



**ALL LEVELS YOGA** • Carmen Lewis • Monday, Wednesday and Friday: 9:30am-10:30am • Wednesday: 6:00pm-7:00pm • \$8 per class. This class is designed to help you increase muscle strength, energy, metabolism, and more. All ages are welcome.

**BALLROOM DANCE** • Tom Pileri • All classes below \$8 per class

**“Ballroom Basics”** (Fundamentals/Beginner) Monday: 7:00pm-8:00pm • **“Dance Lessons with Tom “(by appointment only)** Monday: 8:00pm-9:00pm • **“Swinging and Dancing”** (Beginner West/East Coast Swing, Nightclub and Country 2 Step) Wednesday: 7:00pm-8:00pm • **“Dance Lessons with Tom” (by appointment only)** Wednesday: 8:00pm-9:00pm.

**CHAIR YOGA** • Marisa Alexander • Wednesday: 10:30am-11:30am • \$8 per class

Carmen Lewis • Monday, Wednesday and Friday: 12:00pm-1:00pm • \$5 per class

This class is designed to improve flexibility and strengthen muscles while using a chair for support. It involves seated and standing poses using the chair as a prop for support, when and as needed. Walk-ins are welcome of all ages.

**PICKLEBALL** • Monday, Wednesday, and Friday: 9:00am-12:00pm • \$3 per session Pickleball is played in the gymnasium as either singles or doubles with a paddle and a plastic wiffle ball. Free first lesson will be given from 12:00 – 1:00 PM on Wednesday. Walk-ins welcome.

**PILATES** • Beth Nolan • Tuesday and Thursday 9:30am-10:30am • \$12 per class or purchase a Pilates card; 6 classes for \$60.00

This class is designed for exercises using special apparatus, designed to improve physical strength, flexibility, posture, and enhance mental awareness. Walk-ins welcome

**Qi-GONG** • John Walcott • Monday, Wednesday, Friday, and Saturday: 10:30am—11:30am • **Please Pay Instructor**

This class is designed to help you with stiff joints, tight tendons, balance, breathing, and much more. All ages are welcome.

**TAI CHI** • John Walcott • Tuesday and Thursday: 10:30 – 11:30 AM • \$15 per class or \$80/monthly pass

This class is designed to integrate physical postures, breathing techniques, and focused intention while improving balance and coordination.

**TANG SOO DO** • Darren Sylvia • Tuesday and Thursday: 6:30pm-7:30pm • Saturdays: 9:00am-10:15am • \$60.00 month

This class is designed for helping one develop self- discipline, honing athletic skills geared to all ages. All ages are welcome.

**JIU JITSU:** Del Nova Brazilian Jiu Jitsu; Monday – Thursday; Beginners Ages 6 – 14 5:30 – 6:30 PM; Beginners Ages 15 & over 6:30 – 7:30 PM and Advanced All Ages 7:30 – 8:30 PM; Saturday All Levels & Ages 10:00 AM – 12:00 PM. Monthly fee based on the number of classes you choose to attend; **FIRST CLASS IS FREE!!**

\*Please see back for instructor information.....

## Instructors Information

- **Chair Yoga, and Yoga:** Carmen Lewis call (914) 474-5525  
Or visit [www.HealthyisHappiness.com](http://www.HealthyisHappiness.com)
- **Ballroom Dance:** Tom Pileri 828-423-1487 or email [2steptom@gmail.com](mailto:2steptom@gmail.com)
- **Qi-Gong, and Tai Chi:** John Walcott at 772-453-6449  
Or visit [www.TheCloudWalker.com](http://www.TheCloudWalker.com).
- **Pickleball:** Pickleball University call (772) 226-1732
- **Pilates:** Beth Nolan call (772) 226-1732
- **Tang Soo Do:** Darren Sylvia call (772) 538-2790 or email [darren.sylvia@yahoo.com](mailto:darren.sylvia@yahoo.com)
- **Energizing Chair Yoga:** Marisa Alexander call (317)-914-4449  
Or email [marisakalexander@gmail.com](mailto:marisakalexander@gmail.com)



**iG PUNCH CARDS!**

**Purchase 7 classes Get one FREE!**

**ON SALE NOW!**

**(772) 226-1732**

[www.IRCiG.com](http://www.IRCiG.com) | [ircrec.com](http://ircrec.com)

**iG**  
INDIAN RIVER COUNTY  
INTERGENERATIONAL  
RECREATION CENTER  
EVENT VENUE

**EXAMPLE:**  
Backside of Punch Card

#iG000  
@iG Ballroom Dance  
Zumba & Yoga  
PUNCH CARD

Purchase 7 classes Get 1 FREE.  
Can be used in combination of  
all 3 classes to add up to (7).

(772) 226-1732  
1590 9th St. SW, Vero Beach, FL 32962 | [www.IRCiG.com](http://www.IRCiG.com)

Twitter Facebook YouTube

Any fitness instructors that would like to share their talents with the public, we have space available!  
Please contact us at (772) 226-1732 or you can stop by and visit us at:  
[www.IRCiG.com](http://www.IRCiG.com) | [iG@ircgov.com](mailto:iG@ircgov.com) | 1590 9<sup>th</sup> St. SW •Vero Beach, FL 32962