**ALL LEVELS YOGA** • Carmen Lewis • Class schedule is Monday and Wednesday, Friday: 9:30am-10:30am • Veronique - Class schedule is Monday and 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.

**DANCE** • Tom Pilero • $10 per class

"Let's Dance" Monday: 7:00pm-9:00pm • This class that starts with lesson then is followed by a short dance with all styles of dance music (Swing/Ballroom/Country/Oldies/Motown etc. Walk-ins are welcome of all ages

**CHAIR YOGA** • Carmen Lewis • class schedule is 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** • John Torres • Tuesday and Thursday: 6:00pm-7:00pm • 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.

**ZUMBA GOLD** • Mona Murphy • Friday 9:30 -10:30 AM • $8.00 per class • modified Zumba class that recreates the original moves at a lower intensity • the class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance; perfect for active older adults. Walk-ins are welcome.

**CHAIR AEROBICS** • Mona Murphy • Tuesday 9:30-10:30 AM • $5.00 per class • gives a great cardiovascular workout while remaining seated. The fun exercises are set to music and will build endurance and strengthen the heart.

*Please see back for instructor information.........................
Instructors Information

• **Chair Yoga, and Yoga:** Call (772)226-1732
  Or visit [www.HealthyisHappiness.com](http://www.HealthyisHappiness.com)

• **Ballroom Dance:** Tom Pilero 828-423-1487 or email 2stepptom@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:** John Torres call (321) 427-2555 or email Jtor1960@gmail.com

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 | 1590 9th St. SW • Vero Beach, FL 32962