

FALL & WINTER FITNESS

with Neenah Parks & Recreation Department

Walk-in or mail in registration to NPRD, 211 Walnut St. Neenah, WI 54956 OR Register Online at www.neenahgov.org

VINYASA FLOW YOGA

OPEN TO AGES 15+

Rejuvenating flow yoga practice for ALL levels, which will indulge the physical body, emotions, mind, and heart. Comfortable clothing, yoga mat, and a large towel or blanket is recommended.

LOCATION: George Scherck Shelter (previously known as Memorial Appleblossom Shelter), 1175 Appleblossom Dr.

INSTRUCTOR: Sue Houlihan RYT, CYT, CTA, CPT



CLASS #	DAY	DATES	TIMES	COST
SESSION II				
322405-C	TUE.	Oct. 25 – Dec. 13 (No class Nov. 22)	6:30PM – 7:30PM	\$42.00
SESSION III				
322405-E	TUE	Jan. 3 – Mar. 14	6:30 – 7:30PM	\$66.00
SESSION IV				
322405-G	TUE	April 4 – May 23	6:30 – 7:30PM	\$48.00



pilates

OPEN TO AGES 15+
Pilates can

really make a difference in your health without taking a toll on your body. A refreshing mind-body workout that

develops a strong core - flat abdominal area and a strong back. You'll gain long, lean muscles and flexibility, create an evenly conditioned body, improve sports performance, and prevent injuries. It's gentle... But it's also challenging...

INSTRUCTOR: Sally McCarthy Godlewski – trained through Balanced Body
LOCATION: George Scherck Shelter (previously known as Memorial Appleblossom Shelter), 1175 Appleblossom Dr.

CLASS #	DAY	DATES	TIMES	COST
SESSION I				
322406-A	Thurs.	Oct. 13 – Dec. 15	5:30 – 6:20PM	\$63.00
SESSION II				
322406-B	Thurs.	Jan. 5 – Feb. 16	5:30 – 6:20PM	\$49.00
SESSION III				
322406-C	Thurs.	Feb. 23 – April 6	5:30 – 6:20PM	\$49.00
SESSION IV				
322406-D	Thurs.	April 13 – May 25	5:30 – 6:20PM	\$49.00

pilates & yoga

GENTLE YOGA-PILATES FUSION

OPEN TO AGES 15+

Build strength and flexibility, improve your sense of balance, and stretch away stress! Wear loose comfortable clothing, bring a yoga mat or large towel and let yourself enjoy the experience. All skill levels are welcome, but this class is especially designed for beginners, the "less than flexible", and for those who need to be careful of health conditions or previous injuries. (Please let instructor know of any health/injury issues so she can assist you).

INSTRUCTOR: Diana Newago Knoke

DAY: Mondays

TIME: 5:30 – 6:30

SITE: George Scherck Shelter (previously known as Memorial Appleblossom Shelter), 1175 Appleblossom Dr.

CLASS #	DATES	COST
222407-D	Nov. 7 – Dec. 19	\$42.00



Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. It combines high energy and motivating music with

OPEN TO AGES 15+

unique moves and combinations. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing participants to stick with it and achieve long-term health benefits. For class wear comfortable workout clothes and bring a water bottle and a small towel.

MON & WED INSTRUCTOR: JACQUELINE BROWN

TUES. INSTRUCTOR: HALEY BIRR

SITE: MON. – TAFT ELEMENTARY, 133 S. Western Ave.

TUE. – ROOSEVELT ELEMENTARY, 215 E. Forest Ave.

CLASS #	DAY	DATES/LOCATION	TIMES	COST
SESSION II				
322420-D	MON	Nov. 7 – Dec. 12	6:00PM – 7:00PM	\$30.00
322420-E	TUE	Nov. 1 – Dec. 13 (No class Nov. 8)	5:30PM – 6:30PM	\$30.00
SESSION III				
322420-G	MON	Jan. 9 – Feb. 13	6:00 – 7:00PM	\$30.00
322420-H	TUE	Jan. 10 – Feb. 14	5:30 – 6:30PM	\$30.00
SESSION IV				
322420-K	MON	Feb. 20 – April 3 (no class March 27)	6:00 – 7:00PM	\$30.00
322420-L	TUE	Feb. 21 – March 21	5:30 – 6:30PM	\$25.00
SESSION V				
322420-N	MON	April 10 – May 22 (no class April 17)	6:00 – 7:00PM	\$30.00
322420-P	TUE	April 11 – May 23	5:30 – 6:30PM	\$35.00

MINDFULNESS CLASSES - with Joy Jordan

Our current culture of busyness, distraction, and urgency leaves us feeling hollow and uneasy – like we're constantly "on our way" someplace else.

Though this path is not sustainable, there is another way: mindfulness. Mindfulness is being in the present moment in an open, non-judgmental way. When we're mindful, we listen, notice, focus, and create. More importantly, we're present in our own lives.

This 5-week course includes formal instruction on meditation (breath, body, and emotion), current research on mindfulness, methods for cultivating positive experience, and varied suggestions for informal practice. The elongated time-frame lets students fully engage with mindfulness and form new habits. Because the practices accumulate, regular attendance is important.

About the teacher: Joy Jordan is a teacher and student of mindfulness. She left her 20-year academic career, not knowing what was next. Now she lives, teaches, writes, and photographs through the lens of mindfulness.

DAY: Wednesdays

DATES: October 26 – November 30 (no class 11/23)

AGE: 19 years and older

TIME: 5:30-6:30 pm

SITE: Memorial Park, George Scherck Shelter (previously known as the Appleblossom Shelter)

1175 Appleblossom Dr., Neenah

FEE: \$45 for 5-session course

CLASS #: 322409-A

