the same time; improve the quality of our lives.

## ZUMBA

8 week session  
Tuesdays; 6 – 7: pm  
September 9 – October 28

Our Zumba program combines hypnotic Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while you burn fat. With some Latin flavor and international zest into the mix you've got a Zumba Class.

## TAI CHI

10 week session  
Wednesdays; 6:30 – 7:30 pm  
September 10 – November 12

Tai chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

All classes are held at the Edgewood Senior Center @ 550 Freedom Park Drive, Edgewood, KY  
All participants must sign a liability waiver .No childcare will be provided. If you have any questions please call 859-331-5910

Circle all classes you are signing up for:



Yoga/Pilates  
\$50/person



Zumba  
\$40/person



Tai Chi  
\$50/person

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Make all checks payable to City of Edgewood and remit to City of Edgewood,  
Attn: Fitness Classes, 385 Dudley Road, Edgewood, KY 41017