

**Beachwood Mayor's Wellness Campaign
and
Beachwood Municipal Alliance
Present
Introduction to Exercise Series
Come out and try something new!!!**



\$3 per class or \$10 for all 6 classes. Registration required. Forms available at www.beachwoodusa.com or Beachwood Borough Hall. Classes will be held at MayoPark Center. Ages 13 and up. Under 16 years of age must be accompanied by an adult.

Saturday, February 13th at 9:00 a.m. – Beginner Zumba with Tracy Morano

Learn to move and groove yourself with fitness in disguise. Dance to world music. Learn each song broken down in steps for you to follow. Ease yourself into fitness and work out with a smile on your face. Great for all ages and fitness levels.

Monday, February 15th at 7:00 p.m. – Yoga with Mollie Laurence

Join our Beach Yoga Instructor for an indoor session. All fitness levels welcome. Relax, rejuvenate, restore.

Saturday, February 20th at 9:00 a.m. - Pilate Barre with Tracy Morano

Tighten and tone your body using fluid ballet techniques. Create long lean lines using standing Pilates and ballet moves. Work with weights and your own body to create muscle tone. The instructor will guide and teach you the safe and effective way to get the best results for you. All ages and fitness levels. Bring 1 to 2lb weights and a mat

Monday, February 22nd at 7:00 p.m. – Yoga with Mollie Laurence

Join our Beach Yoga Instructor for an indoor session. All fitness levels welcome. Relax, rejuvenate, restore.

Saturday, February 27th at 9:00 a.m. – Body Sculpt plus abs with Tracy Morano

Tone up using weights. Learn different ways to tone your body working with weights and your body weight similar to a personal trainer in a group setting. Add an intense abdominal workout. The instructor offers modifications for all fitness levels with both the weights and the abdominal workout. Bring a mat and 1 to 5lb weights.

Monday, February 29th at 7:00 p.m. – Tai Chi with Scott Bendell

Taijiquan (Tai Chi) is an ancient health practice developed in China over 1000 years ago. It was developed as a means of combining meditation, self-healing, spiritual development, and martial arts all together in one art. Taijiquan is performed standing and consists of mostly slow graceful movements and a few quicker movements to combine Yin and Yang energy. This class will give you an overview of Taijiquan through the direct experience of learning several movements. Loose fitting workout clothing recommended with flat bottom shoes.

For more information on this program or the Beachwood Mayor's Wellness Campaign, contact smcnabb@beachwoodusa.com. Like us on Facebook.