

# Pilgrim Lutheran Church Fitness Schedule Spring 2014

All exercise classes are held at the Pilgrim Lutheran Church  
3650 West 106th Street, Carmel, Indiana 46032  
In Fellowship Hall, on the west end of the building.

## Monday/Wednesday

9:00A.M. – 9:45A.M.      15-15-15 Exercise  
10:00A.M. – 10:45A.M.      Balance & Strength Basics

## Tuesday

8:45A.M. – 9:45A.M.      Intro to Hatha Yoga  
10:00A.M. – 10:45A.M.      MS/Arthritis Chair Exercise

## Thursday

8:45A.M. – 9:45A.M.      Intro to Hatha Yoga  
10:00A.M. – 10:45A.M.      MS/Arthritis Seated Yoga

No Classes:

April 28<sup>rd</sup>  
and  
April 29<sup>th</sup>

All classes are conducted on a punch-card system. The cards will have 10 \$5 punches. Cards may be purchased from your instructor.

**Class costs: \$10 Intro to Hatha Yoga**  
**\$5 MS/Arthritis Foundation Exercise**  
**\$5 MS/Arthritis Seated Yoga**

**\*If a participant takes one class with their punch card and stays for the next class on the same day, they may take the class for \$3 cash.**

The MS/Arthritis Exercise class is meant for participants with chronic conditions such as MS, Arthritis, Parkinson's & Fibromyalgia. Participants with physician diagnosed MS please contact the instructor, Sheryl Cassis regarding a limited number of MS scholarships. The MS/Arthritis class will be limited to 12 participants.

**Questions? Contact the Instructors:**

**Sheryl Cassis: [SherylCassis@gmail.com](mailto:SherylCassis@gmail.com) or 317.544.9054**

**Cheryl Kingsbury: [Cheryl.bicfit@gmail.com](mailto:Cheryl.bicfit@gmail.com) or 317.903.3377**



Green Feet Yoga

# Class Descriptions

## **Monday/Wednesday**     9:00A.M. – 9:45A.M.     **15-15-15 Exercise**

A premier total body workout, this class includes 15-minutes of cardiovascular conditioning in the form of functional patterns, 15-minutes of strength training using dyna-bands and hand weights and 15-minutes of balance training. Instructor: Cheryl Kingsbury

## **Monday/Wednesday**     10:00A.M. – 10:45A.M.     **Balance & Strength Basics**

This 45-minute class includes both balance and strength exercises. Using resistance bands, fitness balls and hand weights, strength exercises are performed to safely challenge the major muscle groups of the body. Balance and coordination exercises will be performed to increase body awareness and build confidence in movement. Combined, the exercises promote good posture, ease of movement and well-being.  
Instructor: Cheryl Kingsbury

## **Tuesday/Thursday**     8:45A.M. – 9:45A.M.     **Intro to Hatha Yoga**

Learn how to balance exercise with mindfulness. In this beginning yoga class you will learn breathing and relaxation techniques as well as basic asana (poses) to improve your strength, balance and flexibility. Some poses will be held in place while others will flow dynamically with the breath. Asana will be done seated on the floor (mat), standing and lying down. Please wear comfortable clothes and bring your yoga mat and a beach towel. You must be able to get safely up and down off of the floor to participate in this class.  
Instructor: Sheryl Cassis

## **Tuesday**     10:00A.M. – 10:45A.M.     **MS/Arthritis Chair Exercise**

A recreational group exercise class and educational program designed specifically for individuals with multiple sclerosis and/or other related conditions. This 45-minute class provides safe and effective exercises that will ease you into a daily routine. Exercises include: range of motion, strength and stretching using chairs for balance or seated safety. Instructor: Sheryl Cassis

## **Thursday**     10:00A.M. – 10:45A.M.     **MS/Arthritis Seated Yoga**

This class utilizes chairs for seated stretching, relaxation, balance, proper breathing techniques, and kinesthetic (body/space) awareness to increase confidence, energy, and ease of movement. Some standing poses are practiced if appropriate....using chairs for balance. Instructor: Sheryl Cassis

### **Questions? Contact the Instructors:**

**Sheryl Cassis:** [SherylCassis@gmail.com](mailto:SherylCassis@gmail.com) or 317-544-9054

**Cheryl Kingsbury:** [Cheryl.bicfit@gmail.com](mailto:Cheryl.bicfit@gmail.com) or 317.903.3377



**Green Feet Yoga**