



Pilates, Yoga, Cardio, Muscle, Zumba®

WINTER Session 2012 With COLLEEN

East Coast Dance Center, 6 Washington St, No. Reading 508-633-9460



JANUARY 2012						
Su	Mon	Tue	Wed	Th	Fri	Sa
1	2 7:45-8:15pm Muscle/Pilates 8:15-9:15pm Zumba®	3 9:15-10:30am Yoga Flow 10:45 Gentle Yoga**	4 8:15pm Yoga/Pilates	5	6 9:15-10:15am Cardio/Muscle/Pilates	7
8	9 7:45-8:15pm Muscle/Pilates 8:15-9:15pm Zumba®	10 9:15-10:30am Yoga Flow 10:45 Gentle Yoga**	11 8:15pm Yoga/Pilates	12	13 9:15-10:15am Cardio/Muscle/Pilates	14
15	16 7:45-8:15pm Muscle/Pilates 8:15-9:15pm Zumba®	17 9:15-10:30am Yoga Flow 10:45 Gentle Yoga**	18 8:15pm Yoga/Pilates	19	20 9:15-10:15am Cardio/Muscle/Pilates	21
22	23 7:45-8:15pm Muscle/Pilates 8:15-9:15pm Zumba®	24 9:15-10:30am Yoga Flow 10:45 Gentle Yoga**	25 8:15pm Yoga/Pilates	26	27 9:15-10:15am Cardio/Muscle/Pilates	28
29	30 7:45-8:15pm Muscle/Pilates 8:15-9:15pm Zumba®	31 9:15-10:30am Yoga Flow 10:45 Gentle Yoga**				
FEBRUARY 2012						
Su	Mon	Tue	Wed	Th	Fri	Sa
			1 8:15pm Yoga/Pilates	2	3 9:15-10:15am Cardio/Muscle/Pilates	4
5	6 7:45-8:15pm Muscle/Pilates 8:15-9:15pm Zumba®	7 9:15-10:30am Yoga Flow 10:45 Gentle Yoga**	8 8:15pm Yoga/Pilates	9	10 9:15-10:15am Cardio/Muscle/Pilates 10:45 Zumba GOLD **	11
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19	20 7:45-8:15pm Muscle/Pilates 8:15-9:15pm Zumba®	21 No classes	22 8:15pm Yoga/Pilates	23	24 No Classes	25
26	27 7:45-8:15pm Muscle/Pilates 8:15-9:15pm Zumba®	28 9:15-10:30am Yoga Flow 10:45 Gentle Yoga**	29 8:15pm Yoga/Pilates			
MARCH 2012						
Su	Mon	Tue	Wed	Th	Fri	Sa
				1	2 9:15-10:15am Cardio/Muscle/Pilates 10:45 Zumba GOLD **	3
4	5 7:45-8:15pm Muscle/Pilates 8:15-9:15pm Zumba®	6 9:15-10:30am Yoga Flow 10:45 Gentle Yoga**	7 8:15pm Yoga/Pilates	8	9 9:15-10:15am Cardio/Muscle/Pilates 10:45 Zumba GOLD **	10
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Drop-in prices: \$14/class except Zumba is \$10/class and Zumba GOLD is \$12.

Drop-in for Muscle/Pilates is \$7 or \$14 for both Zumba and Muscle/Pilates. Purchase a Class Card and both Monday night classes count as one.

Session Class Packages: Pick your # greater than 10 at \$10/class, or Unlimited=\$230.

Winter 2012 Class packages VALID 1/1/12-3/31/12.

** Gentle Yoga and Zumba GOLD are specialty classes that runs on a 6-week commitment basis, for 6 for \$60 or \$110 for 12.

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Monday nights: Both classes count as one!

Muscle/Pilates is a $\frac{1}{2}$ hour class of strengthening and toning exercises for the entire body using handheld weights and Mat Pilates. Followed by 1 hour of Zumba® (see Zumba description). Both classes together drop-in is \$14 or with a class package both classes together are considered one class (\$10 or less). Otherwise Individual Class Drop-in is Zumba=\$10, Muscle/Pilates=\$7.

Zumba®: Low impact Cardio hour of caloric-burning, body-energizing, exhilarating dance moves. Zesty Latin music, like salsa, merengue, cumbia and reggaeton; with exhilarating, easy-to-follow moves. Drop-in \$10/class.

Power Yoga/Pilates: $\frac{1}{2}$ hour of Power Yoga using flowing and strengthening poses and $\frac{1}{2}$ hour of Mat Pilates for core strengthening focusing on the abs and back and lengthening the muscles. The room is not heated. Bring your yoga mat. Drop in is \$14/class.

Yoga Flow: $1\frac{1}{4}$ hr of warm flowing yoga for balance, strength, flexibility, and a mind/body connection for relaxation. The room is heated to 82 degrees with humidity. Bring your yoga mat, a towel and water. Drop-in is \$14/class.

Cardio/Muscle/Pilates: Bootcamp style of 40 minutes Cardio and handheld weight circuit followed by 20 minutes of core strengthening Mat Pilates. The complete workout to burn calories, build strength and tone the entire body. Carry in your sneakers and bring plenty of water. Drop-in is \$14/class.

Gentle Yoga: Perfect class for beginners or women and men that want a slower paced, gentler yoga class. This class moves through all basic yoga poses, linking breath with movement to loosen up all areas of the body and mind. Relaxation and balance work is also incorporated. The room is approx 75 degrees for comfort and warmth. **This specialty class runs on a 6-week basis, \$60.** Drop-in is \$14/class.

Zumba GOLD®: Perfect class for beginners or women and men that want a slower paced, exercise class. It takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. **This specialty class runs on a 6 week basis, \$60.** Drop-in is \$12/class.

Colleen Kelleher has been teaching various fitness classes for over 24 years. She is certified by the American Council for Exercise and is a Registered Yoga Teacher with Yoga Alliance. She is CPR and First Aid certified and continually enhances her knowledge with numerous workshops and training classes. Her classes blend many styles of exercise to bring you the opportunity for a complete total body conditioning program. Also, enjoy a mind-body experience, linking breath with movement to give you the tools for continued stress reduction, peace of mind and the ability to live life to the fullest! Feel good about yourself, inside and out! Honor yourself and each other! Namaste!
As part of her program, Colleen has the honor of guest instructors, Kelli LaVita, Kendrah Bozic and Stefanie Sweeney teaching Zumba®.

Email me at Colleen.Kelleher@verizon.net or join my mailing list for class updates and check out my website at www.ColleenKelleher.com