



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 of Healthy is Happiness is welcoming you to the iG's low impact Chair Yoga Class. This class is designed to improve flexibility and strengthen muscles while using a chair for support. Walk-ins are welcome of all ages.

ENERGIZING CHAIR YOGA • Tuesdays: 10:30am-11:30am • \$8.00 per class

Marisa welcomes you to Energizing Chair Yoga Flow at the iG, designed to give you energy, improving your balance and strength. It involves seated and standing poses using the chair as a prop for support, when and as needed. Modifications and props are used for those who have special needs and/or restrictions.

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.

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.

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 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.

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 | IG@ircgov.com | 1590 9th St. SW • Vero Beach, FL 32962