

<b>Class no.</b>	<b>CLASS TITLE</b>
<b>1001</b>	<b>Gentle Yoga</b>
<b>1002</b>	<b>Gentle Yoga- with Chair</b>
<b>1005</b>	<b>Laughter Yoga</b>
<b>1012</b>	<b>Hatha Yoga Mixed Level</b>
<b>1018</b>	<b>TaiChi-Yang- And Long Form</b>
<b>1448</b>	<b>Weight &amp; Pot Belly Reduction</b>
<b>1023</b>	<b>Zumba Gold- Lower Impact</b>
<b>1026</b>	<b>Zumba</b>

<b>1431</b>	<b>Chair Exercise- Fusion I</b>
<b>1441</b>	<b>Balance Class- Fusion I</b>

# Exercise

## CLASS DESCRIPTION

Please see current schedule for Dates, Times and Prices or call  
The Learning Place at 941-625-4175 ext. 223

Come experience an hour of yoga and let your mind, body and spirit rejuvenate. I offer a gentle class that will work all of the major areas of your body allowing time for you to reconnect to your breath and relax. We begin each lesson by centering and end with gentle relaxation. Students need a mat and a willingness to learn. *Offered Year Round*

This is basic yoga with a more extensive use of various props, including a chair, the wall, a belt and sometimes yoga blocks in order to facilitate the poses so that they will become more accessible for students recovering from injury or dealing with mobility or balance issues. *Offered Year Round.*

The new exercise concept "Laughter Yoga" is a revolution in body-mind medicine that teaches the body to laugh without depending on humor. It is easy and anybody can do it regardless of age. To be happy or miserable is a personal choice that is independent on outer circumstances. *Offered Year Round*

This class will teach students an introduction to basic postures and breathing techniques designed to reduce tension and increase health, strength, flexibility and balance. Bring a mat. *Offered Year Round*

This is a Martial Arts exercise program to improve general health, balance, and coordination with emphasis for seniors. Or try the Long Form. The long form of this exercise is the slow motion solo form of Tai Chi Chuan. It is the best known manifestation of Tai Chi for the general public, usually called the empty hand form or simply 85 form (or 108). The long form is performed slowly and is designed to string together an inventory of techniques to provide relaxation, suppleness and strength as well as other principles. *Both types of Tai Chi are Offered Year Round*

A course that integrates the important principles and strategies required for effective weight management and pot belly reduction. *Offered 4 times per year please check current schedule.*

ZUMBA GOLD® is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba® and bring it to the active older adult, the beginner participant, and other special populations that may need modifications for success. *Offered Year Round*

This fun Latin-inspired dance program includes Salsa, Merengue, ChaCha, Cumbia, Belly Dancing, Flamenco, Tango and Rock'n Roll. These programs are guaranteed to provide the participant with a safe and effective total body workout! *Offered Year Round*

**FUSION ONE** can improve balance (and help prevent falling) by increasing muscle strength (especially those of the legs), improving control over posture and increasing proprioceptor functioning. This Class uses a chair for support.

*Offered Year Round - Classes are 6 weeks 1 hour per week.*

**FUSION ONE** can improve balance (and help prevent falling) by increasing muscle strength (especially those of the legs), improving control over posture and increasing proprioceptor functioning. Couples meditation, relaxation, visualization; and proper breathing with simple but effective exercises that are akin to Yoga and Tai Chi. *Offered Year Round - Classes are 6 weeks 1 hour per week.*