



## iG Programming

**TRANSFORM** • Tuesdays and Thursdays • 11 am – 12pm • \$6 per class

Jon, Brandie D'Alessio, and Indian River County would like to welcome you to our low impact transform class. This class is designed to help you increase your balance, mobility, flexibility, and core strength. Walk-ins are welcome of all ages.

**YOGA** • Mondays and Fridays • 9:30am – 10:30am • \$6 per class

Carmen Lewis and Indian River County would like to welcome you to our low impact Yoga class. This class is designed to help you increase muscle strength, energy, metabolism, and more. Walk-ins are welcome of all ages. If you have any questions, please feel free to contact Carmen Lewis at 914-474-5525 or Carmen@HealthyIsHappiness.com.

**CHAIR YOGA** • Wednesdays • 9:30 am – 10:30 am • \$6 per class

Carmen Lewis and Indian River County would like to welcome you to our low impact Chair Yoga class. Chair Yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. This class is designed to help you improve strength, flexibility, proprioception, and much more. Walk-ins are welcome of all ages. If you have any questions, please feel free to contact Carmen Lewis at 914-474-5525 or Carmen@HealthyIsHappiness.com.

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

John Walcott, Cloudwalker Family, and Indian River County would like to welcome you to our low impact Qi-Gong class. This class is designed to help you with stiffen joints, tight tendons, balance, breathing, and much more. Walk-ins are welcome of all ages. If you have any questions, please contact John Walcott at 772-453-6449 or visit [www.TheCloudWalker.com](http://www.TheCloudWalker.com).

**ZUMBA** • Wednesdays and Thursdays • 6 pm – 7 pm • \$6 per class

Silvio Martinez and Indian River County would like to welcome you to our high energy Zumba class. This class is designed to help you improve coordination and a wonderful workout for the whole body. Walk-ins are welcome of all ages.

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:

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