



MIND/ BODY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		Meditation & Relaxation 9:30 am – 10:15 am Nutrition Building Auditorium			Yoga 10:30am–11:30 am Integrative Medicine
Qi Gong 10:00 – 11:00 am Fitness Center		Qi Gong 10:00 am – 11:00 am Fitness Center			**Members must present DHFC ID badge or Ticket ** Non-members can purchase single or multiple classes at DHFC fitness desk.
	Yoga 12:00 pm– 1:00 pm Integrative Medicine		Pilates 12:00 pm– 1:00 pm Integrative Medicine		
Power Yoga 5:30 pm– 6:30 pm Integrative Medicine		Yoga 6:00 pm– 7:00 pm Stedman Nutrition Auditorium	Pilates 5:30 pm– 6:30 pm Integrative Medicine		
Hours of Operation M – F 6:00 a.m. – 9:00 p.m. Sat 8:00 a.m. – 4:00 p.m. Sun 1:00 p.m. – 5:00 p.m.		Rates: <i>Premium Membership- FREE</i> (please see the front desk to receive Mind/Body label for badge). <i>Basic Membership - \$5/month unlimited classes.</i> Pick up tickets at the front desk for class participation. <i>Non-members- \$8/class or \$80 for 12 classes.</i> Tickets may be purchased at the front desk.			



Mind Body Exercise Class Descriptions:

Meditation & Relaxation: Learn how to use meditation and relaxation skills to live more in the present, to increase self-awareness, to better manage stress, improve pain management and improve quality of life. This class will provide experiences in various relaxation and meditation techniques, and is appropriate for all experience and skill levels. (45 min)

Pilates: Utilizing breath control, abdominal strength, and core stability to develop a more balance body. (60 min)

Qi Gong: The 5 Animal Frolics An ancient set of energy cultivation and internal balancing exercises. Gentle flowing movement meditation. It is a Chinese system of physical exercises designed for meditation and the development of self- discipline and a sense of well being. This class promotes strength, flexibility, and relaxation. (60 min)

Yoga: Teaching gentle stretching and breathing exercises that serve to both relax and invigorate the body and mind. These exercises are taught in a way so that everyone can participate. (60 min)

Power Yoga: A class designed to promote functional strength, flexibility, muscle balance, and relaxation through a dynamic flow of yoga poses. Not recommended for those with Osteoporosis (60 min)

***SEE REVERSE SIDE FOR MIND/BODY CLASS RATES**

Classes with less than 5 participants on a regular basis are subject to cancellation.

