



Fitness

NEW CRAM (All Ages*)

CRAM (Cedar Rapids in the Morning) workouts are designed for anyone, beginner to expert. Just show up and work to your own level. Register with a friend and get ready to move!

*Youth must have adult supervision

Tu/F 5/2-8/29 6:30-7:15am
FREE McGrath Amphitheatre

*No program 7/4

KARATE (6+ yrs.)

Improve yourself with the traditional Okinawan Martial Art of Ryukyu Kempo Karate. Gain confidence and self-discipline, learn self-defense and improve your physical health.

6-11 years

#318108-04	W/Th 4/5-4/27	6-7pm
#118108-01	W/Th 5/3-5/31	6-7pm
#118108-02	W/Th 6/1-6/29	6-7pm
#118108-03	W/Th 7/5-7/27	6-7pm
#118108-04	W/Th 8/2-8/31	6-7pm

\$53 (R \$46) NW Rec

12+ years

#318109-04	W/Th 4/5-4/27	7-8pm
#118107-01	W/Th 5/3-5/31	7-8pm
#118107-02	W/Th 6/1-6/29	7-8pm
#118107-03	W/Th 7/5-7/27	7-8pm
#118107-04	W/Th 8/2-8/31	7-8pm

\$53 (R \$46) NW Rec

NEW KYUDO RENMEI (16+)

Kyudo is an art that has both martial and ceremonial influences and is prized as one of the oldest martial arts in Japan. This traditional form of archery uses an asymmetrical longbow, and emphasizes self-improvement and shooting as a group.

#102303-01	Su 5/7-6/11	10am-12pm
#102303-02	Su 6/18-7/30*	10am-12pm

\$42 (R \$35) NW Rec *No class 7/2

MEDITATION FUNDAMENTALS (16+ yrs.)

Whether you are new to meditation or have been practicing for years, this class is for you! Learn new types of meditation and imagery that are simple to learn, don't require a large time commitment and are easy to incorporate into your day.

#118125-01 Th 6/22 6:30-7:30pm
\$11 (R \$10) NW Rec

NEW NATIONAL PILATES DAY (All Ages)

Celebrate National Pilates Day by experiencing this method of exercise designed to stretch, strengthen and balance your body. Wear workout clothes and bring a yoga mat or towel.

Sa 5/6 10-11am
FREE McGrath Amphitheatre

TAI CHI & QI GONG (16+ yrs.)

Control stress and improve balance, health, flexibility and strength with these traditional Chinese exercises.

#118105-01	Tu 5/2-5/23	12-12:45pm
#118105-02	Tu 6/6-6/27	12-12:45pm

\$40 (R \$33) NW Rec

CHAIR YOGA (All Ages)

Want to get the benefits of yoga but have trouble getting up from or down to the floor? Seated in a chair for support, you will increase your flexibility, range of motion and mobility with gentle exercises.

#118106-01	W 4/5-4/26	9:30-10:15am
#118106-02	W 5/3-5/24	9:30-10:15am
#118106-03	W 6/7-6/28	9:30-10:15am
#118106-04	W 7/5-7/26	9:30-10:15am
#118106-05	W 8/2-8/23	9:30-10:15am

\$40 (R \$33) NW Rec

INTRO TO YOGA (16+ yrs.)

Escape from the pressures of life the healthy way. Use breathing exercises and movement to relax and improve wellness. This Fit Yoga class will make you stronger, more flexible and balanced, both in body and mind.

#318110-04	W 4/5-4/26	5:30-6:30pm
#118110-01	W 5/3-5/31	5:30-6:30pm
#118110-02	W 6/7-6/28	5:30-6:30pm
#118110-03	W 7/5-7/26	5:30-6:30pm
#118110-04	W 8/2-8/30	5:30-6:30pm

\$40 (R \$33) NW Rec

YOGA IN THE PARK (12+ yrs.)

Downshift this summer and gain mind/body awareness. Uniting breath with movement, work toward increasing your lung capacity, functional strength, range of motion, flexibility, balance and relaxation. Bring a yoga mat or towel.

Sa 6/3-8/26 8-9am
FREE Greene Square



**CHOOSE A BLUE
ZONES PROJECT®
ENCOURAGED ACTIVITY**