City of Longmont, Recreation Services

Yoga

Yoga drop-in students are welcome and monthly registration for classes is encouraged. Monthly registered participants have space priority and will be notified of any class location, time, or date changes.

For drop-in yoga students, please purchase Drop-In passes at the front desk of
The Longmont Recreation Center, 310 Quail Rd
Or
The St Vrain Memorial Building, 700 Longs Peak Ave

Drop-In passes <u>are not</u> available on site at The Izaak Walton Clubhouse.

Monthly fees are based on the number of classes held during the month, not upon the number of classes attended.

COMMUNITY SERVICES
RECREATION SERVICES
GET MORE FROM LIFE

Alignment Based Yoga Level 1-2 - Mondays 4:00pm-5:15pm $$
For Beginners and Continuing Students, this class includes basic, weight-bearing standing poses that safely improve strength and balance; a hip balancing series for tight hamstrings, thighs, and hips; twists and gentle backbends for bringing mobility to the spine; and more. This slow style of yoga relieves stress and promotes inner calm. Please bring a thick blanket, and sticky mat. (Drop-in fee: $9 res/$11 non-res)

Izaak Walton Clubhouse – 18 S Sunset St ***Instructor: Gwyn Cody***

Jan 9-30	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Feb 6-27	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Mar 5-26	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Apr 2-30	(Monthly Fee: $35.00 Res/$43.75 Non-res)
May 7-21	(Monthly Fee: $21.00 Res/$26.25 Non-res)

Wellness Yoga - Mondays 5:30pm-6:45pm $$ Yoga serves as a resource for personal growth and healing. Yoga is a vehicle for deepening the experience of unity between Body, Mind and Soul. This class offers a wide variety of yoga poses and breathing techniques to increase balance, flexibility and strength in body and mind, and a greater sense of inner peace and joy. Beginner and intermediate. Please bring a thick blanket, and sticky mat if you have them. (Drop-in fee: $9 res/$11 non-res)

Izaak Walton Clubhouse – 18 S Sunset St ***Instructor: Heidi Nordlund***

Jan 16-30	(Monthly Fee: $21.00 Res/$26.25 Non-res)
Feb 6-27	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Mar 5-26	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Apr 2-30	(Monthly Fee: $35.00 Res/$43.75 Non-res)
May 7-21	(Monthly Fee: $21.00 Res/$26.25 Non-res)

Yoga Classes

Must Pre-Register for classes or pay a higher Drop-In Fee
Classes Subject to Change - Please Call Ahead 303-651-8404

Hatha Yoga - Tuesdays 9:00am-10:30am $$ Yoga is good for what ails you. Regular practice improves the functioning of all the bodily systems, lubricates joints, improves concentration, aids with depression, releases tension and develops internal happiness and wisdom. Yoga integrates us and that feels good.
(Drop-In Fee: $9 Res / $11 Non-Res)

Izaak Walton Clubhouse - 18 S Sunset St ***Instructor: Maura Youle***

Jan 3-31	(Monthly Fee: $35.00 Res/$43.75 Non-res)
Feb 7-28	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Mar 6-20	(Monthly Fee: $21.00 Res/$26.25 Non-res)
Apr 3-24	(Monthly Fee: $28.00 Res/$35.00 Non-res)
May 1-29	(Monthly Fee: $35.00 Res/$43.75 Non-res)

Power Vinyasa Yoga - Tuesdays 5:15pm-6:15pm $$ Vinyasa yoga is movement of body to rhythm of breath. Invigorating and strengthening poses will tone your body and your mind. Most poses will be held for five breaths as you move deeper in postures that increase flexibility. All levels are welcome. (Drop-In Fee: $9 Res / $11 Non-Res)

Wellness Room-St Vrain Memorial Building – 700 Longs Peak Ave
Instructor: Lisa Marie

Jan 10-31	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Feb 7-28	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Mar 6-27	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Apr 3-24	(Monthly Fee: $28.00 Res/$35.00 Non-res)
May 1-29	(Monthly Fee: $35.00 Res/$43.75 Non-res)

Hatha Yoga Intermediate/Advanced - Wednesdays 5:30pm-7:30pm $$
For those with previous Hatha Yoga experience. We will endeavor to move beyond merely "doing" Yoga Asanas (postures) to explore the more subtle and joyful aspects of the practice. Please bring a thick blanket, and sticky mat. (Drop-in fee $12 res. / $15 non-res.)

Izaak Walton Clubhouse – 18 S Sunset ***Instructor: Shar Lee***

Jan 18-25	(Monthly Fee: $20.00 Res/$25.00 Non-res)
Feb 1-29	(Monthly Fee: $50.00 Res/$62.50 Non-res)
Mar 7-28	(Monthly Fee: $40.00 Res/$50.00 Non-res)
Apr 4-25	(Monthly Fee: $40.00 Res/$50.00 Non-res)
May 2-30	(Monthly Fee: $50.00 Res/$62.50 Non-res)

Women's Hatha Yoga - Thursdays 9:00am-11:00am $$ For those with previous Hatha Yoga experience. Explore Asanas from the core, utilizing structural alignment, pranayama, and Ayurvedic principles. (Drop-in fee $12 res. / $15 non-res.)

