

ADULT - HEALTH & FITNESS

Tai Chi Chuan

Tai Chi Chuan is the opportunity for you to tune in and listen to your body, mind and soul. The slow continuous motions of the form are like a deep and wide river moving slowly out to sea. Mixed with pleasant music, Tai Chi puts you at a higher level of consciousness. Not sure this class is right for you? Try it once for \$13, pre-registration required. (Min 5/Max 10)

Age: 18 yrs-Adult

Day: Wednesday

Code: Date: Fee:

1292 Sept. 8-29 \$52 (4 classes)

1293 Oct. 6-27 \$52 (4 classes)

1294 Nov. 3-24 \$52 (4 classes)

Time: 6:00pm-7:00pm

Location: Rosehill Comm. Ctr., Room 201

Instructor: Larry Fleming brings 32 years of experience in the martial arts. Beginning in 1977 in Rochester, New York, with Tae Kwon Do, Larry began Tai Chi in 1995 where he continued teaching students ages 6-84. You will enjoy and learn from Larry's calm and focused demeanor.



Zumba Fitness

Join the Party!

Zumba is a Latin-inspired dance fitness class that incorporates Latin and international music and dance movements which create a dynamic, exciting, and effective fitness system. Zumba is fun and easy to do. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba! No class 11/11, 11/25. Buy your punch card at 425.263.8180 or buy at class. (Min 5/Max 55)

Age: 16yrs-Adult

Code: 1288

Day: **Time:**

Thursday 5:00pm-6:00pm

Dates: Sept. 2–Dec. 2

Fee: Drop-in \$10 or Punch Card 10 classes/\$80

Location: Rosehill Comm. Ctr., Gym

Instructor: Melissa has been an instructor since 2009. She loves Zumba and enjoys teaching children and adults.



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Rubenesque Yoga

This yoga is gentle and relaxing in nature. You will be shown how to modify the postures to fit your body so you don't have to bend like a pretzel to attend this class. This yoga class is designed to fit with your body. Perfect for people who are new to yoga or prefer a relaxation-style yoga. Bring a yoga mat and wear comfortable loose clothing. (Min 4/Max 15). No Class 11/11, 11/25.

Age: Adult

Code	Day	Dates	Fee
1298	Tues.	Sept. 14 – Oct. 19 (6 wks)	\$54
1299	Tues.	Oct. 26 – Nov. 30 (6wks)	\$54
1300	Thurs.	Sept. 16 – Oct. 21 (6 wks)	\$54
1301	Thurs.	Oct. 28 – Nov. 18 (3 wks)	\$27

Drop In Fee: \$10

Time: 7:00pm-8:15pm

Location: Rosehill Comm. Ctr., Lower Level Art Room

Instructor: Shelly Talcott is the owner and creator of Rubenesque Yoga. She began practicing Yoga in 1995 and decided to share her love of yoga and became a certified Ananda Yoga Instructor in 1999. Shelly's classes are a mixture of influences from other styles from trainings through out the years such as Yoga Fit, Restorative Yoga and Yin Yoga studies. The style of Hatha Yoga taught by Shelly is very gentle and relaxing. Shelly is an experienced yoga teacher and has been teaching yoga for over 10 years. Shelley was determined to teach plus size yoga classes since she herself is a plus sized person (up & down in the plus size range) and had experienced what it felt like to attend yoga classes where she was the only one who had a rubenesque figure! She wants to share her love of Yoga and show people who are plus sized that they can do yoga and really enjoy it.

Jazzercise

Jazzercise is a 60-minute class of cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, jazz dance, kick-boxing, and resistance training and bundled them into one hour. All ages, levels, and sizes welcome to join us today! The owner for all the classes at Rosehill, Jeanne Linder, has Jazzercised for twelve years. Her love of music, fitness, fun and friendship makes her classes both a great workout along with a great social place for friends as well. Rosehill Jazzercise offers both regular Jazzercise format as well as weekend Circuit classes, Thursday morning Body Sculpting. Circuit classes are combination of aerobic and strength training with weights, resistance tubes, and balls. Body Sculpting is pure strength training all low impact. No class 10/2, 10/3.

Ages: 16 and Up

Date: Continuous classes, join us anytime.

Fee: All prices do not include tax.

EFT (BEST DEAL) monthly unlimited classes \$36

One month pass unlimited classes \$46

Two month pass unlimited classes \$86

8 Week 8 Class Pass \$46

Walk-In \$10

New Student Special \$36 one month unlimited classes

One time joining fee \$25

Visit www.jazzercise.com or contact Jeanne Linder Jeanne.jazz@comcast.net or 206.914.1184

Yoga for Every Body

Discover how practicing yoga can effectively relieve mental and physical stress and cultivate a more peaceful mind. Gain flexibility, strength, balance and breath awareness. We finish each class with guided relaxation. All experience levels are welcome. Please bring your own yoga mat. (Min 6/Max 18)

Age: 16 yrs-adult

Code	Date	Fee
1295	Sept. 13–Oct. 11	\$45 (5 wks)
1296	Oct. 18–Nov. 8	\$36 (4 wks)
1297	Nov. 15–Dec. 6	\$36 (4 wks)

Drop In Fee: \$11

Day: Monday

Time: 6:30pm-7:45pm

Location: Rosehill Comm. Ctr., Annex Bldg.

Instructor: Christine Borys, certified Hatha yoga teacher, has been conducting yoga classes for over 10 years. Her style is a complimentary blend of yoga styles with an emphasis on honoring and listening to your own body's feedback to practice consciously, non-competitively and with loving kindness. Chris invites you to explore this ancient discipline to bring greater awareness and joy into every day.



Jazzercise Schedule September-November

M/W/TH/F	9:15am	Jazzercise - M/W/TH in Room 204, F in Room 209
M/W	5:30pm	Rm. 209
T	9:15am	Body Sculpt – Rm. 209
T/TH	4:30pm	Jazzercise – Rm. 209
Sat	9:00am	Jazzercise Circuit – Rm. 209
Sun	9:00am	Jazzercise Circuit – Rm. 209

Instructor: Jeanne Linder & Cathi Shriver

Location: Rosehill Community Center