

Bloomingtondale Park District

Yoga • Yoga • Yoga • Yoga • Yoga • Yoga

Hot Yoga

Challenge yourself by going deeper into a series of yoga poses. Work key muscles, tendons and ligaments while improving your balance, posture and strength. Room will be heated to 80 degrees. Please bring a water bottle and yoga mat to class. Drop-in rate is \$8/10.

Location: Aerobics Studio

Instructor: Julie Gentile

MIN/MAX: 6/14

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	7:15-8:30P	1/9-2/20	\$45/65	203544-A1
Adult	M	7:15-8:30P	2/27-4/9	\$45/65	203544-A2
Adult	M	7:15-8:30P	4/16-5/21	\$39/59	203544-A3

Gentle Yoga

Improve your posture, balance, strength and mobility. Class begins in chairs before moving on to standing poses and ending with a deep relaxation. Yoga mats are provided or you may bring your own. Drop-in rate is \$10R/\$12NR. A 20% discount is available for students over 62 who sign up for a full session. Free open house on Jan. 2.

Location: Aerobics Studio

Instructor: Vimi Shukla

MIN/MAX: 3/16

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	1:00-2:00P	1/9-2/20	\$49/69	203535-A1
Adult	M	1:00-2:00P	2/27-4/9	\$49/69	203535-B1
Adult	M	1:00-2:00P	4/16-5/21	\$39/59	203535-C1

Vinyasa Yoga

Improve your strength, endurance, flexibility and awareness of mind and body. Focus is on linking the body to the breath as you flow from one pose to another. All levels are welcome. Please bring a water bottle and yoga mat to class. Drop-in rate is \$8/10.

Location: Aerobics Studio

Instructor: Julie Gentile

MIN/MAX: 6/14

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	7:15-8:30P	1/11-2/22	\$45/65	203545-A1
Adult	W	7:15-8:30P	2/29-4/11	\$45/65	203545-A2
Adult	W	7:15-8:30P	4/18-5/23	\$39/59	203545-A3

Hatha Yoga

Hatha is the yoga of physical postures, incorporating the gentle stretching and breathing techniques that make your life less stressful and bring deep relaxation and greater flexibility to your mind and body. Mats and blankets are available, or bring your own. Drop-in rates are \$10R/\$12NR. Free open house on Jan. 5. Vimi Shukla teaches on Thursdays and Lisa Schutz on Fridays.

Location: Aerobics Studio

Instructor: Vimi Shukla and Lisa Schutz

MIN/MAX: 3/16

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	11:00-12P	1/12-2/23	\$59/79	203503-A1
Adult	F	9:30-10:45A	1/13-2/24	\$59/79	203503-A2
Adult	Th	11:00-12P	3/1-4/12	\$59/79	203503-B1
Adult	F	9:30-10:45A	3/2-4/13	\$59/79	203503-B2
Adult	Th	11:00-12P	4/19-5/24	\$59/79	203503-C1
Adult	F	9:30-10:45A	4/20-5/25	\$59/79	203503-C2

Healthy Back Yoga

Back strength and spinal flexibility are key to maintaining height, posture and balance while avoiding injuries as you age. This class strengthens individual muscles and aligns the spine. Class includes stretching exercises to keep your joints lubricated and limber, improving circulation and alleviating back pain. Class ends with breathing exercises.

Free open house on Jan. 3.

Location: Aerobics Studio

Instructor: Vimi Shukla

MIN/MAX: 3/16

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	11:00-12:00P	1/10-2/21	\$59/79	203548-A1
Adult	Tu	11:00-12:00P	2/28-4/10	\$49/69	203548-B1
Adult	Tu	11:00-12:00P	4/17-5/22	\$39/59	203548-C1

Yog Nidra

Yog Nidra or "yogic sleep" is a systematic method of physiological and neurological relaxation that progressively unwinds the nervous system. This session takes participants through a guided sequence that balances the breathing and releases the negative energy of stress trapped in the muscles and organs. Restful healing is enhanced with yoga exercises and different breathing techniques. Free open house on Jan. 5.

Location: Aerobics Studio

Instructor: Vimi Shukla

MIN/MAX: 3/16

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	8:00-9:15P	1/12-2/23	\$59/79	203549-A1
Adult	Th	8:00-9:15P	3/1-4/12	\$59/79	203549-B1
Adult	Th	8:00-9:15P	4/19-5/24	\$49/69	203549-C1

Yoga Boot Camp

Get ready for a combination of Biggest Loser, Amazing Race and Survivor adrenaline mixed with the inner stillness of yoga. Session includes yoga asana, moving meditation and a whole new chemistry. Room will be heated. Drop in rate \$11/14.

Location: Aerobics Studio

Instructor: Lisa Schutz

MIN/MAX: 3/16

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	9:30-10:45A	1/2-2/6	\$59/79	203550-A1
Adult	M	9:30-10:45A	2/13-3/19	\$49/69	203550-B1
Adult	M	9:30-10:45A	4/9-5/21	\$69/89	203550-C1



Senior Discount

Residents who are 62 years of age and better qualify for the Park District's 20% discount. Look for the price tag symbol by programs.

