

Winter/Spring Yoga and Fitness Guide

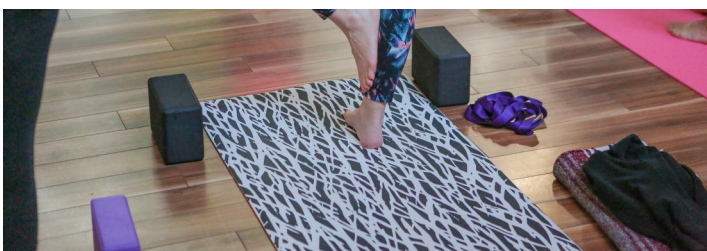
Lake Johnson Park: Thomas G Crowder Woodland Center



Therapeutic Renewal Yoga

Ages: 16+ Stretch. Breathe. Release tension. Thought you could not do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques and relaxation practices. TJ Martin is a registered yoga teacher at the 500-hour level and an integrative yoga therapist and has been a yoga instructor for Pink Ribbon Yoga Retreats since 2005. Resident: \$80 / Non-Resident: \$95
Tuesdays 9:30 - 11am

#248317 Jan 7 - Feb 25
#248318 Mar 10 - Apr 28



MELT Introduction Workshop

Ages: 18+ Become your own Hands-Off Bodyworker with the MELT Method, a revolutionary self-treatment that can help you feel better -- even if you've had chronic pain for years. Using a MELT Soft Roller and small MELT Hand and Foot Treatment Calls, discover how to rehydrate connective tissue and allow the body to release long-hold tension. Many of us carry this tension in the lower back, neck and shoulders, often originating from repetitive movements and compromised postures of daily living. Expect to leave this class feeling as if you have had a massage, moving better and more aligned. To read more about MELT please visit www.meltmethod.com or email the instructor Jenny Turnage with your questions at jenny@foodfityoga.com

#249249 Jan 25 Sa 10am - 12pm
Resident: \$25 / Non-Resident: \$40

Total Body Toning

Ages: 18+ Build muscular strength, endurance and stability in this fun 50-minute workout designed to tone your entire body. We'll use our own bodyweight as well as dumbbells, resistance bands, and other equipment to build core strength. Each class will include some light cardio (as a warm up), squats, lunges, barre moves and more! Classes will end with floor work. Participants are encouraged to work at their own level. Add in some motivating music and you'll leave feeling energized and accomplished. Who knew working out could be so much fun!

Instructor Jenny Turnage has certifications in group fitness, yoga and personal training. \$10
#249255 Jan 15 W 6:10 - 7pm

All Levels Yoga

Unwind the body and mind after a long day with Yoga! In this class we'll develop strength, flexibility and focus. We'll start with conscious breathing and gentle stretching then progress to more active fluid yoga practice. Expect to be gently challenged and to leave feeling refreshed, relaxed and centered.

Modifications for poses will be offered so students can work at the appropriate level for them. All levels of yoga experience welcome. Certified yoga instructor: Jenny Turnage.

Thursdays 6:30 - 7:30pm
Resident: \$60 / Non-Resident: \$75
#249246 Jan 9 - Feb 13
#249247 Feb 27 - Apr 2
#249248 Apr 16 - May 21



PARKS, RECREATION
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RESOURCES

Lake Johnson Park
Thomas G Crowder Woodland
Center 5611 Jaguar Park Drive
Raleigh, NC 27606
919.996.3141
raleighnc.gov/parks

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Ballroom Dance 101

Ages: 16+ Have you ever wanted to learn how to do the Waltz, Swing, Tango, Foxtrot, or Rumba? Come join us at Thomas G Crowder Woodland Center and learn to dance. Each class will include instruction from our dance instructor. With a all kinds of different styles offered, you can pick and choose what you would like to learn.

Instructor: Ian McAreavy. \$10

	Saturdays 9 - 10:15 AM		Saturdays 10:30 - 11:45 AM	
Dec 7	#248506	Foxtrot	#248507	Rumba
Dec 14	#248508	Waltz	#248509	Swing
Dec 21	#248510	Tango	#248511	Foxtrot
Dec 28	#248512	Rumba	#248513	Waltz
Jan 11	#253446	Swing	#253447	Tango
Feb 22	#253455	Waltz	#253456	Swing
Mar 7	#253457	Tango`	#253458	Foxtrot
Mar 14	#253459	Rumba	#253460	Waltz
Mar 28	#253461	Swing	#253462	Tango
Apr 4	#253463	Foxtrot	No Class	
Apr 11	#253464	Rumba	#253465	Waltz
Apr 18	#253466	Swing	#253467	Tango
Apr 25	#253468	Foxtrot	#253469	Rumba



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