

Creative Movement Studio

2019 Winter Session • Monday, January 7 - Sunday, March 10

*There will be no classes on Monday, January 21 in observance of Martin Luther King Day.
Prices have been adjusted.*

	Time	Class	Age Range	YMCA Member	Community
Monday	9 - 10 am	Energizing Chair Yoga*	Adult	Pay What You Can	
	4:30 - 5:30 pm	Barre Basics	13 years - Adult	\$40	\$80
	5:30 - 6:30 pm	Stott™ Pilates Circuit: Mixed Level	13 years - Adult	\$56	\$112
Tuesday	1:30 - 2:30 pm	Introduction to Tai Chi	13 years - Adult	FREE	
	5:30 - 6 pm	NEW DAY! Movin' & Groovin'	6 - 12 years	FREE	\$45
Wednesday	9 - 10 am	Stott™ Pilates Circuit: Mixed Level	13 years - Adult	\$63	\$126
	5:30 - 6 pm	Yoga for Children 4 - 6	4 - 6 years	FREE	\$45
	6 - 6:30 pm	Yoga for Children 7 - 12	7 - 12 years	FREE	\$45
	6:30 - 7:30 pm	Alignment Yoga for Teens & Adults	13 years - Adult	Pay What You Can	
Saturday**	11 - 11:30 am	Parent-Child Creative Movement	Adult & 2 - 3 years	\$32	\$64
	11:30 am - 12 pm	Creative Movement 4 - 5	4 - 5 years	\$32	\$64
	12 - 12:45 pm	Open Level Ballet 6 - 8	6 - 8 years	\$40	\$80
	12:45 - 1:45 pm	Open Level Ballet 9 - 12	9 - 12 years	\$40	\$80
Sunday	4 - 5 pm	Mindful Yoga	13 years - Adult	Pay What You Can	

*The first meeting of Energizing Chair Yoga will be on Monday, January 14.

**Saturday classes will end on Saturday, March 2. Prices have been adjusted.

Class & Workshop Descriptions

Energizing Chair Yoga	For seniors and those with physical limitations. Uses the chair and some floorwork.
Barre Basics	Focuses on exercises at the ballet barre, incorporating dance technique, to increase strength and flexibility.
Stott™ Pilates Circuit	These mat-based classes use small and large equipment to enhance the experience for our students. Special attention is paid to the needs of individuals within the group setting. We mainly practice in socks or with bare feet. Please bring tennis shoes.
Introduction to Tai Chi	Join Marjean Liggett for an Introduction to Tai Chi. This low impact, slow motion exercise is often called meditation in motion. Benefits include improved strength, flexibility and balance.
Yoga for Children	Exercise designed to increase strength, flexibility, self-esteem and positive body image. <i>This class meets in the Spin Room at the Church Health YMCA.</i>
Alignment Yoga	For beginners and students who practice yoga regularly. This mixed level class allows you to deepen your understanding of the body from the inside out. Emphasis is placed on breathing, alignment, and meditation.
Movin' & Groovin'	A high-energy movement class designed to promote children's heart health & creativity.
Creative Movement	This class is designed to reinforce and stimulate the developmental patterns of children. It helps boys and girls develop rhythm, coordination and self-expression.
Open Level Ballet	These classes focus on ballet technique, include work at the barre, and incorporate moves to increase strength and flexibility.
Mindful Yoga	This yoga class is taught by Sharon Thorpe, a nurse practitioner at Church Health. It explores body awareness, meditation and an introduction to breath work through pranayama.
Stott™ Pilates Equipment	These private and small group equipment sessions are scheduled by appointment only. The Reformer and the Chair are used for strength training and resistance. This workout focuses on strengthening abdominal muscles and brings attention to movement quality, posture and breath. Designed for teens to adult. Call 901-701-2241 or email CMS@ChurchHealth.org to schedule a Reformer appointment.



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Registration

Register for all Creative Movement Studio classes online at ChurchHealth.org/CreativeMovementStudio.

General Guidelines & Policies

Class Placement

Enroll in the class that matches your child's age at the start of the session.

Attendance and Participation Policy

All students are expected to attend class regularly and on time. Out of respect for the instructor and in order to develop a sense of discipline, please be prompt in arriving for your class. Students arriving more than 10 minutes late are welcome to observe, but they may not actively participate in that day's class. If constant tardiness is an issue, your teacher will address it with you. Make-up classes must be completed during the session in which the student is enrolled; you may not make-up in the next session of classes.

Dress Code

For everyone's safety, all students must be properly attired upon entering and leaving the studio. Street clothes must be worn over dance clothes. No jewelry, oversize t-shirts or baggy pants allowed. If you wear a leotard and tights, please refrain from wearing underpants with it. Please secure hair away from the face.

- **Adults** should wear comfortable clothes that allow freedom of movement such as leotards, tights, leggings, pants, shorts and fitted shirts.
- **Girls** may wear a leotard, tights, leggings or fitted t-shirts and shorts.
- **Boys** may wear solid colored shorts or sweat pants and a fitted t-shirt.

If you are planning on exercising at Church Health YMCA in addition to your class, please make sure to wear appropriate attire that adheres to their dress code.

Inclement Weather Policy

If Shelby County Schools are closed due to bad weather, all classes are cancelled for that day for your safety.

Good-To-Know



Church Health's Creative Movement Studio serves ages 2 to adult.



Our faculty has extensive training and experience in dance & movement, and they look forward to teaching you.



Mark Your Calendar!

Our Spring session will be March 18 - May 19, 2019.

Drop-In Rates

Spots subject to availability

Adult/Teen Classes: \$15

Children's Classes: \$10

Want to sample a class before committing to the whole series? Drop-in rates are available.

If you decide to join the class series after you paid for a drop-in ticket, we can apply your first drop-in fee to the cost of the series.