

Adult Wellness

Gentle Yoga

This class is meant to help students who are new to Yoga, learn the basics for a solid yoga foundation. Slow flow yoga coordinating breath with mindful, meditative movement. Experience the basic principles of Ashtanga yoga in a calm and restorative manner. Yoga poses are broken down to give you the confidence and skills for alignment, breath work, strength and flexibility. Especially beneficial if you are new or returning to yoga but open to all. Yoga mat required; yoga blocks, blanket and strap recommended but not necessary.

27421 Gentle Yoga Class September
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
M Sep 11-25
4:30PM-5:30PM
R: \$27.00 | NR: \$32.40

27422 Gentle Yoga Class October
Min: 4 Max: 10
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
M Oct 02-30
4:30PM-5:30PM
R: \$45.00 | NR: \$54.00

27423 Gentle Yoga Class November
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
M Nov 06-27
4:30PM-5:30PM
R: \$36.00 | NR: \$43.20

27424 Gentle Yoga Class December
Min: 4 Max: 10
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
M Dec 04-11
4:30PM-5:30PM
R: \$18.00 | NR: \$21.60

Beginner Yoga

This class is meant for students who are between gentle and intermediate yoga. Strengthening their understanding of Ashtanga yoga to build a solid yoga foundation. Experience Ashtanga yoga in a calm and restorative manner. Yoga poses are broken down to give you the confidence and skills for alignment, breath work, strength and flexibility. Especially beneficial if you are new or returning to yoga but open to all. Yoga mat required; yoga blocks, blanket and strap recommended but not necessary.

27413 Beginner Yoga Class September
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
M Sep 11-25
6:00PM-7:00PM
R: \$27.00 | NR: \$32.40

27414 Beginner Yoga Class October
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
M Oct 02-30
6:00PM-7:00PM
R: \$45.00 | NR: \$54.00

27415 Beginner Yoga Class November
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
M Nov 06-27
6:00PM-7:00PM
R: \$36.00 | NR: \$43.20

27416 Beginner Yoga Class December
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
M Dec 04-11
6:00PM-7:00PM
R: \$18.00 | NR: \$21.60

All Level Yoga

All are welcome no matter experience with yoga, as several variations of postures will be offered to accommodate each participant.

27410 All Level Yoga (September)
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
M Sep 11-25
7:15PM-8:15PM
R: \$27.00 | NR: \$32.40

27411 All Level Yoga (October)
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
M Oct 02-30
7:15PM-8:15PM
R: \$45.00 | NR: \$54.00

27412 All Level Yoga (November)
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
M Nov 06-27
7:15PM-8:15PM
R: \$36.00 | NR: \$43.20

27429 All Level Yoga (December)
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
M Dec 04-11
7:15PM-8:15PM
R: \$18.00 | NR: \$21.60

Chair Yoga

Chair yoga is a gentle, safe practice which can improve concentration, strength, flexibility and balance while promoting a sense of well-being and connection to community. Practice the principles of Ashtanga yoga in a supportive environment and experience the joy of mindful movement again. Chairs provided; other yoga props welcome but not necessary.

27417 Chair Yoga Class September
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
TH Sep 07-28
5:00PM-6:00PM
R: \$36.00 | NR: \$43.20

27418 Chair Yoga Class October
Min: 4 Max: 20
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
TH Oct 05-26
5:00PM-6:00PM
R: \$36.00 | NR: \$43.20

27419 Chair Yoga Class November
Min: 4 Max: 10
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
TH Nov 02-30
5:00PM-6:00PM
R: \$36.00 | NR: \$43.20

27420 Chair Yoga Class December
Min: 4 Max: 10
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
TH Dec 07-14
5:00PM-6:00PM
R: \$18.00 | NR: \$21.60

Intermediate Yoga

Slow flow yoga with longer sequences for people who wish to deepen their basic Ashtanga practice. Yoga mat required; other props recommended but not necessary.

27425 Intermediate Yoga Class September
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
TH Sep 07-28
6:00PM-7:00PM
R: \$36.00 | NR: \$43.20

27426 Intermediate Yoga Class October
Min: 4 Max: 20
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
TH Oct 05-26
6:00PM-7:00PM
R: \$36.00 | NR: \$43.20

27427 Intermediate Yoga Class November
Min: 4 Max: 10
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
TH Nov 02-30
6:00PM-7:00PM
R: \$36.00 | NR: \$43.20

27428 Intermediate Yoga Class December
Min: 4 Max: 15
Instructor: Judy Baldwin
Location: Meadowbrook Farm
Age: 16+
TH Dec 07-14
6:00PM-7:00PM
R: \$36.00 | NR: \$43.20

Paddleboard Yoga and Fitness

Come build your SUP foundation in a warm, calm, safe pool environment before it's time to go outside on the lake, river, and ocean. We will cover entering and exiting the water safely, and fundamentals of fitness on a stand up paddleboard. No SUP experience required. Dress for a HOT yoga class. Paddle Board equipment is provided by instructor.

27430 Paddleboard Yoga and Fitness October
Min: 6 Max: 10
Instructor: Lindsay Lambert
Location: Si View Pool
Age: 18+
SU Oct 15-29
4:00PM-5:00PM
R: \$75.00 | NR: \$90.00

27431 Paddleboard Yoga and Fitness November
Min: 6 Max: 10
Instructor: Lindsay Lambert
Location: Si View Pool
Age: 18+
SU Nov 05-19
4:00PM-5:00PM
R: \$75.00 | NR: \$90.00



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!

Min: 3 Max: 10
Instructor: Michael Gaudio
Location: Si View Community Center
10 punch passes, valid for 6 months
Age: 18+
T/TH Sep 05-Dec 14
6:00PM-7:00PM
R \$67.50 | NR \$92.00

WHAT NEW CLASSES WOULD YOU JOIN?

We'd love to hear your ideas! Contact Tyler at tburnett@siviewpark.org