

FREE COMMUNITY CLASSES

PIYO®

Instructor: Steph Paulson

A body weight based class for strength and flexibility inspired by pilates and yoga. A low impact and nonstop movement workout.

*must bring your own mat

Fridays 9 -10 am

Mar 10,17,24,31

Apr 7,14,28

May 5,12,19,26

APRES-SKI YOGA STRETCH

Instructor: Tessa Coker

Yoga-inspired stretches targeting all the skiing muscles, including the feet, as well as correcting posture to offset the ski stance.

*must bring own mat

Thursdays 5-6:16pm

Mar 9,16,23,30

Apr 6,13,27

May 4,11,18,25

*We will be offering special workshops which will be added at a later date

CSA#1

The CSA#1 is offering these classes to the public. Anyone can attend, but those residents living in the district can attend free of charge. If you live Northwest of the Geothermal Plant and South of Sunnyslopes/Tom's Place then you reside outside of the district and will be required to pay a nominal fee of \$5 per class, visitors to the area will also be required to pay the fee. All classes are held at the Crowley Lake Community Center unless otherwise noted.

www.facebook.com/CrowleyLakeNeighborhood

www.monocounty.ca.gov/csa1

For those interested in more information about the Crowley Lake Skate Park Project please see our donation page

www.crowdrise.com/crowleylakeskatepark

For more information call Isabel 760-935-4089 or isbxoxo@gmail.com

CARDIO SCULPT

Instructor: Rachele Jaegers

Sculpt, tone and get a metabolic burn in a fun and safe environment. Full body workout for all levels.

*must bring your own mat

Mondays 5:30-6:30pm

Mar 6,13,20,27

Apr 3,10,24

May 1,8,15,22,29

STOTT PILATES® MATWORK

Instructor: Tessa Coker

Classic Pilates matwork with a contemporary twist. Mobilize, lengthen and strengthen the whole body with emphasis on core stability.

*must bring your own mat

Tuesdays 8-9am

Mar 7,14,21,28

Apr 4,11,25

May 2,9,16,23,30