

# FITNESS CLASSES & Roller Skating

## Mindfulness Yoga @ COB 5<sup>th</sup> Street

**Mindfulness Yoga:** The focus of the practice will be to live in the body and to learn to perceive clearly through it by unifying breath, body and mind. The objectives will be to increase flexibility, strength, endurance, improve balance and use the breath more effectively. Please bring a Yoga Mat.

**Instructor:** Carol Brown

**Location:** County Office Bldg. 5<sup>th</sup> Street, Room A

**Fee:** \$60 Alb. Co. Res. \$70 NCR (10 class session)

5:30-6:45pm – Tuesdays, June 18 - August 27

7:00-8:15pm – Tuesdays, June 18 - August 27

**No class: June 25**

## Chair Yoga

This class is designed for those not able to get up/down on a yoga mat, recovering from an injury, and for learning stretching techniques that can easily be done at work. This class will be suitable for all body types and ages. You will learn how to stretch the entire body and find your level of flexibility, strength, endurance, and balance.

**Instructor:** Carol Brown

**Location:** Greenwood Community Center

**Fee:** \$60 Alb. Co. Res. \$70 NCR (10 class session)

**Thursdays 1:30-2:30pm**

**Summer Session: June 13 – August 15**

## Beginner Yoga

A class designed to teach the basics of yoga. This class is for beginners, returning beginners, and for someone who has some yoga experience wanting to deepen their insight into postures and breath. You will be learning yoga poses with an understanding of proper alignment, finding your level of flexibility, strength, endurance, and balance.

**Instructor:** Carol Brown

**Location:** Greenwood Community Center

**Fee:** \$60 Alb. Co. Res. \$70 NCR (10 class session)

**Mondays 1:30-2:30pm**

**Summer Session: June 10 – August 12**

## Intermediate Yoga

This class is designed for someone who has a basic understanding of the proper alignment within a pose. You will be working on deepening your level of flexibility, strength, endurance, and balance. You will also be deepening your practice of being present to physical sensations within the body; feeling where you are tense and learning to release.

**Instructor:** Carol Brown

**Location:** Greenwood Community Center

**Fee:** \$60 Alb. Co. Res. \$70 NCR (10 class session)

**Monday Session: June 10 – August 12, 12-1:15pm**

**Thursday Session: June 13 – August 15, 12-1:15pm**

## Martial Arts Classes

We are a traditional martial arts dojo located just outside of Charlottesville in the Greenwood Community Center. We offer training in Chito Ryu Karate Do for the past 15 years. We offer classes to men, women, and children starting from age 7. **To learn more about the program:** email Erin Hagedorn [CvilleBudokan@gmail.com](mailto:CvilleBudokan@gmail.com)

**Chief Instructor:** Erin Hagedorn

**Location:** Greenwood Community Center

**All Ranks: Tuesdays & Thursdays 5:30-7:00pm**

**June 11 – August 1**

**Cost: \$64 /1 day week \$100 /2days week**

**Family Rate: 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> member ½ price**

## Iaijutsu Classes

We are a traditional martial arts dojo located just outside of Charlottesville in the Greenwood Community Center. We have been training students in Iaijutsu (Samurai Swordsmanship) for the past 11 years. Classes offered to men, women, and children starting from age 7. **To learn more about the program:** email Doug Gellman [dzg@hotmail.com](mailto:dzg@hotmail.com)

**Chief Instructor:** Doug Gellman

**Location:** Greenwood Community Center

**Saturdays 9:30-11am June 8 – July 27 Cost: \$64**

## Beginning/Intermediate Tai Chi

*Tai Chi Chuan* is an exercise for health, conducive to both mental and physical well-being; an exercise promoting balance, coordination, synchronization, and meditation in motion. This class provides an introduction to the basic exercises and techniques of *Tai Chi*. Students learn the art of Tai Chi through the original 13 postures and movements from the Yang Family Secret Long Form, as well as the special short forms developed in San Francisco by H.H. Lui and Dr. Bennett. The class is designed for people with no experience as well as for those people with backgrounds in *Tai Chi*, body movement, dance, or martial arts. The lessons are appropriate for individuals of all ages. **Instructors:** Bradford Bennett, Ph.D., Susan Spengler.

**Location:** Greenwood Community Center

**Wednesdays 6:00-7:30pm**

**July 10 – August 28**

**Fee:** \$48 Alb. Co. Res. \$58 NCR (8 class session)

## Roller-skating

The Greenwood Community Center offers public roller-skating on **Saturday Nights 6-9pm**. Admission is \$3 to rent skates and \$2 if you have your own skates. Roller blades are allowed. No metal wheels! Skating Rink is available for private skating parties!

