



Yoga Flow

(Ages 18+)

Integrating the body, mind and breath, this flowing dynamic Vinyasa style of yoga will strengthen the body, increase suppleness and focus the mind. A short relaxation is enjoyed at the end of class to reduce stress. Instructor Susan Lindow is certified through YogaFit Training Systems Worldwide.

REC Center, Dance Studio
Minimum 6 / Maximum 20

CODE	DAY	DATE(S)	TIME	FEE
209120-01	Tues.	5/5-6/23	7:00-8:00pm	\$48/\$72
209120-03	Tues.	6/30-8/18	7:00-8:00pm	\$48/\$72

Drop-in fee \$7 resident/\$10 non-resident

Pilates

(Ages 18+)

Pilates is a unique set of exercises that focuses on strengthening the core muscles of the body. Linking breathing with movement, this floor-based mat class will increase strength, balance and coordination. Instructor Susan Lindow is certified to teach Mat Pilates through the Physical Mind Institute.

REC Center Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE(S)	TIME	FEE
209122-01	Sat.	5/9-6/27	7:45-8:45am	\$48/\$72
209122-02	Sat.	7/11-8/29	7:45-8:45am	\$48/\$72

**Drop-in fee \$7 resident/\$10 non-resident*

Yoga Flow & Pilates

SPECIAL RATE FOR BOTH YOGA & PILATES CLASSES!

209121-01 5/5-6/27 \$80/\$120
209121-02 6/30-8/29 \$80/\$120

SPECIAL FITNESS CENTER MEMBER RATE— YOGA & PILATES

Must be a current fitness center,
ultimate or group fitness member.

Yoga 209120-03 5/5-6/23 \$30
Yoga 209120-04 6/30-8/18 \$30
Pilates 209122-03 5/9-6/27 \$30
Pilates 209122-04 7/11-8/29 \$30

BOTH CLASSES

209121-03 5/5-6/27 \$45
209121-04 6/30-8/29 \$45



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