



Summer Discover Series Tuesdays and Thursdays 7–9pm - Beginners Welcome!

Pre-registration Necessary! \$40 per series; Unlimited members 50% off; Couples \$10 off.

Strength Training for Every Body Becky Widschwenter 6/23 & 6/25

Learn how to develop your own home strength training workout using light hand weights and exercise bands. You will learn about reps, sets and recovery; correct alignment; and appropriate weight level for building lean and strong muscles. You will take home a repertoire of exercises for strengthening and toning your upper and lower body and your core. This class includes stretching, relaxation and stress reduction techniques, and one time through our popular Body Conditioning circuit. Bring a notebook and wear clean indoor sneakers. Benefits to strength training: boost metabolism; build bone density; increase lean body mass (lower body fat %); firm, tone, and shape; increase overall strength.

Introduction to Yoga Flow Kate Greenleaf 6/30 & 7/2

New to yoga? In this class you will learn the foundations of a yoga practice including postures, deep breathing techniques, alignment and how this all applies to your unique body. Emphasis will be on a slow flow practice that connects your moving body to your breath. Benefits are: feeling calm and centered; increased sense of wellbeing; greater flexibility and strength in mind and body; preparation for Yoga Flow, Yoga Core or Vinyasa I classes at One Studio. Wear comfortable, easy to move in clothing.

Introduction to Modern/Lyrical Dance Taryn Noelle 7/7 & 7/9

Beginners and experienced dancers alike will love this introduction into both Lyrical and Modern dance styles. Classes will consist of a full body warm up followed by basic Modern or Lyrical technique that will be incorporated into pieces of choreography. A soundtrack of some of today's best contemporary pop and soul artists will be our inspiration. Bare feet and easy to move in clothing.

Introduction to Latin/Ballroom Dance Taryn Noelle 7/21 & 7/23

You will be introduced to the fun and exotic world of Latin rhythm's Salsa, Merengue, Cha Cha, Samba, Rhumba and Swing; as well as, the ultimate grace and beauty of the Ballroom dances Foxtrot, Waltz, Tango and Quickstep. Beginner to intermediate skills and choreography will be learned in a fun and encouraging atmosphere. Couples or singles welcome. Wear clean dress shoes and comfortable to move in clothing.

Healthy Living: Exercise & Weight Management Kelly Walker 8/4 & 8/6

You will learn the facts about strength training, cardio and stretching and their role in weight loss, including an experience of the basics of yoga and Pilates. You will review good nutrition including the facts about carbs, proteins and fats and balanced meal planning. Planning your workouts, motivating yourself, and other helpful strategies will be discussed. Bring a notebook and wear easy to move in clothing. Benefits: Increase desire to be and feel healthy! Discover a new favorite exercise and feel comfortable in a Pilates or yoga class.

Introduction to Yoga Core Indy Ewald 8/8 & 8/20

New to yoga? In this class you will learn the foundations of a yoga practice including postures, deep breathing techniques, alignment and how this all applies to your unique body. Emphasis will be on core strengthening and stretching postures including some Pilates exercises. Benefits are: feeling calm and centered; increased sense of wellbeing; greater flexibility and strength in mind and body; preparation for Yoga Core, Yoga Flow, Vinyasa I or Pilates classes at One Studio. Wear comfortable, easy to move in clothing.