Izaak Walton Clubhouse – 18 S Sunset ***Instructor: Shar Lee***

Jan 19-26	(Monthly Fee: $20.00 Res/$25.00 Non-res)
Feb 2-23	(Monthly Fee: $40.00 Res/$50.00 Non-res)
Mar 1-29	(Monthly Fee: $50.00 Res/$62.50 Non-res)
Apr 5-26	(Monthly Fee: $40.00 Res/$50.00 Non-res)
May 3-31	(Monthly Fee: $50.00 Res/$62.50 Non-res)

Beginning & Returning Yoga - Thursdays 6:00pm-7:30pm $$ Listen for the body's natural wisdom by mindfully Cultivating strength, flexibility and complete breathing through a foundational and flowing practice. This class includes therapeutic Restorative Yoga. During the last part of the class, lights are dimmed in order to support and enjoy deep rest, inner awareness, cycles of nature and the magical transformation that Yoga brings.
(Drop-In Fee: $9 Res / $11 Non-Res)

Izaak Walton Clubhouse - 18 S Sunset St ***Instructor: Katharine Kaufman***

Jan 12-26	(Monthly Fee: $21.00 Res/$26.25 Non-res)
Feb 2-23	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Mar 1-29	(Monthly Fee: $35.00 Res/$43.75 Non-res)
Apr 5-26	(Monthly Fee: $28.00 Res/$35.00 Non-res)
May 3-31	(Monthly Fee: $35.00 Res/$43.75 Non-res)

Yoga & Other Fitness Classes

Must Pre-Register for classes or pay a higher Drop-In Fee
Classes Subject to Change - Please Call Ahead 303-651-8404

Beginning/Advanced Beginning Yoga - Fridays 9:15am-10:15am $$
Structurally based yoga that involves slow and deep basic poses and movements. Strengthen your body and release muscular tensions, increase clearer thinking and concentration, and foster greater emotional wellness for yourself. Feed your body and sprit. Bring a friend or come and make some new ones. Please bring a thick Blanket and/or Yoga Mat. Please Register at least 3 days prior to class. Please Purchase Drop-Ins prior to class.
(Drop-In Fee $9 res./$11 non-res.)

Izaak Walton Clubhouse - 18 S Sunset St ***Instructor: Diane Shellenberger***

Jan 6-27	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Feb 3-24	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Mar 2-23	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Apr 6-27	(Monthly Fee: $28.00 Res/$35.00 Non-res)
May 4-25	(Monthly Fee: $28.00 Res/$35.00 Non-res)

Beginning Yoga - Sundays 8:45am-9:45am $$ Are you new to yoga? Feel at ease through alignment based foundational practice designed for every body. Honing awareness cultivate breath, strength, flexibility and deep rest, coming to a greater understanding of your own well being. Please bring a thick wool or cotton blanket if you have one.
(Drop-In Fee: $9 Res / $11 Non-Res)

Izaak Walton Clubhouse - 18 S Sunset St ***Instructor: Katharine Kaufman***

Jan 8-29	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Feb 5-26	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Mar 4-25	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Apr 1-29 (**No Class April 8-Easter**)	(Monthly Fee: $28.00 Res/$35.00 Non-res)
May 6-20	(Monthly Fee: $21.00 Res/$26.25 Non-res)

Sunday Continuing Yoga 10:00am-11:30am $$ A new class is for the continuing student eager to develop the art of yoga as a personal practice. A foundation of gravity-friendly, gentle movement from the inside-out prepares us for balancing and alignment-based postures, rhythmic, flowing sequences, meditation and pranayama (breathing sequences). Please bring a thick wool or cotton blanket. (Drop-In Fee: $9 Res / $11 Non-Res)

Izaak Walton Clubhouse - 18 S Sunset St ***Instructor: Katharine Kaufman***

Jan 8-29	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Feb 5-26	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Mar 4-25	(Monthly Fee: $28.00 Res/$35.00 Non-res)
Apr 1-29 (**No Class April 8-Easter**)	(Monthly Fee: $28.00 Res/$35.00 Non-res)
May 6-20	(Monthly Fee: $21.00 Res/$26.25 Non-res)

* Taste of Therapy Wellness Fairs *

Izaak Walton Clubhouse, 18 S Sunset St

Don't miss this opportunity to try a variety of alternative wellness options.
Try massage, acupuncture, reflexology, energy work and much more.
Only $5.00 for each 15 minute hands on demonstration (Paid at the fair).
Appointments are taken at the fair on a first-come basis.
Come early, spaces fill up quickly. Doors Open at 9:45am.
Call 303-651-8404 for more information.

Saturdays, 10am - 1pm
January 14, February 11 & March 10

15th Annual Big Taste of Therapy Wellness Fair

St Vrain Memorial Building, 700 Longs Peak Ave
April 14, 9am - 3pm