



**YOGA** • Mondays and Fridays: 9:30am-10:30am • Wednesdays: 6:00pm-7:00pm • \$8.00 per class

Carmen Lewis of Healthy is Happiness is welcoming you to the iG's low impact Yoga class, designed to help you increase muscle strength, energy, metabolism, and more. Walk-ins are welcome of all ages.

**CHAIR YOGA** • Wednesdays: 9:30am-10:30am • \$8.00 per class

Carmen Lewis welcomes you to our low impact Chair Yoga class; a gentle form of yoga that is practiced sitting on a chair, or standing up using a chair for support. It's designed to help you improve strength, flexibility, proprioception, and much more. Walk-ins welcome of all ages. More info about Yoga: 914-474-5525 or [Carmen@HealthyIsHappiness.com](mailto:Carmen@HealthyIsHappiness.com).

**QI-GONG** • Mondays, Wednesdays, Fridays, and Saturdays: 10:30am—11:30am • Please Pay Instructor

John Walcott, Cloudwalker Family, welcomes you to low impact Qi-Gong classes at the iG. This class is designed to help you with stiffen joints, tight tendons, balance, breathing, and much more. Walk-ins welcome of all ages. For more information, please contact John Walcott at 772-453-6449 or visit [www.TheCloudWalker.com](http://www.TheCloudWalker.com).

**KUNG FU/KARATE** • Mondays and Wednesdays: 6:00pm-7:00pm • Please Pay Instructor

John Walcott, Cloudwalker Family, welcomes you to low impact Kung Fu/Karate classes at the iG. This class is designed to help you with stiffen joints, tight tendons, balance, breathing, and much more. Walk-ins welcome of all ages. For more information, please contact John Walcott at 772-453-6449 or visit [www.TheCloudWalker.com](http://www.TheCloudWalker.com).

**TANG SOO DO** • Tuesdays and Thursdays: 6:30pm-7:30pm • Saturdays: 9:00am-10:15am • \$5.00 per class

Darren Sylvia brings the ultimate way to get fit while building confidence through Martial Arts. Helping one develop self-discipline, honing athletic skills geared to all ages. Walk-ins welcome. Info: [darren.sylvia@yahoo.com](mailto:darren.sylvia@yahoo.com) or 772 538-2790

**ZUMBA** • Mondays: 6:00pm-7:00pm • Tuesdays and Thursdays: 5:30pm-6:30pm • \$8.00 per class

Alexandra Apostolides welcomes you to the iG's high energy Zumba classes. This class is designed to help you improve coordination and is a wonderful workout for the whole body. Walk-ins welcome of all ages.

**ZUMBA GOLD** • Mondays and Fridays 1:00pm-2:00pm • \$8.00 per class

Alexandra Apostolides welcomes you to the iG's low impact Zumba. Move at your own pace. This class is designed to help you improve coordination and is a wonderful workout for the whole body. Walk-ins welcome of all ages.

**PICKLEBALL** • Mon, Wed, and Fri: 9:00am-12:00pm • Wednesdays: 5:30pm-8:30pm • \$3.00 per session

Pickleball University has brought the sought after pickleball to the iG! Pickleball is played in the gymnasium as either singles or doubles with a paddle and a plastic wiffle ball. For those that aren't familiar with the game, free lessons/demonstrations will be given from 9-10am and 6:00pm-7:00pm on Wednesdays. Walk-ins welcome.

**PILATES** • Tuesdays and Thursdays 9:30am-10:30am • \$12.00 per class or purchase a pilates card; 6 classes for \$60.00

Beth Nolan, former Radio City Rockette of 20 years is bringing years of talent/studies in the dance, ballet, yoga and extensive pilates to the iG. Proper alignment & utilization of muscle groups is stressed in her classes. Walk-ins welcome.

**BALLROOM DANCE** Tom Pileri: all classes below \$8.00 per class • **"Ballroom Basics"** (Fundamentals/Beginner)

Mondays: 7:00pm-8:00pm • **"Dancing Down the Floor"** (Intermediate Ballroom) Mondays: 8:00pm-9:00pm

• **"Swinging and Dancing"** (Beginner West/East Coast Swing, Nightclub and Country 2 Step) Wednesdays: 7:00pm-

8:00pm • **"Dancing with Musicality"** (Intermediate Swing, West/East Coast Swing, Nightclub and Country 2 Step)

Wednesdays: 8:00pm-9:00pm

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