**Four Seasons POA Fitness Center POA Classes**

Exercise classes starting week of May 16! To be eligible for joining a class the POA member must also be a member of the Fitness Center which is a $50 January-December membership fee. Contact Heidi to join the Fitness Center and sign up for classes: [haltman@mam-llc.com](mailto:haltman@mam-llc.com) or 573-552-8334.

**Tai Chi**

**Darin Puppel - $10 per class - Tuesday’s 6:00 p.m. (starting May 24)**

Tai Chi is an ancient oriental practice that combines breath and movement exercises.  Also called "Meditation in Motion," Tai Chi helps calm the mind and bring our total being into balance. Studies have shown Tai Chi to reduce cortisol levels, improve balance, give people a higher sense of well-being, help normalize blood pressure, improve cardiovascular health, increase O2 absorption, reduce pain in people with arthritis, reduce pain in people with fibromyalgia, and lots more.  In this beginner Tai Chi class we will focus on developing a deeper awareness of ourselves and our relationships to our bodies.  Come join the FUN!

**Yoga**

**Corrin Hart - $32/4 week class session ($10 walk-in) - Tuesday’s 9:00 a.m. (starting May 17) AND/OR Wednesday’s 6:00 p.m. (starting May 18)**

Vinyasa Yoga is an upbeat yoga flow of fluid movement between poses, all while matching your breath with each movement creating a calm yet energized routine. Practicing Vinyasa Yoga can help to energize your mind and body while enhancing flexibility, core strength, and balance. It can also ease back and joint pain and help with stress relief and reduction.

**Pilates**

**Stacy Schrimpf - $32/4 week class session ($10 walk-in) - Thursday’s 10:00 a.m. (starting May 19)**

The benefits of Pilates are: greater mind-body awareness, flatter abdominals and better posture, enhanced performance in running, dance, tennis, golf, life; stronger, longer leaner muscles, core stability and body balance.

**Zumba Gold**

**Jacques Walden - $20/4 week session ($7 walk-in) - Friday’s 3:00 p.m. (starting May 20)**

The Zumba Gold class is for those active adults who want to dance, have fun and burn some calories at the same time. A lot of new beginners take this class to learn the basic Latin dance movements of Salsa, Merengue, Bachata, Reggaeton, Cumbia rhythms. There is pop, hip-hop, rock n roll music movements and music as well.