Adult Programs

Health and Wellness Programs

We offer a variety of course options for adults by experienced community instructors ready to help you reach your personal goals! Most programs require pre-registration to secure a spot for you in the class. Classes that use punch passes are flexible for individuals with busy schedules as passes are valid for 6-months from the date of purchase.

Adult Yoga

This class is meant to help students who are new to Yoga, learn the basics for a solid yoga foundation and experienced yogis, an opportunity to practice the Ashtanga fundamentals. Yoga poses are broken down to give you the confidence and skills for alignment, breath work, strength and flexibility. Classes are held in-person with an option to join virtually. Please bring a yoga mat if you are attending in-person (yoga block and strap encouraged). For virtual students prepare an area offsite that provides you enough space to workout.

Adult Yoga In-Person/Virtual — Age: 16+
Min: 4 Max: 10 — M Sep 12- Sep 26
Instructor: Judy Baldwin — 6:00PM-7:00PM
Location: Meadowbrook Farm — R $27.00 | NR $32.40

Adult Yoga In-Person/Virtual — Age: 16+
Min: 4 Max: 10 — M Oct 03-31
Instructor: Judy Baldwin — 6:00PM-7:00PM
Location: Meadowbrook Farm — R $45.00 | NR $54.00

Adult Yoga In-Person/Virtual — Age: 16+
Min: 4 Max: 10 — M Nov 07-28
Instructor: Judy Baldwin — 6:00PM-7:00PM
Location: Meadowbrook Farm — R $36.00 | NR $43.20

Adult Yoga In-Person/Virtual — Age: 16+
Min: 4 Max: 10 — M Dec 05-12
Instructor: Judy Baldwin — 6:00PM-7:00PM
Location: Meadowbrook Farm — R $18.00 | NR $21.60

Fitmates

Are you game for a challenge? Come workout with the Fitmates group! We will be torching calories, toning muscles, and building endurance; all in an energetic setting with a challenge by choice approach. Fitmates will keep you motivated and coming back for more!

Fitmates — Age: 18+
Min: 3 Max: 10 — T/TH Sep 06-Dec 15
Instructor: Michael Gaudio — 6:00PM-7:00PM
Location: Si View Community Center — R $67.50 | NR $81.00
10 punch passes, valid for 6 months

Yoga en Comunidad, una práctica Inclusiva, Accesible y Alentadora

Paulina Cuevas Vega

Sabías que cuidándote a tí misma, tendrás más energía para entregarle a tus seres queridos? Cuando el estrés es la constante en nuestras vidas, darte un tiempo especial para ti, no es un lujo, es un asunto de sobrevivencia! Te invito a una práctica de yoga inclusiva, accesible, y alentadora. Yoga significa unidad. Unidad de tu cuerpo, tu mente, y tu corazón. Juntxs exploraremos diversas formas de conexión con nuestro propio cuerpo a través del movimiento y la respiración. Ven y descubre cómo el yoga puede ayudarte a cultivar una relación contigo misma, que te nutra, que te de energía, y que te inspire a ser la persona que quieres ser en la relación con tus seres queridos. En persona: mat (y si tienes bloques y strap)

Did you know that taking care of yourself will result in more energy to give to your loved ones? When stress is the constant in our lives, giving yourself special time is not self-indulgence, it's self-preservation. Join us for an inclusive, accessible and encouraging yoga practice with Spanish instruction. Together we will explore different shapes that help us connect with our own body through movement breathe and breath. Bring a mat. Block and straps are encouraged if you have them.

Yoga en Comunidad — Edad: 18+
Min: 6 Max: 16 — Miércoles Sep 07-28
Instructora: Paulina Cuevas Vega — 12:30PM-1:30PM
Lugar: Si View Community Center — *R $40 | NR $48

Yoga en Comunidad — Edad: 18+
Min: 6 Max: 16 — Miércoles Oct 05-26
Instructora: Paulina Cuevas Vega — 12:30PM-1:30PM
Lugar: Si View Community Center — *R $40 | NR $48

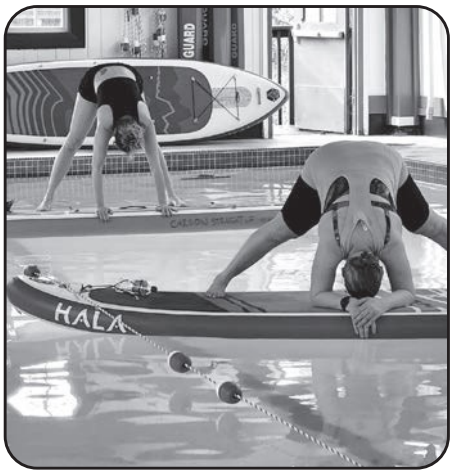
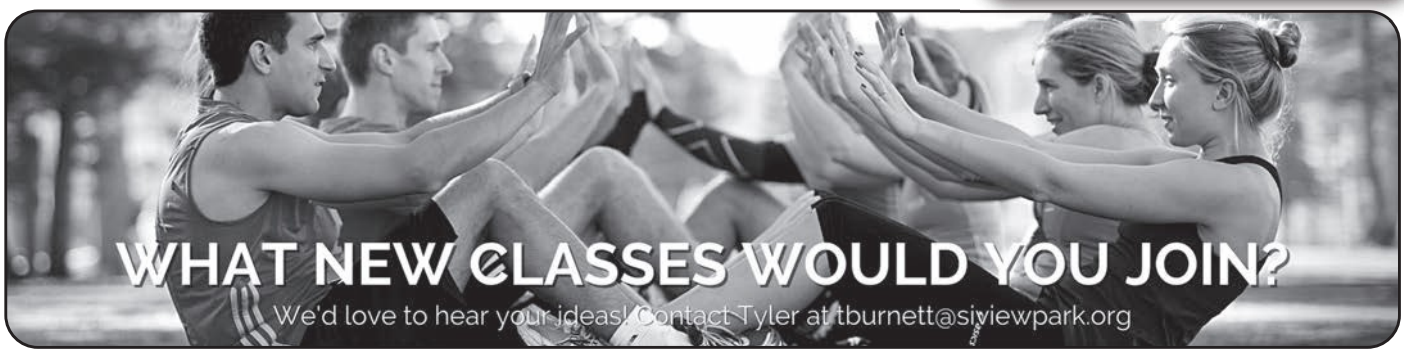
Yoga en Comunidad — Edad: 18+
Min: 6 Max: 16 — Miércoles Nov 02-16
Instructora: Paulina Cuevas Vega — 12:30PM-1:30PM
Lugar: Si View Community Center — *R $30 | NR $36
*Código de descuento disponible, para asegurar el acceso de todxs!

Paddle Board Yoga Fitness

Come build your SUP foundation in a warm, calm, safe pool environment before it's time to go outside on the lake, river, & ocean. We will cover entering & exiting the water safely fundamentals of fitness on a stand-up Paddleboard. No SUP experience required. Dress for a HOT yoga class.

Paddle Board Yoga Fitness — Age: 17+
Min: 6 Max: 8 — SU Oct 09-23
Instructor: Lindsay Lambert — 4:00PM-5:00PM
Location: Si View Pool — R $75.00 | NR $86.25

Paddle Board Yoga Fitness — Age: 17+
Min: 6 Max: 8 — SU Dec 04-18
Instructor: Lindsay Lambert — 4:00PM-5:00PM
Location: Si View Pool — R $75.00 | NR $86.25



See page 17 for outdoor programs including walking, hiking and biking to keep you active and moving!